

PRESIDENT WILLIAM MCKINLEY

RED FLANNEL HASH

6
SERVINGS

30 MINS
PREP TIME

30 MINS
COOK TIME

INGREDIENTS

- 2 cups corned beef, diced into ½-inch cubes
- 2 cups cooked beets, diced into ½-inch cubes
- 3½ cups cooked potatoes, diced into ½-inch cubes
- 1 medium onion, finely chopped
- Salt and pepper to taste
- 1½ teaspoons Worcestershire sauce (optional modern addition)
- Light cream, just enough to hold together
- ¼ cup bacon drippings (can be replaced with unsalted butter or preferred cooking oil)

INSTRUCTIONS

1. Mix corned beef, cooked beets, and cooked potatoes together.
2. Add onions, Worcestershire sauce if using, and salt and pepper to taste.
3. Mix all the ingredients with just enough light cream to hold together.
4. Melt bacon drippings or salt pork in a heavy iron skillet or a very wide, deepset non-stick pan.
5. Spread the hash evenly over the bottom of the skillet. Heat over a low fire watching carefully.
6. Loosen the edges and shake the skillet from time to time to keep the hash from burning. When a nice brown crust forms on the bottom, use a spatula to flip the hash, cooking it on the other side. Serve on a warm platter.

RED FLANNEL HASH



NUTRITION PER SERVING (6 SERVINGS)

Calories 310 · Total Fat 15g · Saturated Fat 3g · Sodium 185 mg · Total Carbohydrates 26g · Dietary Fiber 3g · Added Sugars 0g · **Protein g – MISSING**

* Recipe analyzed with unsalted butter.

DIETITIAN'S NOTE

Add an additional cup of vegetables, shredded cabbage, or sliced carrots to boost levels of dietary fiber and micronutrients.

Adapted from: Poppy Cannon's The President's Cookbook