

Carrot Potato Hash Published: July 10, 2020, by Ivan

Carrot Potato Hash is a tasty side dish. It pairs perfectly with so many meals.

INGREDIENTS (Makes 2)

1 Red Potato (cubed)
1 Garlic Clove (chopped)
1 Tbsp Planters Peanuts (crushed)
1/3 Cup Carrots (chopped)
1/4 Cup White Onion (chopped)
1/2 Bacon Strip (Par Cooked Bacon)
1/2 Tbsp Vegetable oil or Bacon fat
Salt and Pepper to taste

INSTRUCTIONS

1. Wash, peel, and cube the red potato. Rinse the potatoes in a bowl with cold water until the water becomes clear, then add a little salt to the water to keep the potatoes from oxidizing. Leave the potatoes in the bowl of salted water until you are ready to cook them. Crush and chop one clove garlic. In my recipe, I am using 1 Tbsp crushed peanuts and 1/2 slice chopped par-cooked bacon. Slice up to 1/3 cup carrots and 1/4 cup white onions.
2. Lubricate a small frying pan with a few drops of vegetable oil. Heat the frying pan at 1/4 power on your electric stove, which is roughly 180°F. Add the peanuts and chopped par-cooked bacon. Once the bacon starts to crisp, then add the carrots, garlic, a dash of salt and pepper. Stir the ingredients frequently. Reduce the heat once the garlic turns golden brown to stop further cooking.
3. Warm a second frying pan to 1/3 power on your electric stove. Add a 1/2 Tbsp vegetable oil and a 1/2 tsp butter to the warm pan, then add the cubed potatoes after they have been rinsed and dried. Stir the potatoes, then lid the frying pan so the potatoes can steam. Once the potatoes are fork-tender, then remove the lid so the potatoes can fry to a golden brown color at 1/3 power on the electric stove. Add a couple of drops of oil or butter if needed to reduce sticking, but the lower temperature should keep the potatoes from sticking to the pan. Taste the potato to determine that it has the level of crunch that you prefer. Keep the potatoes warm.
4. Make sure the carrots and onions are lightly browned. The browning will caramelize the vegetables and create sweetness. A restaurant trick at this point is to add a pinch of sugar, but this is optional. Add the fried potatoes to the carrots and onions. Mix everything well and remove any excess oil. Keep the Carrot Potato Hash warm and uncovered until plating.

Plating: Garnish with fresh dill and serve for breakfast with ketchup or dinner with sour cream.

Thanks for stopping by. I hope you enjoy your own Carrot Potato Hash. Remember to share your recipes.

Until next time. Adios