

Colcannon Fauxtatoes with Bacon

(Paleo Version)

Traditional colcannon is naturally gluten free, and can be made dairy free as well. This paleo version is made with turnips and parsnips to avoid potatoes. Makes 4 servings

- 1 ½ pounds turnips, parsnips, and/or cauliflower; peeled or trimmed and cut into large chunks
- 1 medium green cabbage, shredded (stem trimmed with outer leaves removed and discarded).
- 1 leek, trimmed with white and pale-green parts diced
- 1 cup coconut or almond milk
- 4 tablespoons fat-of-choice: grass-fed butter, ghee, bacon fat, tallow or coconut oil
- 1 teaspoon sea salt (or to taste)
- ½ teaspoon freshly grated nutmeg
- ½ lb. cooked bacon or ham, roughly chopped (optional)
- Charms (optional): 1 coin, 1 ring, 1 metal thimble, 1 large button

Directions:

1. Peel and cut turnips and parsnips (if using cauliflower, trim stem off and cut into wedges) and place in a large pot. Add cold water to cover.
2. Bring to a boil over high heat, then reduce heat and simmer about 10-15 minutes or until vegetables are tender when pierced with a fork. Drain vegetables and return to pot. Mash with a masher or fork. Cover pot and set aside to keep warm.
3. In a medium saucepan, combine cabbage, leek, coconut/almond milk, 4 tablespoons melted fat of choice, nutmeg and salt. Cover, and cook over medium heat about 15 minutes, stirring occasionally, until vegetables are soft but not browned. Stir into turnips/parsnips/cauliflower.
4. If playing the traditional charm game, clean all Irish "charms" and stir into the mixture. Be sure to warn your guests to chew and swallow carefully!
5. Serve topped with chopped bacon or ham (optional).