



**FARMS** at the Y  
Focus on Agriculture in Rural Maine Schools

# FARMS FAMILY NIGHT

## New England Vegan Boiled Dinner



**Prep Time:**  
15 Minutes



**Total Time:**  
30 Minutes



**Serves:**  
4



### Directions:

- Add potatoes, carrots, onions, bay leaves and peppercorns to a large pot and cover with water.
- Bring to a boil. Reduce heat and simmer for 10 minutes
- Add cabbage and simmer for 15-20 minutes.
- Discard bay leaves and peppercorns.
- Serve vegetables with horseradish or mustard if desired.

### Ingredients:

- 2 onions, quartered
- 6 potatoes, halved
- 4 carrots, quartered
- 1 small cabbage, eighths
- 2 tsp whole peppercorns
- 4 bay leaves
- Prepared mustard or horseradish, optional



# Colcannon Potatoes



**Prep Time:**  
10 Minutes



**Total Time:**  
35 Minutes



**Serves:**  
6



## Ingredients:

- 1 ½ pounds Yukon Gold or Red Bliss potatoes (about 4 medium potatoes)
- 1 ½ teaspoons salt, divided
- 2 pounds kale (15-20 large leaves) or ½ head large cabbage
- 1 cup chopped leeks, scallions or onions
- 1 cup half and half or milk
- ¼ teaspoon freshly ground black pepper
- 6 tablespoons butter (3 T. melted for garnish)

## Directions:

- Put whole peeled potatoes in a pot, cover with water and bring to a boil. Add ¾ t. salt and boil until potatoes are tender, 15-20 minutes.
- Drain the potatoes and mash. Put in a heatproof dish, cover and set aside.
- Remove ribs from kale. Tear kale into small pieces.
- Put kale in a saute pan, cover with water and bring to boil. Add remaining salt and cook until kale is tender, 7 minutes. Drain and set aside.
- If using cabbage instead of kale, chop cabbage and sautee in pan with butter or oil till softened.
- Melt 3 Tbs butter in saute pan. Add leeks, scallions or onions and cook over medium heat, stirring until soft, about 7 minutes. Add kale to the pan. Cook another 5 minutes.
- Pour in the half and half and cook until warm.
- Add mixture to warm potatoes and mix well.
- Add pepper and season with salt to taste.
- Spoon a little of the melted butter over each serving. Serve hot and enjoy.

# Irish Soda Bread



**Prep Time:**  
10 Minutes



**Total Time:**  
55 Minutes



**Serves:**  
10-12

## Ingredients:

- ½ cup sugar
- 4 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- ¾ tsp salt
- 3 cups raisins
- 1 Tbsp caraway seeds
- 2 eggs, lightly beaten
- 1 ¼ cups buttermilk
- 1 cup sour cream

## Directions:

- Preheat oven to 350 degrees F.
- Grease a 9 inch round cast iron skillet or a 9 inch round baking or cake pan.
- In a mixing bowl, combine flour (reserving 1 tablespoon), sugar, baking powder, baking soda, salt, raisins and caraway seeds.
- In a small bowl, blend eggs, buttermilk and sour cream.
- Stir the liquid mixture into flour mixture just until flour is moistened.
- Knead dough in bowl about 10 to 12 strokes. Dough will be sticky.
- Place the dough in the prepared skillet or pan and pat down. Cut a 4x3/4 inch deep slit in the top of the bread. Dust with reserved flour.
- Bake in oven for 65 to 75 minutes.
- Let cool and turn bread on to a wire rack.

