

Compliments of Kowalski's

March – April 2024
THE JOY OF GOOD FOOD

KOWALSKI'S AT HOME

good morning GOODIES



Cinnamon
Raisin French
Toast Casserole
(page 2)

DINNER
FOR BREAKFAST

toast
FOR FOODIES

MAKING BREAKFAST
HEALTHIER

Thoughts from the KOWALSKIS

We're happy to help anyone struggling with the every-single-day question "What's for dinner?" Based on the number of quiches, coffee cakes and donuts we sell, we also seem to be answering the question "What's for breakfast?"

Dinner may get more attention than breakfast, but as Kowalski's Nutritionist Sue Moores, M.S., R.D., tells us, breakfast is a big deal! On page 4, she's helping us understand what makes for a healthy morning repast and suggesting a few simple ways to up the nutrition quotient on what remains "the most important meal of the day."

We're giving breakfast *all* the attention in this issue of *At Home*. Culinary & Branding Director Rachael Perron and team are sharing several new recipes this season, perfect for all your breakfast and brunch needs. From savory dishes like *Comed Beef Hash* and *Chorizo Breakfast Burritos* to sweet dishes like *Cinnamon Raisin French Toast Casserole*, there's a dish here for all breakfasters and all breakfast occasions. You'll want to check out the team's companion recipe booklet, *Bring on Breakfast*, for even more ideas, including *Carrot-Zucchini Bread* and *Iced Sea Salt Caramel Lattes*.

Speaking of, the casserole recipe below (and on our gorgeous cover!) is made with one of our favorite new artisan breads: Cinnamon Raisin! When we set out to make the very best artisan bread program in the Twin Cities, we were so focused on bread as *bread*, we forgot that bread is also a great *ingredient!* And how could we have forgotten *toast?* It must be one of the very best ways to enjoy bread, aside from sliced straight off the loaf. Need proof? Page 6 provides all the evidence you'll need.

Unsurprisingly, some of the most popular items in our Signature Products lineup are breakfast related. From freshly squeezed juices (page 5) and Bake at Home products (page 7) to sausage and bacon (page 9) and hot breakfast sandwiches on the go (page 10), we've got breakfast covered from door to door across the store. It's the Joy of a Good Breakfast!



Food Matters! Truth Matters!
Kris Kowalski Christiansen
and Mary Anne Kowalski

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FIND YOUR LOCAL MARKET AT KOWALSKIS.COM

CINNAMON RAISIN FRENCH TOAST CASSEROLE V (pictured on cover)

SERVES 12

- 1 cup brown sugar
- 2 tsp. Kowalski's Ground Cinnamon, divided
- 3 tart apples, peeled, cored and diced ¾"
- ½ cup raisins
- ¼ cup Kowalski's Unsalted Butter, melted
- 1 loaf Kowalski's Signature Cinnamon Raisin Artisan Loaf, cut into 1 ½" cubes
- 6 eggs, lightly beaten
- 1 ½ cups milk
- 1 tsp. Kowalski's Organic Madagascar Vanilla Bean Paste
- confectioners' sugar, for serving
- Kowalski's Cinnamon Maple Syrup, warmed, for serving

DIRECTIONS:

1. Spray a 9x13" baking dish with nonstick cooking spray.
2. In an extra-large mixing bowl, stir together brown sugar and 1 tsp. cinnamon. Add apples and raisins; drizzle with butter and toss to coat.
3. Add bread cubes to the bowl; toss to combine. Pour bread mixture into prepared baking dish.
4. In a large mixing bowl, whisk together eggs, milk, vanilla and remaining cinnamon; pour over bread mixture, pushing the bread down to completely soak.
5. Cover with foil; refrigerate for 8-12 hrs.
6. Remove dish from refrigerator 30 min. before baking.
7. Preheat oven to 350°.
8. Bake casserole in preheated oven, covered, for 30 min. Uncover; continue baking until set and dark golden on top (15-20 min. more).
9. Let stand for at least 10 min. before slicing; dust with confectioners' sugar and drizzle with syrup before serving.

COOKING  HOME:

DINNER *for* breakfast



Rachael Perron,
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I know it's a healthy habit, but I've never been a big breakfast eater. Part of my lifelong dislike of breakfast is actually an aversion to *sweet* breakfast. So many commonplace breakfast foods – cereal, pastries, pancakes, yogurt with fruit, and juices – are simply too much for me when I've just gotten up. Savory breakfast is more my jam. I especially love eggs. Breakfast sandwiches from the Deli Department, our Signature Breakfast Pizza (with our Cherry Fresno Hot Sauce!) and the *Chorizo Breakfast Burritos* on page 9 are tops on my morning menu.

This recipe is another favorite, a riff on traditional huevos rancheros. Loaded with good-for-you brown rice, beans and veggies, this satisfying bowl is topped with eggs and drizzled with a spicy kick from our Signature Enchilada Sauce. It's a breakfast worth waking up for.

Warmly, *Rachael*

HUEVOS RANCHEROS BOWL

SERVES 1

- ½ cup cooked brown rice, hot
- ½ cup canned black beans, rinsed and drained, heated
- 2 eggs, cooked your way (such as poached, over easy or sunny-side up)
- 2-3 tbsp. Kowalski's Enchilada Sauce, warmed, to taste
- toppings, your choice: crumbled queso fresco or Cotija cheese, Kowalski's Organic Pico de Gallo (from the Prepared Produce Section), chopped fresh cilantro, sliced green onions, sliced jalapeño peppers, sliced or diced avocado and a lime wedge
- freshly ground Kowalski's Black Peppercorns, to taste
- 2 corn tortillas, warmed, for serving

DIRECTIONS:

1. Scoop rice and beans into a serving dish; top with eggs.
2. Drizzle with enchilada sauce; top with desired toppings.
3. Season with pepper; serve immediately with tortillas for scooping.

A note about dairy: When served without cheese, this recipe is dairy free.



rise & dine

THE "BENNIES" OF BREAKFAST



Susan Moores, M.S., R.D.
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Breakfast is tapped as the most important meal of the day. Some may debate the title, but plenty of studies suggest it is well earned, given the benefits associated with it. They include:

- **Boosting energy and brain power**
- **Better mental health and heart health**
- **Better blood sugar and blood pressure control**
- **A more nutrient-rich diet**
- **Improved weight management**
- **Improved balance of certain hormones**

choose wisely

To experience these health wins, healthful foods need to be on the morning menu. Fiber-rich carbohydrates (the preferred source of energy for your brain) and protein are important choices. So too are foods that offer what are known as "shortfall nutrients" (those that most of us don't eat enough of, including fiber, calcium, potassium and vitamin D). Studies show that breakfast eaters tend to get more B vitamins, plus vitamins A, C and E, in their daily diet, while breakfast skippers are shorted on them and rarely make up for the loss later in the day.

On the flip side, greeting the morning with sugary, fat-rich, highly processed foods (and drinks) is problematic. They are associated with making it more difficult to completely wake up and stay alert throughout the day. A well-controlled blood glucose level is crucial to being in full wake-up mode. Eating these types of foods may not only negate the above health benefits but can also contribute to poor health outcomes. The same goes for skipping breakfast.

keep your rhythm

Emerging research in an area called *chrono-nutrition* shows that our circadian rhythm is closely associated with how we choose foods and how our bodies digest and use them. At the same time, our circadian clock is also influenced by the foods we eat. Diet helps synchronize our clocks. Skipping breakfast is disruptive to the rhythm. It can affect the types of foods we want to eat later in the day and how much we will eat. Skipping breakfast can also affect various hormone and chemical levels in our body that influence digestion and the health areas listed above.

support your immune system

Missing breakfast may negatively affect the immune system, too. A recent study found that mice who ate after waking had a higher number of circulating white blood cells, called *monocytes*, than fasting mice. Part of a monocyte's job is to help find and kill viruses and bacteria and remove infected cells. The quality and caliber of monocytes were also diminished in the mice that didn't eat.

take the pressure off

Not all of us greet the morning eager to eat, and time crunches make it hard to pull off a traditional type of breakfast. To gain the "bennies," eat something within two hours of waking up. That something can be small, simple, speedy, sweet or savory. Scan the QR link below to visit our website for a list of breakfast bites to kickstart your metabolism, ignite your brain cells and nourish every part of your body to get your day off to a great start.

Good morning, Sunshine!



SIGNATURE PRODUCT FOCUS



KOWALSKI'S SIGNATURE FRESHLY SQUEEZED

ORANGE JUICE is a little luxury that makes breakfast taste a little bit like a vacation. Customers love it, and for good reason. It's squeezed fresh daily by our local produce partner using the best fruit available. Aside from juicing oranges yourself, there's really nothing quite like it!

Our freshly squeezed lineup includes:

- Orange Juice • Grapefruit Juice • Tangerine Juice
- Citrus Splash (a refreshing blend of orange and lemon juice)
- Daily Squeeze (a popular blend of orange and grapefruit juice)

GOOD TO KNOW

Our Freshly Squeezed Orange Juice is one of our most frequently purchased items, and it's our goal to have it on the shelf every single day. But from time to time, weather – hard to predict and even harder to control – causes an unfortunate gap in the availability of high-quality citrus fruits. To ensure we're consistently offering only the best-tasting juice every time you shop, we may be out of stock if the available fruits don't meet our rigorous quality standards.



SIGNATURE

mimosas

MIMOSAS GF V VE DF

MAKES 2

2 oz. Kowalski's Signature Freshly Squeezed Orange Juice
6 oz. Champagne, cold
2 small orange wedges, for garnish (optional)

DIRECTIONS:

1. Divide juice between 2 sparkling wine flutes; top evenly with Champagne.
2. Garnish each glass with an orange wedge, if desired.

we propose a



TOAST

What's the secret to great toast? Great BREAD, of course! Our new artisan loaves are super for supper, sandwiches and snacks, but they really *shine* as toast. Beyond avocado, they're amazing with toppings both savory and sweet. With butter? Even better!

- 1 **Cinnamon Raisin Bread** with hazelnut spread and roasted hazelnuts.
- 2 **Cranberry Wild Rice Bread** with fresh goat cheese, chopped dried cranberries, fresh thyme, Kowalski's Pure Honey and roasted salted pistachios.
- 3 **Cinnamon Raisin Bread** with Kowalski's Creamy Peanut Butter, banana slices and Kowalski's Pure Honey.
- 4 **Parmesan Herb Bread** with Kowalski's Signature Salsa di Parma.
- 5 **Steakhouse Table Bread** with sliced avocado, smoked salmon, microgreens, Kowalski's Extra Virgin Olive Oil, and freshly ground Kowalski's Sea Salt and Black Peppercorns.
- 6 **Sourdough Bread** with Kowalski's Hummus and salad fixin's.
- 7 **Cranberry Wild Rice Bread** with Kowalski's Signature Strawberry Whipped Cream Cheese Spread and fresh berries.
- 8 **Bella Bread** with mayo, fresh Minnesota Grown tomato slices, fresh chives, and freshly ground Kowalski's Sea Salt and Black Peppercorns.
- 9 **Italian Country Bread** with sliced hard-boiled eggs, fresh chives, Kowalski's Extra Virgin Olive Oil, and freshly ground Kowalski's Sea Salt and Black Peppercorns.



easy bake IN YOUR oven

Our Bake at Home program brings the joy of a fresh-baked breakfast straight to your kitchen – anytime. You'll enjoy the flexibility and convenience of these frozen breakfast bests, while everyone else will love the fresher-than-fresh taste of some of Kowalski's most beloved bakery products. Our scratch-recipe scones, customer-favorite croissants and pre-proofed cinnamon rolls bake straight out of the freezer – no thawing necessary. Muffins can be thawed in the fridge overnight and may even be made into breakfast bread. Just unwrap and let them defrost right in your loaf pan.

Our Bake at Home program also features turnovers and non-breakfast goodies, like our scratch-recipe cookies, dinner rolls and whole pies! Look for them in our special Bake at Home freezer case.



LOCAL partner

Kowalski's Bake at Home program also includes biscuits from local partner **Betty & Earl's**. They're brought to you by Jason Matheson, host of FOX 9's *The Jason Show*, using his pawpaw's Southern-style recipe. These handmade biscuits are perfect for breakfast or any time of the day! Both Cinnamon Biscuits and Blueberry Lemon Biscuits are delicious with a bit of our Signature Vanilla Bean Icing (also found in the Bake at Home Case) or a touch of honey butter. Buttermilk Biscuits and Bacon Cheddar Biscuits are equally great for breakfast sandwiches or biscuits and gravy.

SIGNATURE

THE *everything* COLLECTION

We have *everything* you need for a quick and delicious breakfast on the go. Our **Everything Bagels**, like all of our bagel flavors, are 20% larger than the average bagel. Crusty on the outside and moist on the inside, they provide superior texture and chew, making them a true bagel lover's bagel!

Top your bagel with **Everything Bagel Whipped Cream Cheese Spread** and a sprinkle of Everything Bagel Seasoning to really gild the lily! Made locally in small batches from our own Signature recipes, our cream cheese spreads are loaded with flavor. *Original, Honey Almond, Strawberry, Onion & Chive* and *Garden Vegetable* are made with fresh veggies, herbs, freeze-dried strawberries, sliced almonds and tons of honey.

Our classic **Everything Bagel Seasoning** is made locally just for us with sesame seeds, dried onion, garlic, poppy seeds and salt. They don't call it "everything seasoning" for nothing, either! It's wonderful on more than just bagels. Sprinkle this all natural blend on baked potatoes, hummus, avocado toast, popcorn, salads, soups, fish, chicken and chops – put it on *everything!*



CUCUMBER SALSA

In a small mixing bowl, combine 1 cup diced, peeled and seeded English cucumber with ¼ cup freshly chopped Italian parsley, 2 tbsp. finely chopped red onion, 2 tsp. capers, 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) and a scant ¼ tsp. kosher salt.



FIND IT!

Find our Kowalski's Bagels and Whipped Cream Cheese Spreads in the Bakery and Dairy Departments. Kowalski's Everything Bagel Seasoning is available in the Spice Aisle.

EVERYTHING BAGEL BAKE

SERVES 12

- 9 eggs
- 1 ½ cups milk
- ½ tsp. ground mustard
- ½ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 3 Kowalski's Everything Bagels, toasted, each cut into about 16 pieces
- 6 oz. shredded Monterey Jack cheese
- 8-10 cherry tomatoes, quartered
- 8 slices Kowalski's Smoked Bacon, cooked, cooled and roughly chopped
- 8 oz. Kowalski's Everything Bagel Whipped Cream Cheese Spread
- Kowalski's Everything Bagel Seasoning, to taste
- sliced green onions, for serving
- Cucumber Salsa, for serving

DIRECTIONS:

1. Spray a 9x13" baking dish with nonstick cooking spray.
2. In a large mixing bowl, whisk together eggs, milk, mustard, salt and pepper until homogeneous; set aside.
3. Layer bagel pieces, shredded cheese, tomatoes and bacon in the prepared baking dish. Top evenly with small dollops of cream cheese; sprinkle lightly with bagel seasoning.
4. Pour egg mixture over ingredients in the baking dish; let stand until bagels are evenly soaked (about 40 min.), occasionally pressing down on the bagels.
5. Preheat oven to 375°. Bake in preheated oven until center is set and edges are dark golden-brown (40-50 min.).
6. Remove from oven; let cool for 10 min. before topping with green onions. Serve with cucumber salsa.

breakfast BESTIES



Breakfast faves like eggs and pancakes are even better when served alongside our Signature Bacon or Breakfast Sausage. Made with top-quality pork and exclusive, classically crafted recipes, they're best-sellers in their category.

All our fresh Naturally Raised sausage – bulk and links – is ground locally in St. Paul using our own Signature recipes. Our Signature Smoked Applewood, Cherrywood and Hickory Smoked Bacons are made with no added nitrates or nitrites. The pork is raised on traditional family farms, fed an all-vegetarian diet and is never treated with growth promotants or antibiotics – ever!

CHORIZO BREAKFAST BURRITOS

SERVES 4

- 1 lb. fresh ground chorizo pork sausage
- $\frac{3}{4}$ lb. Kowalski's Signature Rosemary Potatoes (from the Deli Heat & Eat Case), roughly chopped
- 3 tbsp. Kowalski's Unsalted Butter
- 8 eggs, beaten
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 4 oz. shredded Colby Jack cheese
- 4 burrito-size flour tortillas, warmed
- chopped fresh cilantro, to taste
- Kowalski's Organic Pico de Gallo (from the Prepared Produce Section) and Kowalski's Hot Sauce, for serving

DIRECTIONS:

1. In a large nonstick skillet, cook and crumble sausage over medium-high heat until well browned and cooked thoroughly (about 10 min.). Add potatoes; cook and stir until hot (about 5 min.); set aside and keep warm.
2. In a second large nonstick skillet, heat butter over medium heat until hot. Add eggs; season with salt and pepper.
3. Using a spatula, stir eggs occasionally and gently while moving the pan on and off the heat. Let the egg mixture heat up, then move it off the heat while stirring and distributing the heat evenly throughout. When the eggs appear to stop cooking, move them back to the heat for a few seconds, then off again to stir. Repeat until the eggs are almost done but still quite soft and glossy.
4. Add shredded cheese to the pan; stir until it melts into the eggs. Remove eggs from the pan; set aside.
5. Scoop warm chorizo and potato mixture, then egg and cheese mixture, onto the center of each tortilla; sprinkle with cilantro.
6. Working one at a time, fold the right and left sides of each tortilla in toward the center, covering the outer edges of the filling by about 1"; hold in place while you fold the edge closest to you up and over the filling to cover. Press and hold these three sides firmly against the filling as you roll the burrito away from you toward the top edge of the tortilla.
7. Serve warm burritos with pico de gallo and hot sauce.



SIGNATURE

good TO GO

When it comes to breakfast sandwiches, expect the best! No drive-thru or gas station sandwich compares to the ingredients in our hot handhelds. We have over two dozen varieties in our Deli Sandwich Case, made with top-tier bagels, English muffins, croissants and even waffles, plus premium Boar's Head bacon, ham and cheese! You can have them freshly heated to enjoy on the go or take them home cold to warm up with your toaster oven, panini press, griddle or microwave whenever a hankering takes hold.

NEW! BACON BREAKFAST BURRITO

Made with warm scrambled eggs, our Signature Rosemary Potatoes, shredded Cheddar Jack cheese and Boar's Head Applewood Smoked Bacon.

MAPLE BACON AND EGG WAFFLE PANINI

Boar's Head Applewood Smoked Bacon, Boar's Head American Cheese and Stonewall Kitchen Maple Bacon Onion Jam between two Belgian waffles.

HAM, EGG AND CHEESE MUFFIN

Featuring a Wolferman's English Muffin filled with Tavern Ham and American Cheese from Boar's Head.

MEAT LOVER'S BREAKFAST BAGEL SANDWICH

A Kowalski's extra-large Everything Bagel, piled with Boar's Head Chipotle Gouda Cheese, Boar's Head Tavern Ham, Boar's Head Applewood Smoked Bacon, plus sausage, egg and Pepper Jack cheese.

VEGGIE AND EGG CROISSANT ROLL

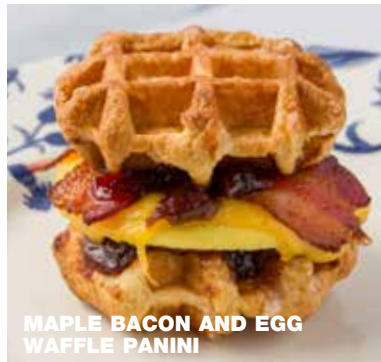
A fluffy croissant "bun" with egg, fresh spinach and sweet sun-dried tomatoes.

BACON, EGG AND CHEESE BISCUIT

A breakfast classic on a scratch-made Betty & Earl's Buttermilk Biscuit with Applewood Smoked Bacon and Cheddar from Boar's Head.



BACON BREAKFAST BURRITO



MAPLE BACON AND EGG WAFFLE PANINI



VEGGIE AND EGG CROISSANT ROLL



MEAT LOVER'S BREAKFAST BAGEL SANDWICH



PUDDING *vs.* pastry cream



VANILLA PASTRY CREAM Gf V MAKES ENOUGH FOR ONE 9" PIE OR 6 (½ CUP) SERVINGS

¾ cup sugar	1 vanilla bean, split lengthwise
3 tbsp. cornstarch	2 tbsp. Kowalski's Unsalted Butter, cut into 8 pieces
5 egg yolks, beaten	
2 cups whole milk	
- dash salt	

DIRECTIONS:

1. In a medium saucepan, whisk together first 6 ingredients (through vanilla bean) over medium heat, adding them to the pan in the order listed. Cook until bubbly (about 10 min.), stirring regularly at first, then constantly for the last 5 min.
2. Continue to cook, whisking constantly, until boiling (about 2 min. more). Whisk the entire bottom of the pan, including the corners, to avoid scorching and lumps.
3. Boil for 1 min.; remove from heat.
4. Remove vanilla bean; whisk in butter.
5. Transfer to a heatproof bowl; cover with plastic wrap, allowing it to touch the surface of the pastry cream. Chill completely in the refrigerator.

Pastry cream, or *crème pâtissière*, is a custard that's similar to pudding but differentiated mainly by its texture. Both pudding and pastry cream are essentially thickened, sweetened milk. Pastry cream is thickened at least in part by eggs, mainly yolks, and is almost always thicker than pudding, which relies more on flour or cornstarch to produce its traditional consistency. Pastry cream is richer and firmer than pudding and may be preferable in recipes where more structure or shaping is desired, such as in cream pies or other sliced pastries. Traditionally used as a cake or fruit tart filling, pastry cream is commonly piped into filled pastries like cream puffs, éclairs and – in keeping with our breakfast theme – donuts.

CHOCOLATE PASTRY CREAM Gf V MAKES ENOUGH FOR ONE 9" PIE OR 6 (½ CUP) SERVINGS

¼ cup sugar	5 egg yolks, beaten
3 tbsp. cornstarch	2 cups whole milk
3 tbsp. gluten-free unsweetened cocoa powder	3 oz. gluten-free bittersweet chocolate, chopped
½ tsp. kosher salt	2 tbsp. Kowalski's Unsalted Butter, cut into 8 pieces

DIRECTIONS:

1. In a medium saucepan, whisk together first 6 ingredients (through milk) over medium heat, adding them to the pan in the order listed. Cook until bubbly (about 10 min.), stirring regularly at first, then constantly for the last 5 min.
2. Continue to cook, whisking constantly, until boiling (about 2 min. more). Whisk the entire bottom of the pan, including the corners, to avoid scorching and lumps.
3. Boil for 1 min.; remove from heat.
4. Whisk in chopped chocolate and butter.
5. Transfer to a heatproof bowl; cover with plastic wrap, allowing it to touch the surface of the pastry cream. Chill completely in the refrigerator.



seasonal supper

This season, our supper of choice is a dish that's traditionally eaten for breakfast. But with its meat-and-potatoes vibe, why limit *Corned Beef Hash* to the a.m.? Made from scratch, this filler-upper is miles better than the canned hash of yesteryear. Featuring deli-quality corned beef, plush yellow potatoes, onion, carrot and herbs, this dish is a fresh, delicious meal meant for the spotlight commonly called "dinner."

CORNED BEEF HASH GF

SERVES 4

3 tbsp. Kowalski's Unsalted Butter
 2 tbsp. Kowalski's Extra Virgin Olive Oil
 1 onion, finely chopped
 5 Yukon Gold potatoes, peeled and diced
 1 carrot, grated
 2 lbs. cooked corned beef, diced
 2 tbsp. freshly chopped Italian parsley, plus more for serving
 ¼ tsp. dried thyme leaves
 - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. In a large skillet, heat butter and oil over medium heat until hot.
2. Add onion; cook and stir until tender and dark on the edges (about 8 min.).
3. Stir in potatoes and carrot; cook, stirring occasionally, until potatoes are tender (about 15 min.).
4. Stir in corned beef, parsley and thyme; cook, stirring often, until hash is crisp and browned (10-15 min.).
5. Season with salt and pepper; sprinkle with parsley. Serve warm.

