

Hash Brown

Introduction

This is a dubious contender to be included as a recipe. The fact is, these home-made hash browns can be a bit greasy and you might be as well off to buy the frozen ones from a supermarket.

I do still make these from time to time as I think they are a better flavour, don't include all the chemicals and you can tinker with the recipe!

Here goes anyway.

Ingredients

- 100g Potato
- 50g Onion
- 1 Small Egg (or half a medium egg!)
- Big knob of butter
- Salt & Pepper

Options

- You can add chopped garlic but don't add too much that it becomes over-powering. 1 clove of fresh or a ½ teaspoon of dried garlic is about enough.
- You can add some grated cheese – but watch out for allergies.

Equipment

- Potato Peeler
- Large, sharp, knife
- Bowl
- Spatula

Preparation

There's not much to prepare other than peel the tatties!



Method

Peel & wash the potato

Rough grate the potato into a bowl.

Slice the onions.

Combine the potato and onion.

Now the tricky bit. We need to remove excess water from the potato and onion.

Some books will tell you to wrap them in a clean tea towel and twist and squeeze out the water. I'm not so sure about that – but I have used that technique. I'm concerned about the abuse we give our tea towels and the growing trend to wash them at low temperatures. Your call on that one!

An alternative is to place the bowl in the microwave for 30 seconds - but I know that this is not as effective!

Beat the egg in a bowl.

Add half the egg, the salt and the pepper. Cooking potato like this really, really, needs a bit of seasoning!

Mix well.

If the mix is still a bit dry and the potato/onion mix is not fully coated, add more egg. We don't want the mix to get sloppy!

It's here that you can add the options such as garlic, chilli flakes or grated cheese. Mix well.

Use a medium sized frying pan, as the larger the pan, the more butter you need!

Put a decent knob of butter and a small splash of oil in the pan and bring to a moderate heat (hot but not smoking as we want to cook the potato before it burns).

Cook for about 4 or 5 minutes then turn and do the same on the other side.

Take out the pan and drain on a piece of kitchen paper towel.

Portions

Number of portions 4 Hash Browns

Storage

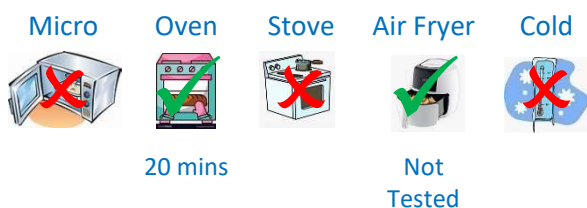
These really need to be eaten fresh. If you want to freeze them, you're probably as well buying them already frozen from the supermarket.

If you are freezing them, allow to cool first.

Heating & Serving

Heating instructions from frozen are a guide only.

Not suitable for defrosting first – they go soggy!

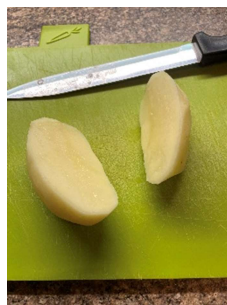


You can also reheat in a frying pan.

Technique

Grating Potato

This method is using a rotating grater. I'm sure you know how to use a traditional grater so won't waste space telling you!



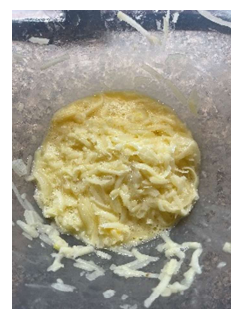
Cut the potato along its length.



Turn them over for cutting again until we get a size that fits the grater!



Rough Grater



Too sloppy – I didn't dry the potato properly



One as a wee taster!



*Two decent Hash Browns for dinner.
They are better as a breakfast side!*