



Corned Beef Hash



This is the ultimate hangover breakfast, and very good even if you haven't over-indulged the night before.

Ingredients

- ♦ 2 tablespoons Worcestershire sauce
- ♦ 1 tablespoon wholegrain mustard
- ♦ 200 g corned beef, cut into 1 cm cubes
- ♦ 275 g waxy potatoes, unpeeled and chopped into 1 cm cubes
- ♦ 4 tablespoons extra virgin olive oil or Irish rapeseed oil
- ♦ 1 large onion, quartered and thinly sliced
- ♦ sea salt
- ♦ freshly ground black pepper
- ♦ 2 eggs

Serves 2

To Cook

Combine the Worcestershire sauce and mustard in a cup and pour over the beef, mixing it around to distribute it evenly. Simmer the potato cubes in boiling salted water, covered, for 5 minutes. Drain and cover with a tea towel to absorb the steam. Heat the oil in a frying pan until very hot and fry the onion until very well browned. Remove the onions from the frying pan and keep to one side. Add a little more oil to the pan and fry the potatoes until they too are well browned. Return the onions to the pan and season. Add the beef and keep everything in the pan moving until the beef is heated through. Turn the heat down. In another frying pan, fry the two eggs in a little oil. Divide the hash between two plates and serve with an egg on top of each. Tomato ketchup is essential.