

Potato, Pepper & Corn Hash

Swick

Serves 2 to 4 | Active Time: 20 minutes | Total Time: 40 minutes

Step 1: Preparing Your Mise en Place

- 20 sm potatoes, such as fingerling
- 1 cup diced squash, such as butternut
- 1 cup diced yam
- 1 cup diced onion (1 onion)
- 1 red pepper, diced
- 1 to 2 cups corn, off the cob (either from frozen or fresh)

To start, preheat the oven to 400°F (200°C).

For the potatoes, cut in half lengthwise. How the potatoes are cut, ultimately, it depends on the size and variety of potatoes used — keep in mind that they just need to be cut roughly all the same size.

This also applies to the rest of the vegetables — how they are cut is not as important as each of them being cut roughly the same size so that they cook evenly.

For the corn, if using frozen, run it under warm water and drain it first before adding it to the hash.

Step 2: Starting the Hash

- oil, for roasting

To start the hash, first, toss the potatoes in a bit of oil and season with salt and pepper. Next, place the potatoes onto a large baking tray or roasting pan and roast for approximately 10 minutes or so — depending on the size of the potatoes, your oven, etc. the time will vary — when ready, they should be about halfway cooked.

Next, season and oil the squash and yams and add them to the pan. Continue to roast for approximately 5 minutes, or until they are about halfway cooked through.

Next, lightly season and oil the onions, and peppers, and add them to the pan. Roast for another 5 minutes or so.

In the meantime, go ahead and gather the remaining ingredients to finish the hash.

Step 3: Finishing the Hash

- 1 to 2 cups vegetable or faux chicken stock
- 1 tbsp minced garlic
- sea salt, to taste
- freshly ground black pepper, to taste
- nutritional yeast, optional
- fresh parsley, optional

To finish the hash, turn the oven up to 475°F (245°C) and heat the stock up in a small pot along with the garlic. Make your own quick stock using this Faux Chicken Bouillon Powder.

Once the vegetables are about 3/4's cooked through, add the stock and corn and toss to coat the vegetables. Place the pan back into the oven and let cook for another 5 to 10 minutes, or until the vegetables have soaked up the liquid and fully cooked through.

Lastly, taste for seasoning. If desired, top with a bit of nutritional yeast and/or some freshly chopped parsley.

Chef's Notes

While reading this recipe it may seem a bit time consuming with all the in-and-out of the tray in the oven but it's not really that bad. Once you make the dish a couple of times you won't even notice. It is just about cooking all of the vegetables in a way that allows them all to cook separately, yet all together.

This hash goes particularly well with Creamy Tofu Scramble.