



Comhairle Chontae na Gaillimhe  
Galway County Council

## Galway's Food Heritage



### School's Contribution Sheet

My Name Mia. McHugh Age 10 School Belmont N.S

Who gave me this story/recipe ~~Mia. McHugh~~ Tony Howley

Who are they (eg. Granny, Aunt, Uncle, Neighbour, etc): Mia's grandad

Where are they from? outside Tubbercurry Co: Sligo

Parent/Guardian Signature: P. O. McHugh

Date: 22-11-17

My Food Related Story/Recipe (please use additional pages)

How to make Colcannon.

What you need

6 large new Irish potatoes, peeled and boiled.

6 ~~spring~~ Spring onions OR scallions.

1/2 pint of milk OR cream.

2 oz of butter.

1 TBSP of chopped parsley.

Salt and Pepper

~~Instructions~~ Instructions

Mash the ~~potatoes~~ potatoes finely and then chop the spring onions and add the milk with salt and pepper. Bring to the boil, ~~then~~ toss in half of the butter, add the mashed potatoes + boiling milk. Boil well until light and fluffy.

Serve with the chopped parsley and remaining butter.

Draw  Picture