



# Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



## Cauliflower & Potato Hash Browns

Nonna Snowden recommends you visit her at [www.nonnasnowdencooks.com](http://www.nonnasnowdencooks.com) and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. In this episode Nonna makes 2 types of air fryer hash browns. Air fryer has a tendency to crisp the top layer more than most would like in a short time frame. Check & stir often.

**Ingredients:** Pick potatoes or Cauliflower then use the ingredients below.

2-3 large brown potatoes OR 1-2 Cauliflower heads  
Gumbo Daddy's Cajun Seasonings  
Dan Pastorini's Garlic and Herb Seasonings  
Jacobsen Ghost Chili Salt  
Jacobsen Garlic Salt  
1/3 to 1/4 cup crushed garlic  
1/2 large chopped onion  
Shredded cheese (Cheddar is Nonna's preference)  
1-2 tablespoons Olive Oil  
1 egg

### Preparation (Potatoes)

1. Peel and clean potatoes
2. Shred potatoes
3. Soak in water for 20 minutes to crisp up the potatoes
4. After 20 mins, drain water and dry with a paper towel.
5. Mix potatoes, onion, garlic, spices, & olive oil (olive oil should lightly coat the mixture)
6. Place mixture evenly in the Air Fryer pot (you could use aluminum foil if you choose)
7. Set Air Fryer to 400°F for 10 mins.
8. After 10 mins check and stir the potatoes.
9. Put in Air Fryer at 400°F for 3-5 mins (**See NOTE 1**)
10. Stir, add cheese, put in Air Fryer at 400°F for 2 mins or less. Check to see that cheese has melted.

### Preparation (Cauliflower)

1. Clean and shred cauliflower
2. Mix cauliflower, onion, garlic, spices, & olive oil (olive oil should lightly coat the mixture)
3. Mix in cheese and egg (**See NOTE 1**)
4. Place mixture evenly in the Air Fryer Pot (you could use aluminum foil if you choose).
5. Set Air Fryer to 400°F for 10 mins
6. Check and stir at 10 mins
7. If the cauliflower's texture is what you desire, eat it. If not, then cook longer (**See NOTE 1**).

**NOTE 1:** Nonna's experience with the Air Fryer is that it burns the top layer when you aren't looking. Stirring the ingredients or flipping the food is necessary to ensure the item is cooked all they way through. Once you've stirred or flipped the food, watch it carefully to prevent burning.

Nonna donates 50% of proceeds to [JumpForTheRose.org](http://JumpForTheRose.org).

