



Vegan Corny "Beef" Hash

By Dylan Sabuco

Prep Time 10 / **Cook Time** 20 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

chop: to cut something into small, rough pieces using a blade.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

Equipment

- ☐ Large skillet
- ☐ Medium mixing bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Measuring spoons
- ☐ Wooden spoon

Ingredients

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- ☐ 1 pkg extra firm tofu ****(for SOY ALLERGY sub 2 C mushrooms)****
- ☐ 1 large potato ****(for NIGHTSHADE ALLERGY sub sweet potato)****
- ☐ 1 T pickling spice ****(for NIGHTSHADE ALLERGY make your own pickling spice: 1 tsp dill seed, 1 tsp mustard seed, 2 bay leaves)****

- ☐ 1 tsp paprika ****(Omit for NIGHTSHADE ALLERGY)****
- ☐ 1 tsp ground mustard
- ☐ 1 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 2 T vegetable oil ******

Food Allergen Substitutions

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Soy: For 1 pkg extra firm tofu, substitute 2 C mushrooms. Substitute canola oil or other nut-free oil for vegetable oil.

Nightshade: For 1 large potato, substitute 1 sweet potato. Omit ground paprika. Make your own pickling spice—for 1 T, use 1 tsp dill seed, 1 tsp mustard seed, and 2 bay leaves.

Instructions

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intro

"Dia duit" (Jee-ah ghwitch) or "Hello" in Irish! Corned beef is a staple of St. Patrick's Day celebrations, especially in America. This dish actually has a history dating back to the Middle Ages. Pickling the beef with spices and salt would preserve the beef in a world before refrigeration. In current times, we don't need to pickle and preserve our meats to keep them fresh, but it tastes so good that people have kept making corned beef for centuries. In this recipe, you will replace the beef with tofu to create a similar styled corned "tofu" hash! Enjoy!

strain + chop

Start by draining all the liquid from **1 pkg extra firm tofu**. You can squeeze it with a paper towel to get even more liquid out. Then, chop the tofu and **1 large potato** as finely as possible and place in a medium mixing bowl.

measure + season + mix

Next, measure **1 tablespoon pickling spice, 1 teaspoon paprika, 1 teaspoon ground mustard, 1 teaspoon salt**, and **1/2 teaspoon black pepper** and add them to the bowl of tofu and potato. These 5 ingredients will give the tofu the flavor and color of corned beef. Tofu is great because it can take on many flavors. Mix the spices, tofu, and potato with a wooden spoon.

preheat + sauté

In a large skillet, add **2 tablespoons vegetable oil** and turn the heat to medium. After the oil is heated, add the tofu mixture and cook for 20 minutes, stirring often with a wooden spoon.

brown + serve

Cook until browned and the potatoes are tender. Serve alongside eggs, like our **Egg-celent Omelet Cups**! "Bain taitneamh as do bhéile" (Bwin tat-nyuv oss duh vay-il-eh) or "Enjoy your meal" in Irish!

Featured Ingredient: Pickling Spice!

Hi! I'm Pickling Spice!

"I'm in a pickle—can you help me? I'm not sure which type of pickled cucumber I like best: sweet pickles, dill pickles, or bread and butter pickles. Which do you like best, or do you like them all? Did you know pickling spice makes them what they are? I like to think we're a vibrant community of wonderfully flavorful spices that make taste buds say, 'Mmm, that's tasty!'"

Pickling spice is a blend of spices, typically whole or crushed, added to brine (salty water) or vinegar to pickle fruits, vegetables, and other foods. It is also used to season beans, meats, rice, soups, stews, and corned beef and cabbage.

Pickling spice blends may include various combinations of allspice berries, anise seeds, bay leaves, black peppercorns, caraway seeds, cardamom pods, cinnamon, cloves, coriander seeds, dill seeds, fennel seeds, garlic cloves, ginger, mace (protective outer covering of nutmeg seed), mustard seeds, nutmeg, and red pepper flakes.

We mostly see and hear about pickled cucumbers (pickles), but other foods can also be pickled, such as asparagus, baby corn cobs, beets, carrots, green beans, hard-boiled eggs, mushrooms, onions, peaches, peppers, tomatoes, watermelon, and more.

Corned beef is beef brisket cured in salt and cooked by boiling, usually with pickling spices. To make a corned beef and cabbage dinner, popular on Saint Patrick's Day, potatoes, carrots, and cabbage are added to the pot cooking the corned beef, so the vegetables also take on the flavor of the spices.