

Pepper and Paprika Breakfast Hash



Recipe Rating	
Total Time	60 Minutes
Cooking Time	50 Minutes
Total Labour	10 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spoon/Scoop
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (136g) / par 1 serv (136g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	110
Fat / Lipides 1g	2%
Saturated / satures 0g	
+ Trans / trans 0g	1%
Cholesterol / Cholesterol	0mg
Sodium / Sodium 85mg	4%
Carbohydrate / Glucides 24g	8%
Fibre / Fibres 2g	8%
Sugars / Sucres 1g	
Protein / Proteines	2g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	30%
Calcium / Calcium	2%
Iron / Fer	4%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Potatoes, Baby, Skin on	2.75 Kg	6.1 Lbs	5.5 Kg	12.2 Lbs
Water	2.5 L	2.6 quarts	5 L	5.2 quarts
Olive Oil, Extra Virgin	20 mL	2/3 fl oz	40 mL	1 1/3 fl oz
Red Pepper, Fresh, Diced	170 gm	6 oz	340 gm	12 oz
Onions, Fresh Diced	50 gm	1.8 oz	100 gm	3.6 oz
White Pepper	5 mL	1 tsp	10 mL	2 tsp
Salt	7.5 mL	1 1/2 tsp	15 mL	1 Tbsp
Garlic Powder	10 mL	2 tsp	20 mL	2/3 fl oz
Paprika	20 mL	2/3 fl oz	18 gm	1 1/3 fl oz
Parsley, Fresh, Chopped	20 mL	2/3 fl oz	10 gm	1 1/3 fl oz

Method



1. Wash potatoes, red pepper and parsley in cold water. Remove core from red pepper. Peel onions.

In a bowl, combine olive oil, red pepper, onions, white pepper, salt, garlic powder and paprika, and set aside.



2. Place potatoes in a 1/2 size- 2" deep production pan and add water until pan is half filled.

Place pan in Multigen for 50 minutes or until potatoes are tender. Once cooked, drain water. Smash potatoes in pan.

Alternatively, steam or boil potatoes using another cooking method.



3. Add mixture to the pan and fold in until combined. Garnish with chopped parsley.

Serve Hot.



4. **Bulk:** Portion into service dishes or leave in bulk for dining room service.

Cold Plating: allow to cool and plate alone or as a side dish. Place on the hot side of the tray prior to service.



Garnish: **Chopped parsley**

Food Accompany: **Any breakfast protein**