



Chase the Flavor with Casey Hummus

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ready In: 35 Minutes

Yields: 8 servings

Recipe: Summer Vegetable Hash with Fire Roasted Potatoes, Mushrooms and Assorted Peppers topped with a quick pickle of Kohlrabi and Garlic Scapes

Summer hash consists of sautéing and seasoning any available seasonal vegetable. It is a quick and satisfying recipe that utilizes summer vegetables or from the farmers market or your own garden. This versatile dish is perfect by itself, with eggs, tofu, or other creative options such as a quick pickled melody of vegetables. Enjoy!

INGREDIENTS

For the Hash

- 10 small red/gold/ assorted potatoes
- 2 onions
- 3 cloves of garlic
- 1 leek
- 4 assorted peppers of your spice level
- 6-8 mushrooms depending on size
- 1 cup of olive oil to start



For the quick pickle

- 3 garlic scapes
- 2-4 Kohlrabi of assorted color
- 2 tomatoes
- 1 tbsp of lemon or vinegar
- 1 tbsp of sumac
- 2 tbsp of olive oil
- Salt and pepper to taste
- 1 bunch of basil or choice of fresh herb

Method:

1. In a large preheated cast iron pan add the extra virgin olive oil
2. Chop the onions and leek. Saute on medium high heat until there is a charred exterior.
3. Chop the peppers and garlic. Saute for a few minutes until oils are released. Remove all from the pan.
4. Add the other half cup of olive oil. While the oil is heating, dice potatoes. Add it to the pan and sauté for 5-7 minutes, flipping the potatoes to ensure both sides have color.
5. While the potatoes are cooking, rough chop the kohlrabi, tomatoes, garlic scapes, and herbs. Toss with lemon or vinegar, salt, pepper, and sumac. Set aside.
6. Check potatoes for doneness with a toothpick. If done, add the rest of the vegetables. Season with salt and pepper and cook for an additional 10 minutes
7. Top with quick pickle, more fresh herbs, salt and pepper, and enjoy!