

Crispy Breakfast “Taters”

Ingredients

- 2 tablespoons olive oil (20 grams)
- 1 cup diced sweet onion (150 grams)
- 6 cloves of garlic, crushed and chopped (15 grams)
- 4 tablespoons unsalted butter (40 grams)
- 1 pound russet potatoes, usually about one large potato (500 grams)
- 2 tablespoon maple syrup (or sugar) (35 grams)
- 1 or 2 sprigs fresh rosemary, with stem (5 grams)
- Salt and pepper, to taste

Directions

Preheat the oven to 375°. Chop the potatoes into about ½-inch cubes and let soak in water.

In a large frying pan over medium heat, sauté the onions in the olive oil until they start to become translucent, about 5 minutes. Add garlic on top of the onions, then the butter on top of the garlic. Cover the pan, and let the butter melt over the garlic into the onions (make sure the heat is not so hot that the onion burns).

Strain the potatoes and rinse a few times more until the water is completely clear. Dump into the pan and toss to mix with butter, onion, and garlic mixture. Add the syrup and rosemary, stirring to mix. Continue cooking until the potatoes are no longer raw, about 20 minutes, stirring every 5 minutes or so.

Dump the mixture onto a cookie sheet (lined with parchment paper if desired), spreading evenly. Add salt and pepper to taste. Bake for about 10 to 20 minutes, until they start to brown (stirring every 5 minutes or so).

When the potatoes are starting to brown, turn the oven up to max to crisp the potatoes. Remove from the oven when they are as crispy as you like them. Stir, and the potatoes will soak up any oils that have separated. Remove rosemary and serve hot.

Notes

These potatoes will still taste delicious the next day. Reheat in a frying pan for a few minutes. Or try them in a breakfast burrito, or alongside your favorite protein at dinner. Our favorite way to use the leftovers is in a frittata (recipe coming soon on The Leftovers Project).