



Country Hash

 Gluten Free

READY IN



360 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

Ingredients

- 1 stick plus 3 tablespoons butter unsalted divided
- 0.3 cup dijon mustard
- 6 large eggs
- 1 medium gala apple
- 2 medium poblano chiles fresh ()
- 1 medium bell pepper red cut into 1/2-inch pieces
- 0.5 pound rutabaga
- 1 small onion white finely chopped

- 3 tablespoons worcestershire sauce
- 0.5 pound yukon gold potatoes

Equipment

- bowl
- frying pan
- paper towels
- oven
- tongs
- broiler pan

Directions

- Finely shred brisket and transfer to a bowl, then mix with mustard and Worcestershire sauce until combined well.
- Roast poblanos on their sides on racks of gas burners over medium-high heat, turning with tongs, until skins are blistered and slightly charred, 4 to 6 minutes. (Or broil on rack of a broiler pan about 2 inches from heat.) Immediately transfer to a large bowl and cover tightly, then let stand 10 minutes. Carefully rub off skins from poblanos.
- Cut open lengthwise and remove stems and seeds, including attached ribs. Wipe poblanos clean with a paper towel if necessary, then cut into 1/4-inch dice and transfer to a large bowl.
- Peel potato, rutabaga, and apple and cut into 1/2-inch cubes, then cook in 1/2 stick butter with 3/4 teaspoon salt and 1/4 teaspoon pepper in a 12-inch heavy skillet over medium heat, stirring occasionally, until golden in spots and just tender, 10 to 12 minutes.
- Transfer to bowl with poblanos.
- Cook onion in 3 tablespoons butter with 1/2 teaspoon salt and 1/4 tsp pepper in same skillet, stirring occasionally, until golden, about 8 minutes.
- Add bell pepper and cook, stirring occasionally, until just tender, 6 to 8 minutes more.
- Transfer to bowl with poblano mixture. Stir brisket into hash until combined.
- Preheat oven to 250°F with rack in middle.
- Heat 1 tablespoon butter in a 12-inch nonstick skillet over medium-high heat until foam subsides.

- Add half of hash to skillet and cook, turning portions occasionally, until browned and crisp in spots, 12 to 14 minutes.
- Transfer to a large (17-by 11-inch) 4-sided sheet pan and keep warm in oven. Cook remaining hash in same manner in 1 tablespoon butter.
- Transfer to sheet pan in oven.
- Rinse and wipe out skillet. Fry eggs in 2 batches with 1 tablespoon butter per batch over medium heat.
- Serve eggs over hash.
- Hash, without brisket, can be cooked 1 day ahead and chilled. Bring to room temperature before using.

Nutrition Facts

■ PROTEIN **11.6%**
■ FAT **61.15%**
■ CARBS **27.25%**

Properties

Glycemic Index:56.46, Glycemic Load:8.31, Inflammation Score:-8, Nutrition Score:16.34347841014%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 296.03kcal (14.8%), Fat: 20.66g (31.79%), Saturated Fat: 11.34g (70.87%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 16.56g (6.02%), Sugar: 8.61g (9.57%), Cholesterol: 226.49mg (75.5%), Sodium: 426.28mg (18.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.63%), Vitamin C: 77.58mg (94.04%), Vitamin A: 1540.6IU (30.81%), Selenium: 19.56µg (27.95%), Vitamin B6: 0.41mg (20.75%), Vitamin B2: 0.32mg (18.77%), Phosphorus: 181.21mg (18.12%), Potassium: 592.26mg (16.92%), Fiber: 4.16g (16.66%), Folate: 55.67µg (13.92%), Manganese: 0.26mg (13.04%), Iron: 2.24mg (12.42%), Vitamin B5: 1.13mg (11.26%), Vitamin E: 1.64mg (10.93%), Vitamin B1: 0.15mg (10.31%), Magnesium: 37.75mg (9.44%), Vitamin B12: 0.48µg (7.95%), Calcium: 78.8mg (7.88%),

Copper: 0.16mg (7.79%), Zinc: 1.08mg (7.19%), Vitamin K: 7.16µg (6.82%), Vitamin D: 1µg (6.67%), Vitamin B3: 1.25mg (6.26%)