

# FOOD & DINING

## Something special for breakfast



Parents often tell their youngsters that breakfast is the most important meal of the day, and rightfully so. A hearty breakfast can give adults and children the energy they need to make the most of their day. But just because breakfast is an important meal does not mean it can't be delicious, too. Those who want to forgo flakes of cereal or a bowl of oatmeal for more inspiring fare should consider the following recipe for "Smoked Salmon, Fennel and Potato Hash" from Betty Rosbottom's "Sunday Brunch" (Chronicle Books).

### SMOKED SALMON, FENNEL AND POTATO HASH Serves 6

- 1 pound Yukon gold or Russet potatoes, peeled and cut into 1/2-inch cubes
- 2 medium fennel bulbs with their lacy stalks
- 1/4 cup olive oil
- 1 cup chopped onion
- 1/2 hot-smoked salmon fillet, skin discarded and salmon flaked
- 1 teaspoon fennel seeds, crushed
- Kosher salt
- Freshly ground black pepper

when pierced with a knife but still hold their shape, about 5 minutes. Drain the potatoes in a colander and set aside.

2. Cut off the stalks from the fennel bulbs. Remove the thin lacy fronds and chop enough of them to make the 2 tablespoons; set aside. Reserve a few lacy sprigs in a glass of water for the garnish. Halve the bulbs lengthwise, and with a sharp knife, cut out and discard the tough triangular cores. Then chop enough fennel to yield 2 cups. Save any extra for another use.

3. Add half of the olive oil to a large, heavy frying pan set over medium heat. Add the chopped fennel and onion and cook, stirring often, until softened and lightly browned around the edges, 4 to 5 minutes. Remove to a plate.

4. Heat the remaining olive oil in the same frying pan and, when hot, add the potatoes. Cook, stirring occasionally, until the potatoes are golden brown, 8 to 10 minutes.

5. Return the fennel and onion to the frying pan and stir 1 minute to reheat. Add the flaked salmon and the crushed fennel seeds and cook 1 minute more. Season the hash with more salt and with several generous grinds of pepper. Sprinkle with the reserved chopped fennel fronds.

6. Mound the hash in a serving dish and garnish the center with some fennel sprigs. Serve warm.

Cooking tip: To crush fennel seeds, place them in a self-sealing bag and pound with a meat pounder or rolling pin, or use a mortar and pestle. Or, use a small spice grinder and grind the seeds coarsely.

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