

One good hash



2 tablespoons butter
2 to 3 mushrooms, chopped, optional
2 shallots or 1 medium onion, chopped
1 rib celery, chopped
1/2 large red or green bell pepper, chopped
2 medium or small potatoes, boiled, peeled, chopped
6 ounces cooked beef, lamb, pork, corned beef or poultry, cut into a small dice
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup lamb, beef, veal or chicken stock
2 tablespoons chopped fresh parsley

Melt the butter in an 8- or 9-inch

skillet. Cook the mushrooms, shallots, celery and bell pepper, stirring often, until almost soft, about 5 minutes. Stir in the potatoes and the meat. Season with salt and pepper. Cook until hash begins to sizzle, 2 minutes.

Pour in the stock. Cook over low heat, partially covered, 10 minutes. Turn the hash over with a spatula. Cook, uncovered, until liquid evaporates and crust begins to form on bottom, 5 minutes. Turn the hash over; cook until other side is browned, 5 minutes. Serve with parsley sprinkled on top.

Shrimp Hash



Chicken stock
2 teaspoons tomato paste
1/4 cup whipping cream
1 large Yukon gold potato, peeled, diced
3 tablespoons grapeseed or vegetable oil
2 tablespoons finely chopped onion
3 tablespoons diced green and red bell peppers
3 cloves garlic, minced
1/4 cup fresh bread crumbs
2 1/2 tablespoons flour
2 tablespoons chopped parsley
1/2 teaspoon grated, each: lemon zest, orange zest
3/4 pound raw shrimp, peeled, deveined, chopped
1/2 teaspoon salt
Freshly ground pepper
1 egg, beaten

Combine the shrimp stock, tomato paste and whipping cream in a small saucepan. Heat to a boil; reduce heat to a simmer. Cook until reduced by half. Cool to room temperature.

Meanwhile, boil the potato in a saucepan of salted water to cover until just tender, about 10 minutes. Drain; set aside.

Cook the onions in a skillet over medium-high heat in 1 1/2 tablespoons of the oil until lightly browned. Add the peppers; cook until tender. Add the garlic; cook 1 minute. Add the cooked potato; cook until lightly colored, about 10 minutes. Remove the cooked vegetables to a bowl. Add bread crumbs, flour, parsley, the lemon and orange zest, and shrimp. Season with salt and pepper to taste.

Add the egg; fold together gently until just combined. Shape the hash into cakes about 3 inches in diameter. At this point, the cakes can be wrapped in plastic and kept in the refrigerator for up to 12 hours.

When ready to serve, heat the remaining 1 1/2 tablespoons of oil in a large skillet; fry the cakes until golden, about 5 minutes per side. Drain on paper towels; serve with sauce.