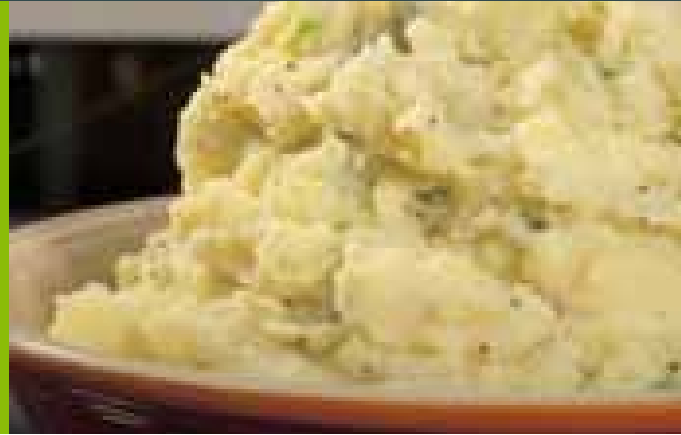


Mustard Champ

Serves 4

by Rozanne Stevens



Who doesn't love a bowl of steaming creamy mashed potatoes? And no one does it better than the Irish. Champ is a traditional mashed potato dish that combines creamy mashed potato with the savouriness of spring onions, or scallions as they are called in Ireland. I've added a little twist to this traditional recipe with a dollop of wholegrain mustard. Champ is the perfect side dish with stews, chicken and pork recipes.

1kg potatoes, peeled and cubed

200ml milk

50g butter

1tbs mustard

2 bunches spring onions, washed and sliced

Salt and pepper

Method:

- Steam the potatoes for 15 minutes, until just tender.
- In a large pot, combine the milk, butter, mustard and spring onions. Simmer for 5 minutes. Season well with salt and pepper.
- Bring the liquid to the boil and add in the potatoes.
- Mash well, check for seasoning and add more salt and pepper if necessary.
- Serve with Beef and Guinness Stew.