

HH HOLLIE'S HOMEGROWN

Breakfast of Champions: Homemade Sausage Patties, Poached Eggs & Sautéed Spinach

A hearty, but healthy American breakfast! And making your own breakfast sausage is fun and easy. Add a slice of rustic bread or toast, and you're set for the day!

Serves: 4

Ingredients: Breakfast Sausage Patties

1 pound ground pork
1/2 pound ground turkey
2 Tbl. maple syrup
1 tsp. *HH Savory Blend Salt* **or** (1 tsp. of sea salt, 1 tsp. dried Sage, 1/2 tsp. Thyme, 1/2 tsp. Savory)
1/4 tsp. smoked paprika
1/4 tsp. black pepper
*Makes: 10 to 12, 2 oz. patties

In large bowl, combine all ingredients mixing by hand until fully incorporated. **Note, sprinkle herbs and salt all around meat so you don't have "pockets" of herbs or salt.

Make round balls (golf ball size) and flatten to form patties about 1/2 -inch thick.

Cover and refrigerate until ready to cook.

Cook over medium heat until browned on both sides and cooked through. Serve hot.

** Once cooked, these can be frozen in a Ziplock bag for up to 3 months.

Ingredients: Poached eggs

4 eggs
Pot of near boiling water (185 degrees), the water should be at least 4 inches high in pot
1 Tbl white wine vinegar
Salt and fresh ground pepper to taste

Crack one egg and place in a ramakin or small bowl. Once water is just about to boil, add vinegar.

Using a large wooden spoon start to swirl the water rapidly in a circle, making a tornado like effect.

Gently pour the egg from the ramakin, into the middle of the "tornado".

The whites of the egg should begin to form together and settle towards the bottom of the pot.

Allow the egg to poach in the water for up to 4 minutes.

Very gently with a slotted spoon, lift the egg out of the water and place on a plate. Lightly dust with salt and pepper to taste.

Serve immediately.

Ingredients: Sautéed Spinach

2 large bunches or 5 oz. of spinach
1 Tbl. Olive Oil
1 tsp. *HH Rancho Moraga Salt* or Sea salt

Wash and strain excess water from spinach in a colander. Heat large frying pan on medium high and add olive oil. Quickly add spinach and salt. Using a large spoon or tongs, turn the spinach until it starts to wilt (don't let it get too soggy). Should be 2 -3 minutes. Serve immediately.

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