



German Potato 'n Beaniewurst Hash

By Erin Fletter

Prep Time 25 / **Cook Time** 20 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

pulse: to process just short of a purée in smooth, rhythmic bursts of power with a blender.

season: to add flavor to food with spices, herbs, and salt.

separate eggs: to remove the egg yolk from the egg white by cracking an egg in the middle and using the shell halves, the palm of the hand, or a device to keep the egg yolk in place while the egg white falls into a separate bowl.

Equipment

- ☐ Skillet
- ☐ Mixing bowls
- ☐ Can opener
- ☐ Colander or strainer
- ☐ Immersion blender or potato masher
- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Whisk
- ☐ Food processor or box grater
- ☐ Spatula turner

Ingredients

German Potato 'n Beaniewurst Hash

- ☐ 1 15-oz can pinto or kidney beans ****(for LEGUME ALLERGY sub 1 1/2 C chopped firm tofu or mushrooms)****
- ☐ 1 1/2 tsp poultry seasoning
- ☐ 2 tsp tomato paste ****(Omit for NIGHTSHADE ALLERGY)****
- ☐ 1 tsp paprika ****(Omit for NIGHTSHADE ALLERGY)****
- ☐ 1/2 tsp salt
- ☐ 1/4 C all-purpose flour + more for dusting ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- ☐ 1 egg, separated ****(for EGG ALLERGY sub 1 tsp baking soda + 1 T vinegar)****
- ☐ 4 to 5 T vegetable oil, divided ******
- ☐ 2 russet potatoes
- ☐ 2 green onions
- ☐ 1 1/2 T granulated sugar
- ☐ 2 T white or apple cider vinegar
- ☐ 1 tsp salt
- ☐ 1 pinch ground black pepper

Food Allergen Substitutions

German Potato 'n Beaniewurst Hash

Legume: For 1 15-oz can pinto or kidney beans, substitute 1 1/2 C chopped firm tofu or mushrooms.

Nightshade: Omit tomato paste. Omit paprika.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Egg: For 1 egg, substitute 1 tsp baking soda + 1 T vinegar.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Instructions

German Potato 'n Beaniewurst Hash

drain + rinse + pulse

Drain **1 can of beans** and rinse them under cold water. Drain and add the beans to a mixing bowl, then pulse with an immersion blender or mash by hand with a potato masher. The mixture should be slightly

chunky.

measure + mix

Add **1 1/2 teaspoons poultry seasoning**, **2 teaspoons tomato paste**, **1 teaspoon paprika**, **1/2 teaspoon salt**, and **1/4 cup flour** to the beans. Mix well!

crack + separate + whisk + mix

Crack **1 egg** and separate the yolk and the white (discard the yolk or save for tomorrow's breakfast). Whisk the white and add it to the beans. Mix again. Egg whites help stabilize mixtures and keep them from falling apart! The egg white in this recipe will help our Beaniewurst stay together and keep from crumbling.

crumble + pan fry

With floured hands, take small pieces of the beanie mixture and crumble them to resemble small pieces of sausage. Next, heat **2 tablespoons of vegetable oil** in a skillet and pan-fry the beanie crumbles until crisp! Then remove the crumbles from the pan and set them aside while you make the rest of the recipe.

shred + squeeze + slice + mix

Using a food processor or a box grater, shred **2 russet potatoes**. Add potatoes to a colander and, with clean hands, squeeze the liquid out of the shredded potatoes. They need to be as dry as possible to get crispy in the skillet! Next, thinly slice **2 green onions** and mix in with the shredded potatoes. Transfer potatoes and onions to a mixing bowl.

pan fry + flip

Heat **2 to 3 tablespoons of vegetable oil** in your skillet. Once the oil has heated, carefully add the shredded potatoes and green onions in an even layer across the skillet. Pan-fry for 4 to 5 minutes until the bottom of the potatoes is crispy and golden brown, then flip and cook on the other side.

measure + whisk + add + mix

While hashbrowns are pan-frying, measure and add **1 1/2 tablespoon sugar**, **2 tablespoons vinegar**, **1 teaspoon salt**, and **1 pinch of black pepper** to a small mixing bowl. Whisk! Then add to the shredded potatoes in the skillet once they're crispy and golden brown. Add the beanie crumbles back to the skillet, mix, and allow to heat through before serving. "Guten appetit" (Gooten ahp-peh-teet) or "Enjoy your meal" (good appetite) in German!

Featured Ingredient: Potato!

Hi, my name is Spud! That's my nickname, though. I'm actually a Potato!

"I'm sometimes a bit dirty because I grow down in the soil, but I clean up just fine. You may notice I sometimes have 'eyes' on my skin. That's where I sprout so new potato plants can grow. You can use the end of a vegetable peeler or a knife to remove those sprouts unless you're going to plant me! We are

versatile, starchy vegetables that you can leave whole, slice, dice, shred, or mash and bake, boil, fry, grill, or roast!"

History & Etymology

Potatoes are the foremost vegetable crop in the world! They are root vegetables native to the Americas. Scientists believe the first potatoes were cultivated about 8,000 years ago by hunters and gatherers near Lake Titicaca—high in the Andes mountains, on the border between Peru and Bolivia.

Those first farmers obtained the cultivated potato by domesticating wild potato plants that grew prolifically around the lake. Over the following millennia, people in the Andes developed potato varieties for growing at different altitudes and in other climates.

In 1532, the Spaniards invaded Peru searching for gold, but they took a different treasure back to Europe: the potato! Over the next 300 years, the potato became a staple crop in Europe and soon found its way to India, China, and Japan. China now grows the most potatoes worldwide.

The potato has been a staple ingredient in the German diet since the 17th century when King Frederick was known to give seeds to citizens and demonstrate how to plant them for food.

Famines occurred in the mid-1700s, and people in Germany realized the importance of potatoes because they could be grown in harsh environments.

Where are most of the potatoes produced in the United States? In Idaho! Approximately one-third of all potatoes in the US are grown there.

The potato was the first vegetable grown in outer space!

President Thomas Jefferson was the first person to serve french fries in the United States (in 1802 in the White House).

Potatoes are so popular that a plastic toy called "Mr. Potato Head" has been sold by Hasbro since 1952. Initially, they sold it as separate parts, like eyes, ears, mouth, hats, etc., that could be attached to an actual potato with pushpins. Due to too many ruined potatoes and new safety rules, in 1964, Hasbro added a plastic potato body with holes to insert the plastic body parts and clothing. The toy was the first to be advertised on television.

The English word "potato" comes from the mid-16th century from the Spanish "patata," which may have been a hybrid of "batata" (sweet potato) from the extinct Taíno language and "papa" (potato) from the Quechua language.

Anatomy

Potatoes are tubers and are members of the Nightshade family, which also includes tomatoes, eggplants, peppers, and tobacco.

The potato plant has a relatively short lifespan of anywhere from 80 to 150 days, determined by the variety of the potato. Furthermore, according to the International Potato Center in Peru, there are more than 4,000 varieties, with most found in the Andes Mountains!

Potatoes do not grow from seeds like other vegetables and fruits. Instead, they grow from "seed potatoes,"

which sprout and form roots underground.

During its first stages of life, sprouts form from the eyes of the primary tuber. First, farmers prepare the earth by tilling it in rows that form ridges. Next, they remove stones from the soil to help the potatoes grow in uniform, oval shapes. Then, the seed potatoes are planted and covered with dirt for protection.

Seed potatoes are planted in the Spring so that the warmth from the sun can stimulate the plants to grow. First, roots form from the seed potatoes, and new shoots reach up through the soil toward the warm sun. Soon, green leaves grow on the shoots, establishing the potato plants. Then roots spread underground in the earth, and the potatoes grow from these roots. Potatoes are relatively easy to grow, even in harsh environments.

How to Pick, Buy, & Eat

Choose potatoes that are smooth, plump, free from blemishes, cuts, and decay, and that don't give when you squeeze them.

Potatoes start getting soft when they go bad, so choose firm potatoes at the grocery store.

Smell potatoes before buying them: they should smell fresh and faintly of dirt since they grow in soil.

Waxy potatoes are best for boiling and steaming, as they contain less starch and won't absorb as much liquid. Examples of waxy potatoes are Yukon gold, fingerling, Carola, LaRette, and Austrian Crescent.

Medium-starch, all-purpose potatoes (red, purple, Onaway, and goldilocks varieties) work well when baked, roasted, fried, and used in soups and gratins.

Russet potatoes are best for frying (such as in hash browns and french fries), as they contain less starch and will get crisper.

Store potatoes in open or hole-punched paper bags (not plastic) to keep air circulating around the potatoes. Plastic bags can trap moisture and cause potatoes to rot quicker. Also, keep the bag in a dark, dry space. Chlorophyll will develop and produce a tell-tale green tinge if you store potatoes in too bright a place. If this happens, a toxic compound called solanine also forms, and it is best to toss any green potato in the garbage.

Nutrition

Potatoes, with their skin, are rich in carbohydrates and a good source of energy. In addition, they have a high content of vitamin C and potassium, and protein that is well matched to human needs.

One cup of cooked potatoes contains 32 percent of the daily value of vitamin B6. This vitamin is a major antioxidant (antioxidants help clear the body of harmful substances). We need B6 for our brains and hearts, helping us learn and focus better, keep our moods up, and keep our brains sharp. Vitamin B6 is also required to make all new cells in the body, which happens every minute of our lives!