

Mexican Street Corn Hash and Eggs – Comfort du Jour

I'm bringing a spicy taste of Mexico to the table for Better Breakfast Month, featuring a chorizo and potato hash with all the yumminess of roasted Mexican street corn, a crispy-edged sunny egg and cool, creamy avocado.

If the spicy pork sausage is a problem for you, the yummy Mexican chorizo flavors can be easily adapted to turkey sausage or ground turkey, and you can make it as mild or spicy as you like by adjusting the ratio of ingredients. Just be sure to use a little bit of oil in the skillet to make up for the sausage fat.

INGREDIENTS (TWO SERVINGS)

3 small, skin-on red potatoes, scrubbed and cut into cubes
1/2 tsp. baking soda
1/2 lb. fresh chorizo sausage* (see notes)
1/2 tsp. smoked Spanish paprika (or combine with cayenne, if you dare!)
A few shakes ground cumin
A few shakes of dried Mexican oregano*
1 to 2 Tbsps. fine ground corn meal or masa harina*
1/2 medium yellow onion, chopped
1/2 red jalapeno pepper, finely diced* (handle with care!)
1/2 cup frozen fire-roasted corn kernels*
2 large eggs
1/2 ripe avocado, cubed
1/4 cup crumbled cotija cheese*
1/2 fresh lime

*NOTES

I used 3 fresh chorizo links, similar in size to Italian sausage, with the casings removed. I don't recommend the hard chorizo sausage that is typical of Spanish cuisine; it should be the consistency of raw breakfast sausage. If you substitute ground turkey or turkey sausage, add a bit of garlic powder and adjust the other seasonings to assimilate the flavor of chorizo. Use olive or canola oil to sauté up your ingredients.

Mexican oregano, not to be confused with typical Mediterranean oregano, has an earthy flavor with similarities to citrus. This gives a different impression than the oregano you'd use in Greek or Italian recipes, which is a member of the mint family.

I discovered a few years ago that adding corn meal (or masa harina, the ingredient used to make corn tortillas) gives a distinctly Mexican flavor to taco seasoning, and for this recipe, it adds a bit of the grainy, gritty texture that is so good in chorizo. It also seems to help absorb some of the grease when the chorizo cooks. Try it and see!

If jalapeno is too spicy for your palate, sub in a similar amount of red bell pepper.

I used Trader Joe's fire-roasted corn, available in the freezer section. Regular sweet corn would work just as well, but I really like the slightly charred flavor that the roasted corn conveys. Fresh roasted corn is even better!

Cotija is a dry, crumbly cheese that lends a salty touch to Mexican dishes. If you cannot find it, crumbled feta would be a good substitute.

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INSTRUCTIONS

1. Bring a medium pot of water to boil. Add the potatoes when the water comes to a boil and stir in the baking soda. This will “rough up” the surface of the potatoes to make them more crispy and more porous to the seasonings in the skillet. When the potatoes are just tender enough to pierce with the tip of a knife (but not mushy), drain and set aside.
2. Remove any casings from the chorizo and sprinkle the paprika, cumin, oregano and corn meal over it. Using your hands, squeeze to combine the seasonings thoroughly into the sausage.
3. Heat a cast-iron skillet over medium heat. Crumble the sausage into the skillet and cook until all sides have a nice brown crust on them. Add the onions and jalapenos; continue cooking until the onions are soft.
4. Move the sausage and onion mixture to the edges of the skillet. Add a quick swirl of oil if the skillet is dry. Add the potatoes to the center of the skillet, cooking them to desired texture. Add the corn and heat through.
5. In a separate, non-stick skillet, heat oil over medium heat and fry the eggs to desired doneness.
6. Divide the hash for two servings. Sprinkle each with 2 Tbsp. of the cotija cheese and scatter the avocado cubes around the plate. Squeeze a bit of lime juice over the hash, top with an egg and serve. Any chorizo drippings left in the skillet may be drizzled over the egg if you like. 🍴