



Sweet Potato & Chile Hash with a Fried Egg

by Ben Barker, Karen Barker

In this quick dish, you've got some options. In the mayonnaise, it's best to use homemade salsa or the adobo sauce from a can of chiles in adobo. If you're pressed for time, a good store-bought salsa is fine, too, provided it's medium-hot and not too chunky. Eggs cooked over easy work well in this recipe, but prepare them as you choose. And of course, the hash is great just on its own.

Serves 6



Test Kitchen Guaranteed

For the chile mayonnaise:

- 1/2 cup mayonnaise
- 3 Tbs. salsa or adobo sauce
- 1 Tbs. fresh lime juice
- Salt and freshly ground black pepper to taste

For the hash:

- 1 lb. sweet potatoes, peeled and cut into 1/2-inch cubes
- 6 Tbs. olive oil; more as needed
- 1 small onion, diced (to yield 1 cup)
- 1/2 red bell pepper, diced (to yield 1/2-cup)
- 2 small fresh poblano or 4 Anaheim chiles (or other medium-hot chiles), cored, seeded, and diced (to yield 3/4 cup)
- 2 Tbs. minced garlic
- 1 to 2 jalapeños, cored, seeded, and minced
- 2 tsp. coarse salt; more to taste
- 2 Tbs. chopped fresh cilantro
- 2 tsp. chopped fresh oregano
- 1 Tbs. fresh lime juice
- Freshly ground black pepper
- 6 eggs
- 6 sprigs fresh cilantro

Make the chile mayonnaise:

In a bowl, combine the mayonnaise, salsa, and lime juice; add the salt and pepper. Whisk until smooth. Taste and adjust the seasonings; set aside.

Make the hash:

Cook the diced sweet potatoes in boiling salted water until firm-tender, about 3 minutes. Drain well and set aside. In a large nonstick skillet, heat 3 Tbs. of the oil over medium heat. Cook the onion, red pepper, and diced chiles, stirring frequently, until all are well softened and the onion is golden brown, about 20 minutes. Stir in the garlic and jalapeños, cook for 1 minute. Transfer to a plate. Increase the heat to medium and heat the remaining 3 Tbs. oil in the pan. When the oil is hot, add the sweet potatoes and cook, tossing frequently, until the edges begin to brown, about 10 minutes. Return the onion and pepper mixture to the pan, cooking until warmed through. Stir in the salt, cilantro, oregano, and lime juice; season with pepper to taste. Transfer to a warmed plate or bowl; cover and keep warm. Add more oil to the pan if needed. When the oil is hot, crack the eggs into the pan (in batches, if necessary) and fry them sunny side up or over easy; the yolks should still be runny. Divide the hash among six plates, top each portion with a fried egg, a dollop of the chile mayo, and a cilantro sprig. Serve at once.

nutrition information (per serving):

Size : based on six servings; Calories (kcal): 430; Fat (g): 33; Fat Calories (kcal): 300; Saturated Fat (g): 6; Protein (g): 9; Monounsaturated Fat (g): 16; Carbohydrates (g): 28; Polyunsaturated Fat (g): 10; Sodium (mg): 970; Cholesterol (mg): 225; Fiber (g): 4;

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