



In the Kitchen

WITH BARB AGEE,
MARCH 2012

POTATOES AND GREENS FOR ST PADDY'S DAY

Bubble and Squeak is a traditional English dish originally made from the leftovers of a Sunday roast dinner that dates back to about 1800. The main ingredients were potatoes and cabbage and still are. The bubble and squeak were the sounds made from the cold chopped vegetables and mashed potatoes being fried in a pan together. The Irish version of this savory dish is called **Irish Colcannon**.

Bubble and Squeak Pie

1½ pounds potatoes, peeled
½ teaspoon sea salt
½ teaspoon pepper
2 teaspoons dried dill weed
2 tablespoons butter
¾ cup sour cream
2½ cups green cabbage, thinly sliced and chopped

4 strips lean bacon
½ medium onion, finely chopped
4 cups Swiss Chard or spinach, coarsely chopped
4 ounces Fontina cheese, grated
Fillo dough
2 tablespoons butter, melted

Cut potatoes into large pieces and gently boil until just tender. Drain off any remaining liquid and coarsely mash. Steam cabbage in skillet with ½ cup water for 3 to 4 minutes until just tender. Drain off any excess liquid. Fold cabbage and sour cream into mashed potatoes and season with salt, pepper and dill.

Cut bacon in half lengthwise and then chop into ¼-inch pieces. Cook bacon in heavy skillet 4 to 5 minutes on medium heat. Add onion and continue cooking for another 2 minutes; add Swiss Chard and stir until just wilted (may need to add olive oil if bacon is lean).

Use an 8 x 11-inch glass baking dish; coat bottom and sides with butter. Lay one sheet of fillo dough at a time on a cutting board or clean dry surface and carefully brush with melted butter. Fit dough into baking dish so dough hangs over the edge. Continue fitting dough into the baking dish until the bottom and sides are covered with dough.

Spoon one half of potato mixture evenly into the bottom of baking dish. Evenly spread bacon and Swiss Chard mixture over potatoes. Sprinkle ¾ of cheese over bacon and Swiss Chard. Next, carefully layer remaining potato mixture into dish. Sprinkle with remaining cheese. Top with a layer of fillo dough that has been brushed with butter. Fold excess fillo dough from the sides over the top layer to seal. Add a second layer of fillo dough that has been brushed with butter over the top of the first layer of fillo dough.

Bake in a 400°F oven for 20 minutes until crust is a light golden brown. Let rest for 5 to 10 minutes before serving.

Garlicky Braised Kale

3 tablespoons olive oil	1 cup chicken broth
1 medium (1 cup) onion, minced	1 cup water
7 medium garlic cloves, minced	Kosher salt
½ teaspoon red pepper flakes	Juice from 1 large lemon
2 pounds kale, chopped into 3-inch pieces with stems removed	Ground black pepper

Heat 2 tablespoons olive oil in heavy skillet with a lid over medium heat. Add onion and cook until softened and beginning to brown. Add garlic and pepper flakes, cook about 1 minute. Add half of the kale and stir until beginning to wilt, about 1 minute. Add remaining kale, broth and water and ¼ teaspoon salt. Reduce heat to medium-low and cover. Cook until greens are tender 20-35 minutes.

Remove lid and increase heat to medium-high. Cook, stirring occasionally, until liquid is has evaporated, 8 to 12 minutes. Remove from heat. Mix 2 teaspoons lemon juice with remaining olive oil and drizzle over greens. Season to taste with salt, pepper and 1 teaspoon lemon juice. Toss lightly and serve.

Braised Kale with Coconut and Curry

Follow recipe for Garlicky Kale substituting 2 teaspoon grated fresh ginger and teaspoon curry powder for red pepper flakes. Substitute One 14 ounce can coconut milk for water. Substitute 1 tablespoon fresh lime juice for lemon juice. Sprinkle ½ cup toasted cashew nuts just before serving.



Quinoa Cakes with Ham, Onion and Chard

1½ cups quinoa	1 teaspoon fresh thyme leaves
5 tablespoons olive oil	Salt and pepper
1 medium onion, halved and thinly sliced	1 cup panko breadcrumbs
1 bunch Swiss Chard, ribs removed and coarsely chopped	1 cup grated parmesan cheese
¼ pound deli ham (such as Black Forest), cut into ¼-inch thick strips	2 eggs

Cook quinoa according to package directions and cool.

Place ½ cup panko in a shallow dish. In a large bowl, combine the cooled quinoa, the cheese, eggs, remaining ¼ cup panko and ½ teaspoon each salt and pepper. Shape into twelve 3-inch patties about ½-inch thick.

In a large heavy bottom skillet, heat 2 tablespoons olive oil over medium-heat heat. Working in 3 batches; coat the patties with panko, place in the pan and cook, turning once, until golden brown, about 8 minutes. Transfer to oven proof plate and place in 180°F oven to keep warm.

Meanwhile, in a large skillet, heat 3 tablespoons olive oil over medium heat; add the onion and thyme. Cook onion, stirring occasionally, until softened and golden, about 25 minutes. Stir in chard and ham. Increase heat to medium high and cook, stirring until green are wilted about 3 to 5 minutes

