



Champ Potatoes

Nutritional information per portion:

calories 227.2	fat 8.9g 13%	saturates 1.5g 8%	sugars 4.5g 5%	salt 0.7g 12%
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of an adult's guideline daily amount

Champ is an Irish recipe for mashed potatoes that includes spring onions. Transform Champ into Colcannon, which is similar but has cabbage added to it.



Dairy, mustard

Made it? Rate it!
☆☆☆☆☆



Beth Tweddle MBE is a professional gymnast for Great Britain and three times World Champion.

"Gymnastics involves short bursts of high-intensity activity, so it is really important that I keep my muscles well fuelled with energy from carbohydrates. For this, I eat mashed potato and for a well-balanced diet, I make sure I always have my five fruit and veg a day."

Equipment

- Kettle
- Large saucepan
- Potato peeler
- Sharp knife
- Chopping board
- Measuring jug
- Small saucepan/microwave
- Wooden spoon
- Measuring spoons
- Colander
- Frying pan (optional)
- Pan stand
- Potato masher
- Electric whisk (optional)

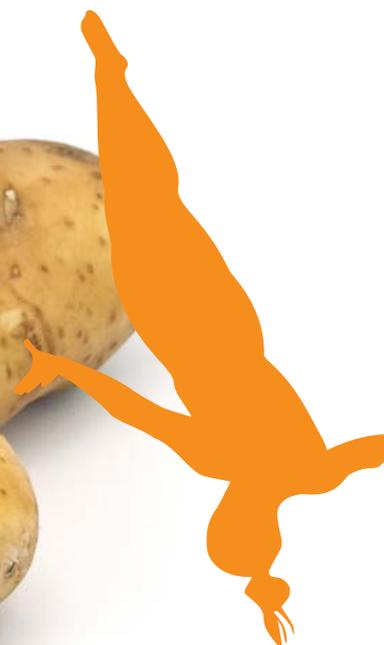
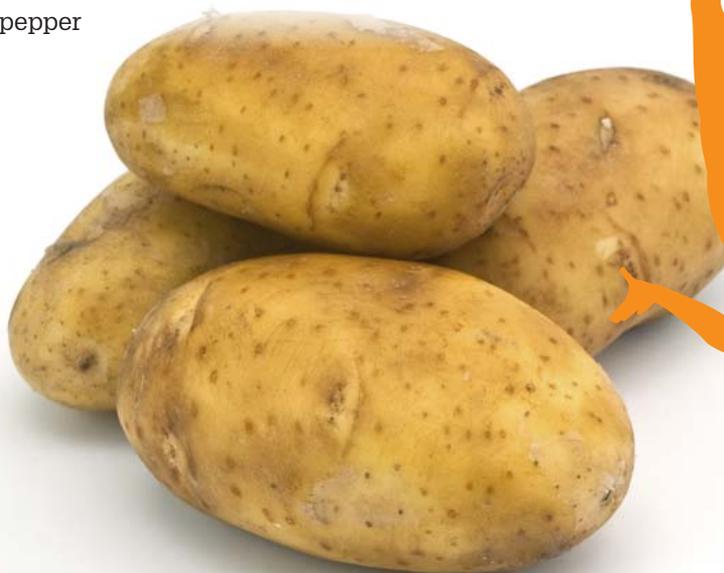
Ingredients

Serves 4 for Champ, 6 for Colcannon

- 700g large potatoes (King Edward, Desiree or Maris Pipers are best for mash)
- 125ml semi-skimmed milk
- ½ vegetable stock cube
- 2 x 15ml spoons olive oil
- 1 x 5ml spoon grainy mustard
- 1 bunch spring onions
- Black pepper

For Colcannon:

- ½ Savoy cabbage
- 1 x 15ml spoon olive oil
- 3 x 15ml spoons cold water
- Black pepper
- Small bunch fresh parsley (optional)



This recipe was analysed using Saffron.



Champ Potatoes

Method

1. Boil the kettle and fill a large saucepan with the boiling water. Put on a medium/high heat.
2. Peel the potatoes, chop into chunks and add to the water when it is bubbling – they should take about 15 minutes to cook.
3. Measure the milk into a measuring jug. If you have a microwave you can heat it for 40 seconds so that it is hot, otherwise pour it into a saucepan and heat until just before boiling. Add $\frac{1}{2}$ stock cube to the milk and stir to dissolve.
4. Measure the oil and mustard, add to the milk and stir again.
5. Top, tail and peel the spring onions and wash them. Finely chop and set aside.
6. If you are making the Colcannon, finely slice the cabbage, discarding any thick stalks.
7. Measure the oil into a frying pan and, when hot, add the cabbage and stir-fry for 2 minutes. Measure in the cold water and the pan will steam quickly, which helps the cabbage cook through. Be careful as steam can burn your hand. Take the pan off the heat and grind some black pepper over it.
8. Chop the parsley, if using, and set aside.
9. Check the potatoes are cooked by skewering them with a small sharp knife. If it is easy to push the knife through, they are cooked. Drain them in a colander then return to the saucepan. Put the saucepan back on a low heat and stir it for 2 minutes to allow any excess water to steam off. Do not walk away from it or you will burn the bottom of the pan.
10. Take the pan off the heat, and mash completely with a potato masher. Pour in $\frac{1}{3}$ of the milk mix and beat with a wooden spoon. Pour in the next $\frac{1}{3}$ and beat some more, then the final liquid with more beating. This is to remove the lumps and make the mash lovely and fluffy. Alternatively use an electric whisk if you prefer.
11. Stir in the spring onions and, if using, the cabbage and parsley. Season with more black pepper and serve.



Prepare now, eat later

Prepare ahead?

- To save time, peel the potatoes in advance and leave them covered with cold water.
- Mash can be made in advance and reheated in a microwave or in a saucepan. If it's done in the microwave it will need stirring a few times; on the hob, you need to continuously stir it to stop it burning on the bottom of the pan. A non-stick pan would be best for this. Make sure the mash is hot before serving.

Keep for later?

- Mash can be frozen, but it is better to freeze it before you add the milk, as it can come out of the freezer "wetter" than when it went in.

Something to try next time

- Add 15g of grated Cheddar cheese for cheesy mash.
- Add some chopped cooked bacon or chopped garlic to the cabbage when it is cooking.

Top Tip

- Try to cut the potatoes into pieces which are a similar shape and size as each other, so they will all cook for the same length of time. If some are much bigger than others they will still be raw when the small ones are overdone.



Skills

Look at the Let's Get Cooking Skills chart to see which skills you have used today.
Skills used : 3, 4, 5, 6a, 7f, 8a, 9a or j, 9d, 9e, 12k, 12l, 14a, 16.

