

Sweet Potato Hash Browns

1 ½ pounds sweet potato, peeled, shredded

1 cup chopped onion

4 teaspoons extra-virgin olive oil, divided

Mix sweet potatoes and onions in a large bowl. Heat 2 teaspoons olive oil over medium-low to medium heat in a large skillet. Add about half of the sweet potatoes and onions, and stir to coat. Press with a spatula to flatten. Cook about 7-8 minutes; do not stir. Flip, and cook another 3-5 minutes. Remove from skillet, and set aside. Repeat to cook remaining vegetables. When done, combine the two batches in the skillet. Cook another 2-3 minutes, stirring occasionally. Serve immediately.

Yield: 8 servings (serving size: about ½ cup)

Recipe Notes

To shred potatoes, it's best to use a food processor (shredding disc attachment). Variation: Use a combination of sweet potatoes and Yukon Gold or russet potatoes.

Makes a great breakfast dish!

(K's notes: Only used sweet potato/yam. Shredded, sprinkled with water, covered with side vents and microwaved until just tender, seasoned with a tsp rosemary, salt, pepper, gruyere and Parmesan cheese, left out curry)

Crispy Sweet Potato Hash Brown Cakes

Makes about 10-12 pancakes

1 large sweet potato, skin removed and grated

2 medium white potatoes, skinned and grated

2 egg whites

1/2 tsp curry powder (the brand I post has some onion-choose a onion free variety if you are particularly sensitive to onion although this small amount divided out into 10-12 pancakes should be minimal. One reader found Laxmi brand pure curry to be free of onion and garlic)

1/2 tsp paprika

dash of salt and pepper

1-2 TB olive oil for skillet

Blend ingredients and form into rounded patties with hands with about 1/3 cup of mixture. Place oil in pan over medium heat and cook pancakes for about 4 minutes until nicely browned on each side. Serve with a bit of yogurt and cilantro or as desired. These are great with curried chicken and a salad.

Sweet Potato Hash Browns

Ingredients:

1/4 pound diced bacon
1/2 cup chopped onions
1/2 tablespoon chopped garlic
1 pound sweet potatoes (roughly 3 medium) — peeled and grated
Salt and pepper to taste

Directions:

In a large skillet, over medium high heat, fry the bacon until crispy, about 8 minutes. Add the onions and saute until soft, about 2 minutes. Season with salt and pepper. Add the garlic and sweet potatoes and season with salt and pepper. Saute for about 10 to 15 minutes. Serve warm.

Source: Emeril Lagasse

Ingredients

For hash brown

3 medium sweet potatoes
5-6 slices pickled jalapenos
1 tbsp corn flour
salt and pepper to taste
2 tbsp olive oil
1 tbsp rosemary
1/4 cup grated Parmesan cheese

Method

Grate the sweet potatoes and add the corn flour, salt, pepper, jalapenos, rosemary and 1 tbsp olive oil to it. Mix well and keep aside. Mix the rest of the olive oil and rosemary in a bowl. Heat the skillet and brush it with the olive oil and rosemary. Fill the molds with the sweet potato mix. Top with grated Parmesan cheese, cover and cook on medium heat for 5-7 minutes. Keep checking to see that it doesn't burn. Slide them out with a tooth pick or a sharp knife and serve