



JERNEJ KITCHEN

FRIKA (POTATO AND CHEESE HASH)

Frika is a delicious traditional Slovenian dish with potatoes, cheese, pancetta or pork fat, and herbs. This recipe is eggless and gluten-free.

SERVES	2	(MAIN DISH) OR 4 (APPETIZER)
PREPARATION:	10	MINUTES
COOK:	30	MINUTES
TOTAL TIME:	40	MINUTES

FRIKA

400 g (1 pound) potatoes

50 g pancetta, cut into cubes OR 1
tbsp olive oil OR 1 tbsp lard

160 g (5.6 oz) semi-hard cheese
(Tolminc)

50 g (1.8 oz) hard cheese (Tolminc)

2 tbsp fresh herbs (parsley, oregano,
lovage)

TOOLS AND EQUIPEMENT

Sponsored

peeler or knife

bowl

sieve

grater

pan (22cm / 9-inch)

PREPARE THE POTATOES

Peel the potatoes and grate them. Pour cold water into a large bowl. Add the potatoes and rinse thoroughly. Drain, then repeat the process two or three times until the water is clean.

TIP

[This way, we are getting rid of starch.](#)

FRIKA

Cut the pancetta into small cubes. Grate the cheese, and stir both cheeses together in a bowl. Add pancetta to a 22cm (9-inch) pan. Optionally add a teaspoon of oil and pan-fry the pancetta over medium heat for about 3 - 4 minutes. Feel free to use oil or lard instead of pancetta. Add the drained potatoes and arrange them all over the pan. While stirring continuously over medium heat, cook for 15 - 18 minutes or until the potatoes are soft. If the potato browns too quickly, add a tablespoon of water.

FRIKA

Add half the cheese and stir it into the Frika with a spatula. Cook for a minute, and when the cheese starts to melt, and the mixture starts to thicken, add the rest of the cheese and herbs. Stir well, and shake the pan from time to time. Spread the Frika evenly over the pan and cook for 5 minutes over medium heat. Transfer the Frika to a plate and flip it back in the pan so it cooks on another side too. Cook for 5 minutes until golden and crispy outside.

SERVE