



Spicy Root Vegetable and Turkey Sausage Hash with Soft Boiled Eggs

Recipe by Laura Scheck, founder/chef, Teaching Table, teachingtable.net

A hash topped with soft boiled eggs is the ultimate stretch-your-buck-and-effort brunch or make-ahead breakfast food. You can prepare the hash and the eggs in advance and serve to a crowd, or easily reheat and eat for breakfast all week long! This hash celebrates winter root vegetables and spices them up with some dried chili peppers, fennel seeds and Italian sausage, but you can easily swap in ground turkey to reduce sodium or dial back the heat. Serves 6.

Ingredients:

*4 small beets

1 teaspoon salt, divided

3 tablespoons olive oil, divided

*1 large sweet potato, ½ inch cube dice

*½ red onion, small dice

*2 medium carrots, cut into ½ inch cubes

3-5 cloves garlic, minced

*2 jalapenos, halved, seeds and membranes removed, sliced into ¼ inch strips or 2 dried chili peppers, crumbled

1 teaspoon fennel seeds

*1 Italian turkey sausage, loose (not in casing), spicy or sweet (feel free to substitute pork, lamb or chicken if desired)

*3 sprigs fresh thyme, optional

*6 eggs, room temperature

** Ingredients available seasonally at your neighborhood Greenmarket*

Instructions:

1. Preheat the oven to 400 degrees. Scrub beets and trim the ends. Rub with kosher salt and olive oil and wrap in foil. Bake about 40 minutes or until a skewer inserts easily.
2. Toss the sweet potatoes with olive oil and salt and transfer to a parchment lined baking sheet. Bake for about 30 - 40 minutes or until lightly browned.
3. Meanwhile, heat a large sauté pan over medium high heat. Add the sausage and a drizzle of olive oil if needed. Break up the sausage with a wooden spoon or a fork until you have small crumbles. Sauté until lightly browned on the outside and no longer pink on the inside. Transfer cooked sausage to a bowl or plate.
4. Heat the same sauté pan over medium high heat and coat the bottom with olive oil. When it shimmers, add the red onion and a pinch of salt. Sauté until soft, about 2 minutes. Add the carrots and sauté until lightly browned and softened.
5. Add garlic and chili peppers and sauté another minute. Transfer the sausage back to the pan.
6. Remove the beets from the oven and allow them to cool. Peel the beets and dice into ½ inch cubes.
7. Add the cubed beets and sweet potatoes to the sauté pan. Heat through.
8. Bring 4-5 quarts of water to a boil. Gently lower in the eggs. When water comes back to a boil, set a timer for 6 minutes. Prepare an ice bath. After 6 minutes, quickly remove eggs from the pot with a slotted spoon and drop into an ice bath. Peel and serve on top of hash.



Spiced Sweet Potato Custard

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Make this custard merely because it is downright delicious—creamy, decadent, with a hint of spice and subtle sweetness, but if you should need to know, it is also gluten-free, grain-free, and without processed sugar. You can also adjust the level of sweetness: reduce the maple crystals, or serve with additional maple syrup on top. We use leftover mashed or baked sweet potatoes to whip up this one-bowl wonder, but sometimes swap those for pumpkin or butternut squash purée. Your food processor or immersion blender combines everything to the perfect consistency in just a few minutes. All you have to do is wait (and fight off the aroma of maple and spices) while it sets to satin flawlessness in the oven. We eat this for breakfast, brunch or dessert. Serves 8-10.

Ingredients:

*1/4 cup melted butter (more for ramekins)
*1 cup cream, half&half, or whole milk
1/4 teaspoon whole cloves
6 cardamom pods
1 cinnamon stick
*1 1/2 - 1 2/3 cups cooked sweet potato flesh (peeled, skin discarded)
1 teaspoon ground cinnamon
3/4 teaspoon freshly grated nutmeg, plus more for garnish
1/2 teaspoon ground cardamom

1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
pinch of sea salt
*1/4 cup maple crystals (or turbinado or coconut sugar)
*1/4 cup maple syrup
*6 eggs
2 tablespoons tapioca starch/tapioca flour

** Ingredients available seasonally at your neighborhood Greenmarket*

Instructions:

1. Preheat the oven to 350 degrees. Brush 8-10 ramekins* with butter and place in a large baking dish with high sides.
2. Heat the cream with whole cloves, cardamom pods and a cinnamon stick until just steaming.
3. In a food processor or with an immersion blender in a medium bowl, purée sweet potato flesh with ground cinnamon, grated nutmeg, ground cardamom, ground ginger, ground cloves and sea salt until smooth. Stop and scrape down the sides.
4. Add maple crystals, maple syrup, remaining melted butter, eggs and tapioca starch and process until smooth and creamy, about 2 minutes.
5. With the food processor running or while using the immersion blender, slowly stream in the cream.
6. Pour into prepared ramekins. Carefully pull out the middle oven rack about 4-5 inches. Transfer the baking dish to the oven rack. Pour hot water into the baking dish until it comes halfway to two-thirds up the sides of the ramekins. Carefully slide the baking dish and oven rack back into the oven. Bake 25-30 minutes until custard is set. A tiny pea-sized circle in center will jiggle just a little when done.
7. Remove from the oven but allow custards to set in the baking dish of water for 5 minutes. Then remove ramekins from the baking dish and allow to cool for at least 15 minutes.
8. Serve warm or chilled with additional maple syrup or dusting of freshly ground nutmeg if desired.

**Note: If you don't have small ramekins, you can use any bakeware, ideally 9" round, to bake the custard in, such as a ceramic dish, springform pan or cake pan. You then need another larger baking dish with high sides to set it into to bake. Adjust baking time to 30-40 minutes.*