

Tulane Eats! Sweet potato hash

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Nothing says “holiday season” like the smell of a sugary root known as the sweet potato, which is the main ingredient in the sweet potato hash recipe.

Leading today’s demonstration is Travis Johnson, district executive chef of Tulane University Dining Services. Johnson will prepare a Louisiana style sweet potato hash that marries the sweetness of the potato with the savory flavor of Louisiana-made Andouille sausage. Check out [Tulane Eats! Shrimp Remoulade](#) if you missed last week’s recipe and catch the next installment in Friday’s New Wave email featuring Scott Goodstal, resident dining executive chef, making osso buco.

Each video is shot in the teaching kitchen of the Barbara Greenbaum House on the uptown campus and is produced by social and digital media coordinator Lesley Simpson and university photographer Sally Asher.

The recipe:

Ingredients (Yields four servings)

- 2 tablespoons olive oil
- ½ cup Louisiana Andouille sausage, diced in ¼ -inch pieces
- Vegetable Trinity: ¼ cup diced onions, ¼ cup diced peppers, ¼ cup diced celery
- Garlic to taste, minced

- 3 cups Louisiana sweet potatoes, diced in ¼ -inch pieces

Instructions

1. Peel and dice sweet potatoes.
2. In a stock pot, bring a half gallon of water and a pinch of salt to a boil.
3. Add diced sweet potatoes.
4. Blanch potatoes for 4 to 5 minutes or until potatoes are al dente or slightly tender. Remove pot from the range, strain potatoes and run under cold water to cool potatoes quickly.
5. In a hot skillet, add olive oil, Andouille sausage, vegetable trinity and garlic. Sauté for 5 to 6 minutes or until vegetables are tender and onions become translucent. Add sweet potatoes. Cook for 2 to 3 more minutes.

Tulane Eats! is a series of short videos that guide viewers through the creation of popular southern recipes as they are prepared by the chefs of Tulane University Dining Services.