



Botanic Cottage Community Cook Club Early June 2021

A tasty supper

Salmon fillets with kale colcannon

This is a lovely way to enjoy salmon. Colcannon is a traditional Irish dish of mashed potato with either cabbage or kale and goes really nicely with simply cooked fish. Serve this salmon with some extra greens on the side if you like, lemony broccoli or peas make a great addition.



Ingredients

4 fillets of salmon, skin on (around 150g each)
900g potatoes
250g kale-or other similar greens
4 spring onions
2 tbsp butter
1 lemon
Olive oil, salt and pepper

You will need a frying pan, a large pan, a chopping board, a potato masher, a fish-slice or wide spatula, a colander and a knife.

Serves 4

Method

1. Scrub or peel the potatoes and then cut into chunks. Put in the large pan and add plenty of water to cover plus 1 tsp salt and bring to the boil.
2. Wash the spring onions, discard the dark green ends if tough. Finely slice.
3. Heat 2 tbsp butter in the frying pan and then gently cook the spring onions for a minute or two until softened. Turn off the heat and set aside.
4. Wash and slice the kale. When the potatoes are almost done, add the kale and submerge it in the hot potato water. Cook for 5 minutes and then drain together.
5. Mash the kale and potato until relatively smooth, add the spring onions with the butter and some salt and pepper. Keep warm.
6. Heat the frying pan again with a little olive oil.

7. Season the salmon fillets with salt and pepper. When hot add the salmon fillets skin side down. Cook for 3-4 minutes until the fish looks about three-quarters cooked through (you will see it turn pink). Flip over and cook for 2 more minutes.
8. Cut the lemon in half and squeeze half the lemon over the fish. Turn off the heat.
9. Serve the kale colcannon with a salmon fillet on top, and any additional vegetables with it.
10. Cut the remaining lemon half into wedges and pop one on each plate.