



PUMPKIN HASH

EQUIPMENT:

PEELER
LARGE STOCK POT
CAST IRON SKILLET
KNIFE & CUTTING BOARD

INGREDIENTS:

1 SMALL PUMPKIN
ABOUT 2 POUNDS
2 OZ. BUTTER
1 SMALL ONION DICED

1 SMALL BELL PEPPER DICED
4 OZ. CORNED BEEF
(OPTIONAL)
1/2 OZ. FRESH SAGE CHOPPED
4 OZ. HHF ROASTED TOMATO
SALT & PEPPER

METHOD:

FIRST

CUT THE PUMPKIN IN QUARTERS AND CLEAN ALL OF THE INSIDE SEEDS OUT. BOIL THE PUMPKIN IN SALTED BOILING WATER FOR ABOUT 5 MINS. UNTIL ALMOST COOKED. WE DO NOT WANT IT TO BE MUSHY. TAKE OUT THE PUMPKIN AND PEEL WITH A PAIRING KNIFE AND YOUR HANDS. YOU CAN ALSO PEEL THE PUMPKIN BEFORE YOU BOIL IT. DICE THE PUMPKIN INTO 1 INCH PIECES.

SECOND

SAUTE THE ONION AND BELL PEPPER IN THE BUTTER UNTIL SOFT. ADD THE DICED PUMPKIN AND OPTIONAL CORNED BEEF.

THIRD

SAUTE AND GENTLY STIR UNTIL THE PUMPKIN AND THE MEAT STARTS TO SHOW COLOR. THE LONGER THAT YOU COOK THIS DOWN THE CRISPIER IT WILL GET AND THE MORE THE PUMPKIN WILL BREAK DOWN AND CREATE THE HASH CONSISTENCY. THIS SHOULD TAKE ABOUT 6-10 MINUTES.

FOURTH

TAKE THE PAN OFF THE HEAT AND ADD THE SAGE AND HHF ROASTED TOMATO PESTO. STIR UNTIL COMPLETELY INCORPORATED AND ENJOY!