



Golden fried Hash Browns with Creamy Mushrooms

⌚ Preparation time: 35 minutes

👤 Portions: 4

Cooking time: 0 minutes

Total time: 35 minutes

Ingredients (serves 4)

For the vegan hash browns

- 1 kg/35.2 oz (mainly) waxy potatoes
- 60 g (5/8 cup/ 2.11 oz) chickpea flour
- 1 pinch of freshly grated nutmeg
- 1 tsp. paprika powder
- Salt & pepper
- Vegetable oil for frying the hash browns

For the creamy mushrooms

- 1 large onion (ca. 130 g/4.58 oz)
- 1 small clove of garlic
- 500 g (17.63 oz) Champignons
- 30 g (1.05 oz) margarine (or 2 tbsp. vegetable oil)
- 2 tbsp. soy sauce
- 1 shot of white wine (can be replaced by 50 ml more water)
- 20 g (1-2 tbsp.) flour
- 1 tbsp. medium hot or hot mustard
- 150 ml (0.6 cups) unsweetened plantbased milk
- Salt & pepper
- 1 tbsp. herbes of Provence
- 60 g (2.11 oz) baby spinach (2 handful)
- Optional: 1 tbsp. lemon juice
- 2 tbsp. unsweetened soy yoghurt +some yoghurt for garnish
- 1 bunch of chives (or a handful of fresh parsley)

Instructions (35-40 minutes)

1. Peel the potatoes, rinse and grate them finely (with a simple vegetable grater).
2. Press the grated potatoes dry in a clean kitchen towel. Tip: You do not need to have the grated potatoes pressed completely dry. It is sufficient to wring them out thoroughly and firmly once.
3. Mix the grated potatoes with the chickpea flour, plenty of salt, pepper, sweet paprika powder and a large pinch of freshly grated nutmeg. I mix the grated potatoes and spices thoroughly with my hands.
4. Heat 2 tablespoons of vegetable oil in a frying pan, add the grated potatoes in portions and press flat. Brown them on both sides for 2-3 minutes each, drip off on kitchen paper and keep warm in the oven until serving.
5. Peel the onion and cut into fine strips. Peel the garlic clove and dice finely. Clean the mushrooms, shorten the stems a little if necessary and cut them into slices.
6. Melt the margarine in a deepened pan. Gently fry the onion strips over medium heat for about 4 minutes until golden. Then add the garlic as well as the sliced mushrooms and fry for about 2-3 minutes. Deglaze the mushrooms with soy sauce and fry them for another 2-3 minutes until they are slightly tender.
7. Add a shot of white wine and stir in the flour.
8. Stir in 1 tbsp. of mustard and add the plantbased milk. Season cream sauce with salt and pepper and herbs of Provence. If necessary, add some more soy sauce. Fold in the baby spinach. I add a little bit of lemon juice for some acidity, but this is optional.
9. Finally, stir in 2 tbsp. of soy yoghurt and take the pan off the heat.
10. Wash and cut the chives. Arrange the creamed mushrooms with the crispy potato pancakes, stir in another 2 tsp. of soy yoghurt per portion and

serve with plenty of fresh chives.

If you like, you can also add fresh parsley to the dish instead of chives.

Of course you can also prepare the hash browns without the creamy mushrooms and enjoy them with vegan dips of your choice. Especially vegan herb quark goes wonderfully with them. If you leave out the savory spices while preparing the hash browns and replace them with a little sweetener, they will also go perfectly with apple sauce.