

U.S. Hash Brown Cups with Warm Black Bean Salad

Makes: 12 Each

Ingredients for U.S. Hash Brown Nests:

12ea Defrosted ***U.S. Hash Browns***
120gm Butter or Margarine
3 Sprig Chopped Fresh Thyme
2gm Chili Powder
5gm Ground White Pepper
4gm Salt
80gm Finely Sliced Spring Onion

Ingredients for U.S. Black Bean Salad:

15ml Extra Virgin Olive Oil
20gm Chopped Onions
5gm Chopped Garlic
200gm Canned or Cooked U.S. Black Beans
200gm Diced Tomatoes
3gm Cumin Powder
3gm Coriander Powder
To Taste Salt
To Taste Pepper
25ml Lime Juice

Method:

1. Preheat oven to 200°C
2. Coat a 12-cup muffin tin with butter or margarine
3. Break the defrosted ***U.S. Hash Brown*** apart
4. Then dry in a clean tea towel or cheese cloth
5. Press or squeeze the ***U.S. Hash Brown*** well to remove as much of the liquid as possible
6. Put into a bowl
7. Add the thyme leaves, chili, pepper and salt
8. Combine well

9. Divide the ***U.S. Hash Brown*** mixture among the muffin cups
10. Press the dried and seasoned ***U.S. Hash Brown*** into the muffin mold on the bottom and up the sides of each cup to form a “cup or nest”.
11. Brush the ***U.S. Hash Brown*** with melted butter.
12. Bake the ***U.S. Hash Brown*** cups for 15 to 20 minutes or until golden brown on the bottom and sides
13. Remove from the oven and keep warm

14. Saute the onion and garlic in the oil without giving color until fragrant
15. Add the black beans and sauté until heated through
16. Season with cumin, coriander salt and pepper
17. Set aside to cool a little
18. Add the tomatoes and lime juice and combine well
19. Dived the filling between the ***U.S. Hash Brown Cups***
20. Sprinkled with sliced spring onion and serve hot

Notes:

- This dish can be served as an appetizer, snack or as a rustic side dish
- For a main course one need to serve 2 ***U.S. Hash Brown*** cups
- For appetizers, snacks, side dishes and main dishes cheeses like Parmesan, aged Provolone or aged Cheddar may be added. For Asians use Mozzarella.