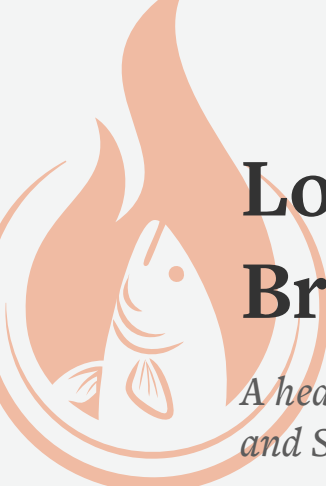




TIDE TO TABLE



Photography by Michael Cheser



Lowcountry Breakfast Hash

A hearty Lowcountry favorite, bringing shrimp, sausage, and Southern spice together for the perfect morning after.



SHRIMP



GRIDDLE



SERVES 4-6

INGREDIENTS

2 russet potatoes, cubed and kept in water to prevent browning
1 red onion, medium dice
2 bell peppers (red or green), medium dice
1 jalapeño pepper, small dice (optional)
1 **package** Bovine & Swine Maple Sage breakfast sausage (fully cooked)
½ **lb** shrimp, peeled and cut in half
6 eggs
Clarified butter *or* high-temp oil for cooking
Paprika and cayenne, to taste
Salt and black pepper, to taste
Sliced scallions, for garnish

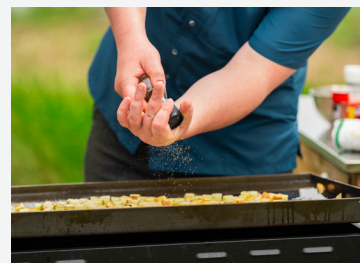
Born on the griddle and inspired by the gatherings that follow long nights and early tides—this dish celebrates community, comfort, and coastal flavor.



INSTRUCTIONS

Step 1: Prepare the Potatoes

1. Heat a cast iron skillet or griddle over medium-high heat.
2. Drain the cubed **potatoes** and pat dry to remove excess moisture.
3. Add a drizzle of **oil** or **clarified butter** to the griddle.
4. Once lightly smoking, spread the **potatoes** in a single layer and season with **salt** and **pepper**.
5. Allow them to cook undisturbed for 4–5 minutes until the bottoms are golden brown.
6. Stir and continue cooking until evenly crisped, then push to one side of the griddle.



Step 2: Cook the Vegetables

1. Add the **red onion** and **bell peppers** to the open area of the griddle.
2. Season lightly with **salt** and **pepper**.
3. Cook for 2–3 minutes, stirring occasionally, until slightly softened and lightly caramelized.
4. Push the vegetables to the other side of the griddle to keep warm.



For the perfect hash, patience is key — resist the urge to stir the potatoes too soon. That first golden crust is where all the flavor builds. Once everything's on the griddle, work in zones: one for crisping, one for softening, one for searing. It's the best way to keep every bite balanced and bold.





Lowcountry Breakfast Hash, contd.

INSTRUCTIONS, CONTD.

Step 3: Add the Shrimp and Sausage

1. Melt a small knob of **butter** in the center of the griddle.
2. Add the **shrimp**, seasoning with **salt** and **pepper**.
3. Cook for about 2 minutes, until the shrimp are pink and opaque.
4. Add the **breakfast sausage** and toss together to heat through.
5. Combine the shrimp, sausage, potatoes, onions, and peppers.



Step 4: Season and Finish the Hash

1. Sprinkle the mixture with **paprika**, **cayenne**, and diced **jalapeño** (if using).
2. Stir well to coat everything evenly.
3. Reduce the heat to medium to avoid burning while you prepare the eggs.



A touch of smoked paprika or Old Bay adds a subtle coastal note that ties it perfectly to a Tide to Table meal.



Step 5: Add and Cook the Eggs

1. Make small wells in the hash and crack one **egg** into each.
2. Cover the skillet or use a dome lid to trap steam.
3. Cook for 5–7 minutes, until the whites are set and the yolks are still soft.
4. Remove the lid and turn off the heat.



Step 6: Finish and Serve

1. Scoop the hash into portions, ensuring each serving includes one egg.
2. Sprinkle with sliced **scallions**.
3. Serve hot and enjoy immediately.



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SHRIMP



GRIDDLE



SERVES 4-6

PRINTER-FRIENDLY VERSION — PRINT THIS PAGE TO KEEP HANDY IN YOUR KITCHEN WHILE COOKING

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WATCH THE
EPISODE!

