

ADAPT June recipe

Bidi Jones: 11th June 2012 7:01am

Now the Festival and Jubilee are over its time to get back to real life so here is this month's recipe from the ADAPT Food Group.

Superchamp

I have both spring greens, spring onions and salad leaves ready in my garden. This recipe owes a lot to both Champ and Colcannon so **Superchamp** sounded suitable for the Olympic year.

Ingredients

Approx 2 cups very finely chopped spring greens.

4 spring onions, finely chopped, or 2 tablespoons very finely chopped regular onions or leeks.

1 ½ lbs (680g) potatoes.

4 oz (110g) grated cheese.

Oil

Margarine or butter

Method

Peel and chop the potatoes. Either boil or steam until soft.

While the potatoes are cooking, very gently fry the onions and spring greens in a little oil and butter or margarine until soft, but not brown.

Mash the cooked potato with a little butter or margarine.

To the potato add the onions and greens, cheese and mix well. Taste for seasoning.

Put a few tablespoons of flour onto a board and form the potato into four or eight potato cakes. See they are well floured and fry gently in little oil until they are lightly browned.

Serve with bacon, ham or eggs and a salad from the lettuce leaves which hopefully you have growing in your garden.

This is a very versatile recipe. You could add lots of other herbs to vary the taste. Cold mashed potato could be used instead of cooking fresh potatoes, but the cakes would have to fry for longer to see that they were thoroughly heated right through.

Serves 4