



ALPHA OMEGA

St. Patrick's Creamed Potatoes and Cabbage

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Ingredients:

Green cabbage	½ lb.
Yukon Gold potatoes	1 lb.
Water, as needed	
Cream	¾- 1 cup
Salt	to taste
Ground black pepper	to taste
Butter, melted	¼ cup
Nutmeg	to taste

Procedure:

- Wash cabbage and shred or finely chop. Cook in salted, boiling water for 5 minutes and drain.
- Cook potatoes in their skins in salted water until soft. Pour off the water and add cream, cabbage, salt, nutmeg and pepper.
- Cover the cream mixture and simmer on a low flame for 3-4 minutes.
- Gradually stir with potato masher until potatoes are roughly mashed.
- To serve, make a hollow in the middle of the mashed potatoes. Pour melted butter or favorite cheese into the hole.

Note: Sliced leeks or green onions may be substituted in place of cabbage.