

Hash Browns Published: February 5, 2021, by Ivan

There are so many types of potatoes that can be used for hash browns. The most common potatoes are Russet, Yukon Gold, and Red Potato. My Plus 1 loves Red Potatoes for hash browns since they are healthier.

INGREDIENTS (Serves 1)

1 Red, Yukon White, or Russet Potato
2 Tbsp Salt
2 Tbsp Butter
2 Tbsp Vegetable Oil or Bacon Fat
Salt and Ground Black Pepper to taste

INSTRUCTIONS

Have a bowl ready that is filled with cold water and 1/2 to 1 Tbsp salt depending on the size bowl you use. The bowl should be large enough for the potato and enough water to cover the potato. Peel the potato and remove any eyes (blemishes) and place it into the saltwater bowl.

Use a grater to grate the potato with the largest grate size. Grate the potato at a 45° angle so you create long strands for beautiful hash browns, then return the grated potato into the bowl of salty water. The grating can be scary so I wear dishwashing gloves for a level of safety. Also, wipe any excess potato off the grater for a smoother grating. If your grater has too much potato gunk on it then it will make grating harder and more prone to accidents.

Rinse the grated potatoes under cold water until the water in the bowl turns clear. Taste a piece of the raw potato to see if it is salty. If the potato is too salty then rinse the potatoes a few more times or allow the potatoes to soak in the bowl with cold water. Drain the potatoes. You can refrigerate your potatoes until you are ready to cook them. The refrigerator will dry the potatoes, but since you removed the salt, then the potatoes can still oxidize and turn red.

Heat an 11 inch Vigor Stainless Steel frying pan to 300°F. A simple test is to heat your pan and sprinkle 1/4 tsp of water into the pan. If the water dances in the pan and evaporates between 9 to 11 seconds, then you are in the temperature range. If the water evaporates in 5 to 7 seconds, then the pan may be too hot. We will cook the potatoes slowly for 6-8 minutes, so the inside is tender, and the outside is golden brown. Add 1 Tbsp of butter to the pan to coat the entire bottom. The butter should melt in the pan gradually and not burn. Otherwise, wipe the burnt butter off and reduce the heat. Try adding the butter again after the pan cools slightly.

Add the potatoes to the pan in a pile. Add salt and pepper to your taste, then cover the potatoes with a lid for 3 minutes. Remove the lid after 3 minutes. Use a metal spatula to peek under the potatoes. You are looking for a light browning to occur. Use a fork to taste the inside of the potato to check for tenderness. If the potato is tender and not browning enough, then you may want to increase the heat. If the potato is browned, then flip the potato, add 1 Tbsp butter, 1 Tbsp vegetable oil, or bacon fat and cook the second side without the lid. Check the second side for browning in 3 minutes. The hash brown is ready to serve once the second side has browned.

Tip#1. If you plan to cook several hash browns, then slightly under brown the potatoes on both sides. Place the cooked potatoes onto a non-stick baking sheet and keep the potatoes warm in an oven under very, very low heat. The low oven heat will continue to cook and brown the hash browns. You can quickly brown each hash brown as they are needed. I like mine very crispy, so it requires more frying out of the oven. My Plus 1 likes hers soft on the outside.

Thanks for stopping by. I hope you enjoy your own Homemade Pancakes and Apple Compote. Remember to share your recipes,

Until next time. Adios

Ivan

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