

Salt and Serenity

Sweet Potato and Turkey Sausage Hash

Recipe adapted from Clinton Kelly's recipe for Sweet Potato and Chicken Sausage Hash (thechew.com)

Serves 4

For Turkey sausage:

1 tablespoon vegetable oil
1 Granny Smith apple, finely grated
1 small onion, finely grated
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
¾ teaspoon fennel seed
¼ - ½ teaspoon red pepper flakes
¼ teaspoon allspice
1 teaspoon sweet paprika
1 pound ground turkey
2 teaspoons vegetable oil

For Hash:

1 tablespoon olive oil
2 medium sweet potatoes (or 1 sweet potato and 1 Yukon gold potato), diced into ½ inch pieces
1 small yellow onion, diced into ½ inch pieces
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
¼ cup water
1 red bell pepper, diced into ½ inch pieces
1 jalapeno, finely minced
4 sage leaves, finely chopped
4 large eggs
Kosher salt and pepper

Preheat oven to 400°F.

Heat 1 tablespoon oil in a large cast iron or nonstick skillet over medium heat. Add apples, onions, salt, pepper, fennel seeds, red pepper flakes, allspice and paprika. Sauté the mixture for 5 minutes to allow apples and onion to soften. Transfer apples and onion to a large bowl and set aside to cool. No need to clean skillet.

Once apples and onions have cooled, add turkey sausage to bowl and using your hands, mix well until everything is well combined.

Add 2 teaspoons vegetable oil to skillet and add and ground turkey mixture, using the back of a wooden spoon or a potato masher to break up the sausage into small chunks. Cook until golden brown, about 5-7 minutes. Remove from skillet onto a plate and set aside. No need to wash skillet.

Into the same skillet, add 1 tablespoon vegetable oil and heat pan over medium heat. Add diced potatoes, onions, salt and pepper and cook until slightly soft and golden brown, about 10-12 minutes. Add water, red pepper, jalapeno and sage and mix well. Continue cooking for another 3-4 minutes.

Add browned sausage and mix to combine.

Make 4 indentations in the potato mixture; crack 1 egg into each indent, sprinkle eggs lightly with salt and pepper. Cover pan with lid or foil and place in oven for 10-12 minutes, until egg white is set but yolks are still runny.