

View from the Fridge – Recipes from Brian Donkin

Recipe # 113 – Idaho Beef Hash

Preparation time: 5 mins Cooking time: 20 mins

Ingredients:

4 medium sized potatoes
2 tbspsns grated cheddar cheese
½ pint milk
100gms butter
50gms plain white flour
½ wine glass whipped cream
175gms corned beef
4 medium sized eggs
1 tblspn vinegar
1 tpsn salt
1 onion finely diced
½ tspn pepper

Method

1. *Bake potatoes according to Leith Links recipe (see www.leithlinks.co.uk/fridge/view.html for details)*
2. *In pot place 50gms butter, diced onion and cook until the onions are transparent*
3. *Add the corned beef, lower the heat and stir vigorously until well mixed*
4. *Split baked potatoes, scoop out white flesh and place in pot with beef and onions (retain the potato skins)*
5. *Mix pot ingredients well and then fill the skins with the mixture and keep all in a warm place*
6. *In pot place flour and butter over low heat and mix until you have a sandy, golden texture*
7. *Add the milk gradually while stirring vigorously then add the grated cheese and bring back to boil (keep stirring)*
8. *Remove from heat when the mixture is smooth and fold in the whipped cream and the remainder of the butter*
9. *Meanwhile poach the eggs in vinegar water (do not overcook)*
10. *Remove eggs (use spoon with holes) and place on top of potatoes*
11. *Spoon the cheese sauce over the top and then put under hot grill until golden brown*

Serves 2 (see next page for picture)

