

A feast of leftovers, a delectable hash

BY DAVID CAMPICHE

Hash is soul food, with an added advantage of the chance to empty out the refrigerator of leftover potatoes, celery, onion, chicken pieces or even a few ounces of pork steak or a salmon or beef fillet. This is the beauty of choice and convenience.

Hash is often a delight from the breakfast menus of local cafés. This is a simple food, and can be prepared at home with just a couple of poached eggs, some green onion for garnish and a dollop of crème fraîche. Those two yellow yolks will light up the breakfast table and your palate.

I smoked a pork shoulder for two hours on low heat and finished the meat in an oven at 270 degrees Fahrenheit for four hours more. The pork supplied our family with several meals, redolent with that salty, peppery and smoky taste that chunks of oak or alder enhance. Twice-cooked pork is both delicious and affordable, and this leftover meat was perfect for a hash recipe.

I've prepared hash over campfires or as a quick and simple supper, perfect for a comforting night in. It's great with a stout beer or a glass of syrah, the smoked meats enhanced by this full-bodied but delicate red wine.

Ingredients

- One onion, halved and then sliced thin
- Two stalks of celery, diced, medium-small
- One red or yellow pepper, diced, medium-sized
- Eight to 10 ounces of your choice of protein, such as beef, pork, salmon or chicken
- Mushrooms, wild if possible, sliced or halved if small. The oyster mushroom is currently in season. This one is delicious and readily available.
- Four par-boiled medium-sized potatoes, cubed in one half inch pieces
- Finely chopped herbs, such as parsley, oregano or cilantro
- Dried red pepper flakes.
- 2 tablespoons of black bean paste
- Black pepper and salt to taste
- One fourth of a chunk of fennel root, diced small
- Four cloves minced garlic
- 4 tablespoons of chicken stock
- 2 tablespoons of heavy cream (optional)



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A comforting hash is an excellent dish to enjoy at any time of day.

- Eight poached eggs (serves four)
- Chopped green onion and crème fraîche for garnish
- 2 tablespoons virgin olive oil
- Pat of butter

Preparation

Sauté the onion, garlic and celery until translucent in olive oil and butter. Add in the pepper, mushrooms and fennel root.

Stir in the protein until medium-rare, then throw in the par-boiled potatoes. Add in the stock, black bean paste and a splash of cream. Sprinkle in the pepper flakes. Add salt and pepper.

Consider adding in spinach or kale, cooking it down slowly, then slow cook the entire preparation over low heat while you prepare the poached eggs. Ladle the

hash in a wide but narrow bowl, carefully lowering in the poached eggs at the last minute. Garnish with crème fraîche and herbs, then serve immediately with whole wheat toast and homemade jam. Hot coffee or a favorite tea is a must if served for breakfast. For dinner, I love a thick stout beer from a local brewery, a wonderful choice.