

Irish Potato and Cabbage Stew

Type: Main Dish Serves: 4

Time to Prepare: 45 minutes

Ingredients

3 medium sized potatoes, diced
1 onion, diced
2 stalks of celery, diced
1 carrot, diced
2 cups of chopped cabbage
2 tbsp. of flour
6 cups of water
½ tsp. of salt
½ tsp. of freshly ground black pepper
¼ cup of chopped parsley

Instructions

Dice the potato, onion, celery, and carrot.

Chop the cabbage.

Add the water, celery, onion, cabbage, potato, and carrot to a pot.

Bring the water and veggies to a simmer and allow this to cook for 30 minutes.

Put the flour in a mixing bowl.

Take ¼ cup of the liquid from the pot and combine it thoroughly with the flour.

Stir this flour mix back into the pot.

Allow this to simmer for another 10 minutes.

Chop the parsley.

Remove the stew from the heat.

Add in the salt, pepper, and parsley.

Kitchen Equipment

Cutting Board

Knife

Small Mixing Bowl for the flour

Whisk

Large Spoon to stir the stew

Medium sized Pot

Measuring Cup

Measuring Spoon

Presentation



If you have some parsley left over, cut a sprig of parsley and lay that in the bowl. For some extra color, you can sprinkle paprika on the top of the stew.

Time Management

It is important to not let the potatoes cook too long, otherwise they turn into mashed potatoes. However, if you know you are going to make this long before you plan on serving it, you can boil everything as is in the recipe except for the potatoes to increase the potency of the stew base. Then add the potatoes and cook them for thirty minutes a bit before you plan on serving the stew.

Complementary Food and Drinks

This goes quite well served over rice and sautéed mushrooms and if you like heat, dried chipotles make a nice addition to the dish. This also goes nicely with a side of lightly toasted bread and roasted garlic.

Where to Shop

Although any potato, onion, and cabbage will do in this stew, I prefer Yukon gold potatoes, white onion, and Savoy cabbage. All of these ingredients should be readily available in your local market.

How It Works

Carrot, onion, and celery forms the base of a lot of western European soups and stews, each imparting a subtle sweetness to the stock. The starch from the potato will help bind the stew together and the flour mix will thicken the broth. A bit of stock is added to the flour before it goes into the stew so that it turns into an easily stirred paste. This easily mixes into the stew without causing lumps and it simmers for ten minutes to get rid of the raw flour flavor. The cabbage adds a nice mellow flavor to the stew.

Chef's Notes

This is similar to colcannon, another Irish potato and cabbage dish. The difference with this recipe is that carrot and celery are added to it and it has a broth thickened with flour and potato starch. It's very tasty and simple to make.

Nutritional Facts (individual servings in parentheses, does not include any options)

Calories 529.2 (132.3)

Calories from Fat 12.8 (3.2)

Fat 1.4g (0.4g)

Total Carbohydrates 116.0g (29.0g)

Dietary Fiber 16.5g (4.1g)

Sugars 21.5g (5.4g)

Protein 13.2g (3.3g)

Salt 1296mg (324.0mg)

Vitamin A 350% (87.5%)

Vitamin B6 73% (18.8%)

Vitamin C 173% (43.3%)
Calcium 18% (4.5%)
Iron 22% (5.5%)
Thiamin 36% (9%)
Riboflavin 17% (4.3%)
Niacin 38% (9.5%)
Folate 46% (11.5%)
Phosphorous 30% (7.5%)
Potassium 66% (16.5%)
Zinc 13% (3.3%)
Magnesium 34% (8.5%)
Copper 40% (10%)

Interesting Facts

Cabbages are related to turnips.

Cabbage was considered an important veggie amongst the ancient Mediterranean cultures.