Salmon and Potato Breakfast Hash with Dill Yogurt

2 hash plates, each with half the salmon, potatoes and dill yogurt · Active 25 min · Total 55 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• About 2 medium potatoes, scrubbed and cut in 1/2-in/1.3-cm cubes (400 g prepared, skin on)

• 4 cups drinking water (1 L), for parboiling; discard after cooking

• 7 oz drained canned pink salmon without skin or bones (200 g edible fish), from plain cans as needed

• 1 small onion, peeled and chopped (80 g)

• 1 tablespoon olive oil (15 ml/about 13.5 g)

• 1/2 cup plain nonfat Greek yogurt (120 g)

• 1 tablespoon lemon juice (15 ml/about 15 g)

• 2 tablespoons chopped fresh dill (5 g)

• 1/4 teaspoon fine salt (1.5 g), divided

• 1/8 teaspoon black pepper (0.3 g)

Set out

Stovetop with 2 burners, Saucepan of at least 2 qt/1.9 L, Colander, 12-in/30-cm skillet, Clean bowl and fork for salmon, Small bowl for sauce, Knife and board, Wide spatula, Thin-probe food thermometer

Allergens

Fish, Milk. Check labels and substitutions.

Make it

1. Put potato cubes in the saucepan with water to cover. Bring to a boil, then simmer 6–8 minutes until a knife enters with slight resistance. Drain and let steam escape 3 minutes. Meanwhile, inspect and weigh the drained salmon.

2. Stir yogurt, lemon, dill and half the salt in the small bowl. Keep it refrigerated until serving. Heat oil in the skillet over medium heat. Cook onion 4 minutes, then add potatoes, remaining salt and pepper in a fairly even layer. Cook 8–10 minutes, turning occasionally, until centers are fully tender and some edges are golden.

3. Fold in the salmon. Cook 3–5 minutes, turning gently, until the mixture is hot throughout and reaches 165°F/74°C in several places. Divide all the hash between 2 plates and serve each with half the cold dill yogurt.

A beginner skill to practice

Practice drying a boiled ingredient before browning it. The few minutes in the colander help more than repeatedly turning damp potato cubes.

A useful detail

The 55-minute total includes draining fish and potatoes and a full browning stage. The starting fish is commercially canned, ready-to-eat salmon, not raw salmon. If a can has more than 200 g drained fish, keep the surplus refrigerated immediately rather than adding it unnoticed to the calculated batch.

Keep it well

Refrigerate hash and yogurt separately in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days or an earlier ingredient deadline. Reheat hash to 165°F/74°C and keep the sauce cold. Promptly refrigerate any surplus opened fish and use according to its label.