**On the menu: Colcannon**

|  |  |
| --- | --- |
| **Ingredients & Equipment**  **You’ll also need:**  500g potato  100g butter  140g sliced back bacon, finely chopped  1 small Savoy cabbage, finely shredded  150ml double cream | **Method**  STEP 1  Tip the potatoes into a large saucepan of water. Bring to the boil, then simmer for 15-20 mins, or until the flesh is tender when pierced.  STEP 2  Meanwhile, heat quarter of the butter in a saucepan, then fry the bacon and half the cabbage for 5 mins. Turn off the heat and set aside. Drain potatoes in a colander.  STEP 3  Mash potato until smooth. Heat cream with remaining butter and, when almost boiling, beat into the potato. Add bacon and cabbage to potato and mix. Season if you want. |
| **Plan Ahead**  **Preparation:** We’ll be making and cooking  together with Chef Gavin.  If it would help the people you support, there are opportunities to prepare some of the more challenging tasks like weighing the flour before the session.  **Managing Risk**: We’re frying in the hob and using the oven. So please carful  By reviewing the method *(see right hand column)* ahead of the session, you can safely plan these activities in advance. |

**Top Tips**

* **Put the people you support in control:** Try to give them as many opportunities as possible to independently lead this activity and enjoy the experience of cooking.

If they struggle with some parts, adapt the activity so they can still help make their meal with your support, guidance, and encouragement.

* **Make every moment matter:** Try and make this session fun and engaging. Celebrate successes by give encouragement. Enjoy the sensory experiences of cooking. Engage them in seeing their raw ingredients transform into a delicious meal.
* **Make this the start of something special:** After they’ve completed the recipe, make eating it a special experience! Hopefully, they can enjoy eating lovely home-cooked food. Are there any people they’d like to save some for or to taste it?  
  Try this recipe again soon. The more that you practice, the better their cookery skills will develop. You can watch the session again on our activities site.
* **Promoting Life Skills –** What other life skills can this develop? From this activity, you have an opportunity to explore shopping, budgeting, cleaning, setting a table, hosting a meal and more! Use these cookery sessions as a way to inspire further progress.