



Great School Food you can enjoy at home

Recipe

Rumbledethumps



Ingredients

600g potatoes

400g swede

75g butter

250g cabbage or kale
(If you would like both in your dish, use 125g cabbage and 125g kale instead)

A pinch of salt and freshly ground black pepper

25g cheddar cheese (grated)

Serves 6 people

Method

1. Preheat the oven to 180°C/160°C Fan/Gas 4.
2. Wash, peel and chop the potatoes and swede into large chunks.
3. Wash and finely slice the cabbage/kale.
4. Cook the potatoes and swede in a saucepan of salted boiling water until tender. Drain well and return to the pan.
5. Heat 50g of butter in a pan and gently cook the cabbage/kale for a few minutes, until the cabbage/kale feels tender (but retains its colour).
6. Add the cabbage/kale to the pan with the potatoes and swede. Add the remaining 25g butter and mash together using a potato masher. Season, to taste, with salt and freshly ground black pepper.
7. Place the mashed potato & vegetables into an ovenproof dish and top with the cheese. Cover with a lid and bake in the oven for about 30 minutes (if you do not have an oven proof lid, cover the dish with tinfoil instead). Remove the lid/tinfoil and continue to cook for a further 15 minutes, or until piping hot and golden-brown on top.

Allergens

Contains: Dairy (Cheese).

My Notes

The name Rumbledethumps supposedly comes from the noise the tatties (potatoes) and cabbage make when they are mixed with a wooden spoon.

