

## Irish Mashed Potatoes

### (Champ or Poundies)

To *champ* means to bruise, pound or smash, hence the term *poundies*. These are mashed potatoes, Irish-style, with butter and green onions. Instead of gravy, they are traditionally served with a well of butter in the center for dipping each bite.

**Ali Barker**

#### Ingredients:

4 pounds (1.8kg) potatoes

1/2 pint (300ml) milk

1 cup (225g) chopped spring onions (green onions)

1/2 cup (110g) butter

Salt and black pepper

#### Procedure:

1. Peel potatoes and place in large pot with cold salted water. Bring to a boil, reduce to a simmer and cook until potatoes pierce easily with a sharp knife. Simmer milk and spring onions together for five minutes.
2. Strain potatoes and mash thoroughly. Add hot milk, spring onions, salt and pepper, and half the butter and mash well. Champ is served piled high on the dish, with a well of the remaining butter melted in the center.
3. It is eaten with a spoon from the outside, each spoonful being dipped in the well of melted butter.