

*This year I've a notion to create something — one meal — out of two favorite Irish dishes — colcannon (mashed potatoes with cabbage or kale and milk) and salmon, a lovely, healthy fish that thrives along Ireland's west coastline. While I love both colcannon and salmon, I've never had them together and certainly never cooked them together in one skillet. Today's the day, but first listen to this sweet song (click on title for link) "[Colcannon](#)," by the Black Family—sometimes known as*

## **alyce's colcannon and salmon in the little skillet pot**

**GENERAL METHOD:** Boil some potatoes with a little carrot and add some kale right at the end of the cooking time. Mash all with hot milk seasoned with green onions. Press the potato mixture into a deep skillet and steam the salmon on top until firm, but moist and tender. I served mine with a few buttered skinny green beans (haricots verts).

serves 4

### **MAKING THE COLCANNON FIRST:**

- 2-3 pounds white potatoes, peeled, and cut into quarters
- 1 medium carrot, chopped
- Kosher salt and fresh-ground pepper
- Salted butter
- 1 1/2 cups milk
- 3/4 cup chopped green onions (one bunch white and green parts)
- 3 cups young (baby) kale, chopped finely (can sub cabbage)
  
- 4 Salmon fillets, 6 ounces each
- 1 lemon, cut in half (slice half to cook the salmon and cut the other half into wedges and serve at the table)

*Side dish:* 3 cups cooked green beans or haricots verts, seasoned with butter, salt and pepper

- Place potatoes and carrots in a 4-quart pot. Add water to cover plus an additional inch or two. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cover and bring to a boil. Reduce heat and simmer until potatoes are almost tender, about 20 minutes. Add kale and cook 2 minutes. Drain the vegetables and return, covered, to pot; keep warm until milk is hot. (See next step.)

- Meanwhile, in a small sauce pan, heat milk and a tablespoon of butter with *all but 3 tablespoons* of the green onions (Reserve the 3 tablespoons for garnish). You want the milk hot, but not boiling. Keep warm until potatoes are done.
- Add another tablespoon of butter to the potato mixture along with 3/4 of the milk mixture; mash until as smooth or chunky as you like. Taste and re-season if necessary.

### **COOKING THE SALMON and PLATING:**

1. To a deep, large skillet, add the remainder of the milk-green onion mixture and heat over medium flame. Add all of the colcannon (potato-kale mixture above) and press evenly into the pan.

2. Lay the salmon fillets, evenly spaced, on top of the colcannon; season with a generous sprinkling of salt and pepper. Dot each fillet with a small bit of butter –about 1/2 teaspoon each — and place a lemon slice on each piece. Cover and cook until fish is opaque and firm, but moist — 8 minutes or so. Turn heat down if potatoes begin to burn. Let rest 2 minutes.

3. Using a long spatula, remove one whole serving of colcannon with the salmon on top, as possible, and place on a plate or pasta bowl. Add a few green beans and garnish with reserved chopped green onions. Serve hot. Pass the lemon wedges at the table.

**Wine:** Perhaps you'd as soon have a Guinness and if that's the ticket, go for it. If you'd rather have the wine, I'd like an inexpensive white burgundy (France). In fact, I would probably also like to have a red burgundy (France), but mostly couldn't afford a good one. In that case, I'd go with an American Pinot Noir, an Oregon one, please. (Any day: A-Z. Special occasion: Ken Wright or Sineann or Cristom.)

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