



Slow Food Aberdeen City & Shire

PARSNIP HASH BROWNS

Ingredients

450 g waxy potatoes such as Charlotte

350 g parsnips

1 small onion

1 clove garlic

1 egg beaten

4-5 tablespoons veg oil

Method

1. Peel and coarsely grate the potatoes and parsnips – if you're using a food processor, attach the medium grater. Squeeze out as much liquid as possible with your hands and put them in a bowl.
2. Stir in the onion, garlic, egg and season if you like.
3. Divide the mixture into six and roughly shape into flat cakes.
4. Heat 2 tbsp of the oil in a large non-stick frying pan and fry three of the cakes on a low heat for 4-5 mins on each side until golden and tender.
5. Transfer to kitchen paper with a slotted spoon and leave to cool while frying the remainder, adding remaining oil as necessary. Meanwhile if serving as a breakfast, grill the bacon and tomatoes, poach the eggs and serve alongside

Allergy advice - contains dairy

Lesley Gillespie, Chef and Gastronomer: Lesley@thechard.co.uk