

Sage

History

Sage has been an important medicinal plant since ancient Egyptian times when it was used as a fertility treatment. The ancient Greek physicians Dioscorides and Galen recommend sage for wound healing, women's health, and as a diuretic. Sage was used during the Middle Ages to treat many maladies including fevers, liver disease, and epilepsy. The herb was used in England to make a tea that was considered a pleasant and healthful beverage. One common belief was that sage strengthened the memory, hence a "sage" (wise man) always had a long memory. In the 9th century, Charlemagne had sage included among the herbs grown on his imperial farms in Germany. During the 17th century, the Chinese exchanged three or four pounds of tea with Dutch traders for one pound of European sage leaves.

Sage is typically planted in the spring season and is ready for harvest after about 60-70 days. The plant is pruned a few times during the season and can have multiple harvests. Most sage is sold in the dry form and drying can occur in the sun or through industrial convection drying.

Botanically, sage is a member of the Lamiaceae (mint) family .



Garlic Sage and Brown Butter Pasta

INGREDIENTS

- 8 oz dry pasta (linguine, spaghetti, fettuccine, etc.)
- 10 tbsp unsalted butter, divided
- 3/4 cup panko bread crumbs
- 1 tbsp fresh parsley, minced
- 1/4 tsp dried thyme
- 1/8 tsp ground nutmeg
- 1/2 tsp ground sage
- 1 tbsp fresh garlic, minced
- 1/3 cup Parmesan cheese
- kosher salt and freshly-ground pepper, to taste
- optional: dried red pepper flakes, to taste

INGREDIENTS

1. Bring a large pot of water to a boil. Cook the pasta al dente according to package directions, about 10 minutes.
2. Meanwhile, melt 2 tbsp of the butter in a large skillet over medium heat. Add the bread crumbs, parsley, thyme and nutmeg, and cook, stirring occasionally, until golden brown, about 3-4 minutes. Transfer to a bowl.
3. Use a paper towel to wipe out the skillet (carefully!), and return the skillet to the burner. Add the remaining butter. When the butter melts and begins to foam, start whisking. Add the sage and garlic, and cook, whisking continuously, until the butter begins to bubble, and golden brown flecks begin to form in the bottom of the pan, about 5-8 minutes. When the butter looks just about ready (golden but not black), remove from the heat and continue whisking for another minute or so. If not using immediately for the pasta, transfer the butter to a different container, as the hot pan will continue the cooking process.
4. Drain the pasta. Add the pasta to the skillet, and stir to combine, being sure to evenly coat the pasta with the brown butter. Season with salt and pepper. Top with the breadcrumbs and Parmesan and divide among bowls. Serve warm.



Savory Pork Breakfast Sausage

INGREDIENTS

- 1 1/2 Pounds Ground Pork
- 2 Teaspoons Granulated Brown Sugar
- 1 Teaspoon Kosher Sea Salt Flakes
- 1 Teaspoon Ground Black Peppercorns Dustless
- 1/2 Teaspoon Crushed Red Pepper
- 1 1/2 Teaspoons Onion Powder
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Ground Sage
- 1/2 Teaspoon Ground Savory
- 1/2 Teaspoon Ground Thyme

DIRECTIONS

1. Combine spices together in medium bowl. Add pork, and mix thoroughly using hands.
2. Place pork in re-sealable container and refrigerate at least 4 hours, preferably overnight.
3. Form meat into 3-ounce patties. Add to frying pan over medium-high heat and fry until golden brown and cooked through, about 4 minutes per side.



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Turkey Meatballs & Cranberries

INGREDIENTS

- 1/3 cup Pine Nuts
- 1 pound ground lean turkey
- 1 large egg, beaten
- 1 cup fresh whole-wheat breadcrumbs, soaked in 1 ounce skim milk
- 1/2 cup finely chopped onion
- 1/3 cup packed Swiss chard, spinach or arugula, finely chopped
- 1/3 cup dried cranberries, chopped
- 2 tablespoons grated Parmesan
- 2 teaspoons Ground Sage
- 3/4 teaspoon Kosher Salt
- 1/4 teaspoon Marjoram
- 1/4 teaspoon Ground Black Pepper
- Parchment paper
- 1 tablespoon Extra Virgin Olive Oil
- 10 ounces store-bought cranberry chutney (optional)

INSTRUCTIONS

- Heat a small pan over medium heat
- Add pine nuts and stir until aromatic and light brown, a few minutes.
- In a bowl, combine all ingredients from turkey through pepper, being careful not to overmix
- Cover and chill for at least 2 1/2 hours. (Chilling will help meatballs keep their shape while cooking)
- Heat oven to 400°
- Line a cookie sheet with parchment paper
- Brush paper with oil
- Roll meat into 1-inch balls
- Place on baking sheet 1/2 inch apart
- Bake until balls are brown and bounce back to the touch, and internal temperature reaches 165°, 10 to 15 minutes
- Remove; let rest
- Serve warm with chutney, if desired
- DO AHEAD: These savory bites can be made up to 48 hours in advance. Store, covered, in the fridge; reheat at 250°F for 15 minutes.



Find it online:

<https://badiaspices.com/turkey-meatballs-with-sage-and-cranberries/>