

16 Tiroler Groestl

A hash-style fry-up of potatoes, meat and onions that originated in the Tirol region of Austria. This is a very popular lunchtime dish in Austrian ski resorts in the Tirol and beyond where it is usually served with a fried egg on top and a raw white cabbage salad on the side.

The recipe gives weights of the different ingredients but you do not have to be too precise about exact weights for this recipe. The approximate proportions by volume are 1 part onions; 1 part meat; 2 parts potato.

This recipe is a great way to use up the leftover bits of meat from a roast dinner but you can buy ready prepared sliced roast beef or pork in packets if you want to make the recipe and don't have leftovers to hand.

Serves 2

Ingredients

2 tablespoons light olive oil
175g sliced onions (prepared weight)
135g cold roast beef or roast pork
70g pancetta cubes or rashers of streaky bacon snipped into pieces with scissors
350g cold boiled waxy (salad) potatoes cut into 1cm dice (no need to peel)
½ teaspoon each salt and freshly ground black pepper
1 teaspoon dried oregano or dried thyme
1 teaspoon caraway seeds

1. Have ready a 24cm diameter frying pan, preferably non-stick, to make the groestl and another frying pan to fry the eggs to top the completed groestl.
2. Heat the light olive oil in the frying pan over a medium heat then add the sliced onions and salt and pepper and cook for about 5 minutes stirring often until the onions have softened a little.
3. Next add the pancetta or bacon and the roast meat to the pan and continue to fry for about 5 minutes more until the fat from the pancetta or bacon has been rendered. Now add the diced potatoes, dried herbs and caraway seeds and continue to fry for 5-10 minutes more until the potatoes develop a nice golden brown crust. Taste and add more salt, pepper, caraway seeds or dried herbs if liked.
4. If you're topping your groestl with a fried egg, turn down the heat to low while you fry the eggs.
5. Divide the groestl into two portions and serve on prewarmed plates. Top each portion with a fried egg and serve with salad (raw white cabbage is traditional).