



Spice Up Your Fall!

Maynard Library

Spice Club

SAGE

### SPICE INFORMATION

*Salvia officinalis*, the common sage or sage, is a perennial, evergreen subshrub, with woody stems, grayish leaves, and blue to purplish flowers. It is a member of the mint family Lamiaceae and native to the Mediterranean region, though it has been naturalized in many places throughout the world. It has a long history of medicinal and culinary use, and in modern times it has been used as an ornamental garden plant. The common name "sage" is also used for closely related species.



*Salvia officinalis* has been used since ancient times for warding off evil, snakebites, increasing women's fertility, and more. The Romans referred to sage as the "holy herb," and employed it in their religious rituals. In Britain, sage has for generations been listed as one of the essential herbs, along with parsley, rosemary, and thyme (as in the folk song "Scarborough Fair"). It has a savory, slightly peppery flavor. It appears in many European cuisines, notably Italian, Balkan and Middle Eastern cookery. In Italian cuisine, it is an essential condiment for saltimbocca and other dishes, favored with fish. In British and American cooking, it is traditionally served as sage and onion stuffing, an accompaniment to roast turkey or chicken.

The origin of the salvia name speaks to this herb's age-old medicinal value from the Latin *salvus* "to save" and *salvere*, "to heal". Sage contains antioxidants and is rich in vitamin K.

Don't confuse culinary sage with the sagebrush that grows in Western states. Sagebrush is an *Artemisia*. Part of the confusion stems from the similarity in both name and historical use. Both groups of plants are commonly used for smudging, an ancient practice that is now being validated by modern science as a way to cleanse and purify spaces of bacteria and other pathogens.

Fresh sage is popular as a condiment when fried and salted. It is also commonly used with browned butter. Dried sage comes in a whole leaf, rubbed, and ground form. Rubbed sage has a light, velvety texture, whereas ground sage is more of a free-flowing powder.

You can substitute one type of sage for another with these conversions:

1 tablespoon fresh chopped sage = 1 teaspoon dried

1/2 ounce fresh leaves = 1/2 cup leaves

10 thin fresh sage leaves = 3/4 teaspoon dried sage

[https://en.wikipedia.org/wiki/Salvia\\_officinalis](https://en.wikipedia.org/wiki/Salvia_officinalis)

<https://www.almanac.com/plant/sage>

<https://www.homsted.com/blogs/homsted/unraveling-sage-vs-sagebrush/>

<https://www.thespruceeats.com/sage-cooking-tips-1807990>

## RECIPES

### Sage Tea with Lemon Zest

<https://electricbluefood.com/lemon-sage-tea/>

Servings: 2



#### Ingredients

- 500 ml water
- 5-6 sage leaves dried
- 1/2 lemon zested
- 2 teaspoons honey, optional

#### Steps

1. Add the water, together with the sage leaves and lemon zest, to a small pot and set on medium-high heat. Bring to a boil.
2. When the water boils, lower to medium heat and let simmer 3-4 minutes. Transfer the homemade herbal tea to a serving jug. Serve hot.
3. Pour the sage tea through a fine sieve mesh to retain leaves and zest. They may continue to flavor the tea water as they steep if you keep them.

### Crispy Fried Sage Leaves

<https://www.thewickednoodle.com/fried-sage-leaves/>

#### Ingredients

- Whole sage leaves, as many as you like
- Extra-virgin olive oil, enough to coat entire bottom of skillet
- Kosher salt, for sprinkling

#### Steps

1. Coat the bottom of a skillet with extra-virgin olive oil, heat until shimmering then add sage leaves in a single layer. Watch them closely as it only takes about 30 seconds or so for them to crisp up, then remove them with a slotted spoon. Put them on a plate lined with paper towels then transfer them to a serving plate. Sprinkle immediately with salt to taste.
2. Repeat in batches until all sage leaves are fried.

#### Notes

- The sage infused oil can be strained and saved for later use or to make more fried sage leaves or for use with other dishes.
- Use crispy sage leaves as a garnish for pasta, risotto, potato dishes, vegetable dishes or as a crunchy garnish on top of soups, stews, or salads. Add to a cheese plate or top crostini or bruschetta with goat cheese or roasted vegetables and fried sage leaves.



## Italian Herb Rub Salt

<https://www.davidlebovitz.com/my-stash-1/>

### Ingredients

This is a non-recipe recipe from David Lebovitz's (highly recommended) blog. Ingredients are included in the steps below.

### Steps

1. To make this Tuscan herbed salt, take a very large bunch of fresh sage and pick the leaves off. Then take a large bunch of rosemary and strip off the oily leaves of those. A good proportion is about 2 to 3 parts sage leaves to 1 part rosemary. Then take about 8 small peeled garlic cloves and a heaping tablespoon of coarse salt (I use grey salt from Brittany) then chop it all up until the herbs are very fine, as shown. Discard any sticks or seeds. Spread the chopped mixture on a baking sheet and let it dry for about three days. (Hint: Don't keep it near an open window where there might be a breeze.) Once dry, store your Tuscan herbed salt in a tightly-sealed in a jar.
2. I use it as an instant rub over poultry, tuna filets, and meat; since I always have some on hand, it's simple to mix with some good olive oil and rub in well before roasting. You can also mix some in a bowl of olive oil to use as a dipping sauce, too.



## Sage Pesto

<https://www.chiselandfork.com/sage-pesto/>



### Ingredients

- 1 cup fresh sage
- 1 cup fresh Italian parsley
- 1/3 cup roasted pistachios
- 1/4 cup goat cheese
- 2 garlic cloves, chopped
- 1/4 teaspoon salt
- 2/3 cup olive oil
- 1/2 cup freshly grated Parmesan cheese

### Steps

1. Add sage, parsley, pistachios, goat cheese, garlic, and salt to blender or food processor and blend until thoroughly combined.
2. With blender or food processor on, slowly add olive oil until well combined. Add the Parmesan and blend for 10 more seconds until just combined. Add to airtight container and store in fridge. Pesto also freezes well.

## Feta, Prosciutto and Sage Rolls

<https://www.davidlebovitz.com/cooking-on-rue-1/>

Another non-recipe.

This little appetizer is a real winner in my book, and was put together in minutes. Tiny rectangles of salty feta cheese are rolled up in half-slices of prosciutto with a sliver of fresh sage. One rolled up, they're doused with extra virgin olive oil and allowed to marinate.



## Pumpkin Sage Biscuits

<https://minimalistbaker.com/pumpkin-sage-biscuits/>

Servings: 8 biscuits



### Ingredients

- 3/4 cup unsweetened plain almond milk
- 1 Tbsp fresh lemon juice
- 2 1/4 cups unbleached all-purpose
- 1 Tbsp baking powder
- 1/2 tsp baking soda
- 3/4 tsp sea salt
- 1 pinch each ground cinnamon and nutmeg
- 4 Tbsp unsalted butter (plus more for topping)
- 1/4 cup pumpkin puree
- 3 Tbsp fresh sage, chopped or 1 tsp dry sage

### Steps

1. Preheat oven to 450.
2. Measure almond milk in a large liquid measuring cup and add lemon juice. Let curdle 5 minutes. Then whisk in pumpkin puree.
3. Mix flour, salt, baking soda, baking powder, cinnamon, and nutmeg in a large bowl.
4. Add cold butter and use a pastry cutter or fork to combine until small pieces remain and it looks like wet sand. Work quickly so the butter doesn't get too warm. Add chopped sage and mix once more.
5. Using a wooden spoon, stir gently while pouring in the almond-pumpkin mixture 1/4 cup at a time. You may not need all of it. Stir until just slightly combined – it will be a little sticky.
6. Turn onto a lightly floured surface, dust the top with a bit of flour and then very gently turn the dough over on itself a couple times – hardly kneading.
7. Form into a 1-inch thick disc, handling as little as possible.
8. Using a dough cutter, push straight down through the dough, then slightly twist. Repeat and place biscuits on a baking sheet in two rows making sure they just touch. Gently reform the dough and cut out more.

9. Brush the tops with a bit more melted butter and gently press a small divot in the center using your thumb. This will help them rise evenly, so the middle won't form a dome.
10. Bake for 13-17 minutes or until fluffy and golden brown.

## Southern-Style Cornbread Dressing

<https://www.thekitchn.com/recipe-southern-style-cornbread-dressing-recipes-from-the-kitchn-180474>

Servings: 10 to 12



### Ingredients

For the buttermilk cornbread

- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 3 tablespoons granulated sugar
- 1 tablespoon baking powder
- 1 1/2 teaspoons kosher salt
- 2 large eggs, lightly beaten
- 1 stick (1/2 cup) unsalted butter, melted
- 1 cup whole buttermilk

For the cornbread dressing

- 1 (14 ounce) bag herb-seasoned stuffing, preferably Pepperidge Farm
- 2 sticks (1 cup) unsalted butter, divided
- 2 cups finely chopped sweet onion
- 1 1/2 cups finely chopped celery
- 5 cups chicken or turkey stock
- 5 large eggs, lightly beaten
- 2 teaspoons dried sage
- Salt and pepper

### Steps

Make the cornbread

1. Grease a 10-inch cast iron skillet, place on center rack in oven. Preheat oven to 425°F.
2. In a large mixing bowl, combine the cornmeal, flour, sugar, baking powder, and salt. In a separate bowl, whisk the eggs, melted butter, and buttermilk. Add the wet ingredients to the dry ingredients and stir until just incorporated.
3. Pour the batter into the preheated skillet and smooth the top. Bake until cornbread is golden yellow, 16 to 19 minutes. Immediately remove the cornbread from the skillet and allow to cool.

Make the dressing

1. For the cornbread dressing, preheat oven to 350°F.
2. Crumble the cornbread into small pieces (makes about 5 cups). Combine the crumbled cornbread and stuffing mix in an extra large mixing bowl (or stock pot) and toss to combine.

3. Melt 1 stick butter in a large skillet over medium heat. Add the onion and celery and sauté, stirring frequently, until soft and translucent, 10 to 12 minutes. Add the onion and celery to the cornbread mixture.
4. Melt the remaining stick of butter. In a large mixing bowl, combine the butter, chicken stock, eggs, and sage, and whisk to combine. Add to the cornbread mixture and mix until thoroughly incorporated. Season generously with kosher salt and pepper.
5. Pour into a greased 9x13-inch casserole dish. Bake, uncovered, until the dressing is set and golden brown, about 45 minutes to 50 minutes.

## Simple Polenta

<https://www.davidlebovitz.com/polenta-recipe/>

Servings: 4

### Ingredients

- 3 cups water
- 1/2 teaspoon salt
- 3/4 cup polenta
- 2/3 cup grated Parmesan or Asiago cheese
- 2-3 teaspoons (total, not each) minced fresh herbs--sage, parsley and thyme
- 2 tablespoons butter, salted or unsalted



### Steps

1. Bring the water and salt to a boil in a saucepan.
2. Whisk in the polenta. When the water comes back to a boil, reduce the heat to the lowest possible setting and continue to whisk the polenta frequently (more frequently toward the end of cooking), until it's thick. It will take about 45 minutes. If the heat on your stove does not go low enough to simmer it gently, use a flame-tamer.
3. Remove from heat and whisk in the cheese, herbs, and butter.

## Cauliflower Soup with Garlic and Sage

<https://www.feastingathome.com/cauliflower-leek-soup-with-sage/>

Servings: 4-6

### Ingredients

- 4 Tablespoons olive oil (or butter)
- 2 leeks (about 2 cups) diced, or one large onion, diced
- 6 cloves garlic-rough chopped
- 1 head cauliflower, cut into 1/2-3/4 inch thick pieces (7- 8 cups)
- 4 cups vegetable stock (or chicken stock)
- 2 Tablespoons fresh sage (or 1 tsp dry sage)
- 1 teaspoon salt, more to taste
- 1/4 teaspoon white pepper (optional)
- 1/2- 1 cup sour cream.

### Pine Nut Crumble Topping

- 2 garlic cloves
- 8 sage leaves
- 1/4 cup pine nuts
- 2 pieces bread
- 2 Tablespoons butter (or oil)
- pinch salt and pepper

### Steps

1. Slice leeks into ¼ inch half rounds. Heat oil in medium sized heavy bottom pot or Dutch oven, over medium heat. Add leeks and sauté until tender and golden, about 7-8 minutes. Continue. Add garlic and sauté for 3 more minutes.
2. Add diced cauliflower, stock, salt and fresh sage. Stir and bring to a boil, cover, turn heat to medium low and simmer for 10-15 minutes, until cauliflower is very tender.
3. Blend using a submersion blender, or if using a regular blender, blend in small batches, for 30 seconds, until very smooth and creamy.
4. Return the soup to the pot, over low heat, and stir in the sour cream. Add pepper and adjust the salt.
5. To make the pine nut crumble, place all ingredients (except butter) in food processor and pulse several times until it is roughly chopped. Heat butter (or oil) in a skillet over medium heat and gently toast the crumble, stirring constantly for about 5 minutes until golden and fragrant. Season with salt and pepper.
6. Divide soup among bowls and sprinkle with the pine nut crumble.



### Roasted Sweet Potato Cubes with Garlic and Sage (Crispy!)

<https://www.goodlifeeats.com/roasted-sweet-potatoes-with-garlic-and-sage/>

Servings: 4-6

### Ingredients

- 1 1/2 lb sweet potatoes, washed and dried
- 1 tablespoon olive oil
- salt and pepper, to taste
- 2 large cloves garlic, minced
- 3 large sage leaves, minced

### Steps

1. Preheat oven to 425 degrees F and place the rack on the upper middle position.
2. Cut the sweet potatoes into 1/2 - 3/4 inch cubes. You do not need to peel the potatoes first.
3. Place the cubed sweet potatoes on a large sheet pan or in a large cast iron skillet, making sure to spread them evenly so they don't overlap.



4. Drizzle the cubed sweet potatoes with the olive oil and toss them to coat evenly.
5. Season the sweet potatoes, according to your preferences, with salt and pepper.
6. Place the sheet pan or cast iron skillet in the oven on the upper middle rack and roast for 15 - 25 minutes, until they are tender and beginning to brown lightly, checking at the midway point and flipping the potatoes so they brown evenly.
7. Remove the sweet potatoes from the oven and sprinkle them with the minced garlic and the minced sage. Toss gently to evenly distribute the ingredients.
8. Return the sweet potatoes to the oven and roast an additional 5 minutes.

## Delicata Squash Stuffed with Mushrooms, Farro, Pecans & Dried Cranberries

<https://www.thekitchn.com/vegan-thanksgiv-161414#post-recipe-10067>

Servings: 2 to 4

### Ingredients

- 2 Delicata squash
- 1 large yellow onion, medium diced
- 2 tablespoons grapeseed or canola oil
- 8 ounces white mushrooms, chopped to chickpea sized pieces
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1/2 cup finely chopped pecans
- 1 cup cooked farro (substitute cooked brown rice)
- 1/2 cup dried cranberries
- Freshly ground black pepper
- 1/2 cup mixed fresh herbs, minced very fine (for instance, 4 tablespoons parsley, 2 tablespoons sage and 2 tablespoons rosemary is a good combo.)
- A little oil for brushing
- Smoked paprika for garnish (optional)
- Zest of 1/2 orange (optional, add with the cranberries)



### Steps

1. Preheat the oven to 425°F. Line a small baking sheet with parchment paper. Cut the Delicata in two lengthwise and carefully scoop out the seeds to make four long 'boats.' If the boats are too wobbly, take a very thin slice off of the bottom so they'll sit flat. Brush with oil and place in the oven and roast until they are soft and just starting to char a little, about 30-40 minutes.
2. Meanwhile, in a large frying pan, saute the onion in oil until soft and starting to turn brown. Raise heat and add the mushrooms. Spread them into a single layer, adding a little oil if needed. Stir mushrooms when they begin to brown and then cook through.
3. Turn off heat and stir in minced garlic for about a minute. Add the soy sauce to deglaze the pan. When the pan is dry, add the farro, nuts and cranberries and stir to combine. Add salt and pepper to taste.
4. Stir in half of herbs Remove squash from the oven and fill the boats with the farro mixture, mounding them slightly. Return to oven for about 8 to 10 more minutes.



5. Place on a serving platter and sprinkle with remaining herbs and optional smoked paprika and serve hot.

#### Notes

- The fresh herbs add brightness to this dish. Dried herbs can be used (such as a teaspoon or two of dried sage and thyme) if fresh aren't available.

## Mushrooms On Toast

[connoisseurusveg.com](http://connoisseurusveg.com)

Servings: 1



#### Ingredients

- 1 tablespoon olive oil
- 4 ounces sliced cremini mushrooms (about 2 cups)
- 1 garlic clove, minced
- 2 tablespoons dry white wine
- 2 tablespoons sliced fresh sage
- Salt and pepper, to taste
- 1 or 2 slices bread, toasted (sourdough or multigrain)

#### Steps

1. Coat the bottom of a medium skillet with the oil and place it over medium heat.
2. Once hot, add the mushrooms in an even layer. Sprinkle them with a pinch of salt.
3. Let the mushrooms cook, undisturbed, for about 5 minutes, flip and cook them for 5 minutes more, until tender and browned on both sides.
4. Push the mushrooms to the side of the skillet. If the skillet seems dry at this point, add an extra dash of oil, then add the garlic.
5. Cook the garlic for about 1 minute, stirring frequently, until very fragrant.
6. Stir in the wine, bring it to a simmer, and continue cooking everything until most of the liquid has evaporated, 2 or 3 minutes.
8. Remove the skillet from heat and stir in the sage. Season the mushrooms with salt and pepper to taste. Spoon the mushrooms over the toast. Serve.

## Fall Pasta with Goat Cheese, Sage, and Butternut Squash

<https://thekitchen.com/fall-pasta-with-goat-cheese-sage-and-butternut-squash/>

#### Ingredients

- 1 1/2 cups cubed butternut squash
- 2 tablespoons butter
- salt and pepper
- 2 teaspoons olive oil
- 1 tablespoon pine nuts
- about 8 sage leaves
- 1/4 cup finely chopped shallot
- 2 cloves garlic, minced
- 1/2 cup milk
- 2 teaspoons flour
- 2 ounces of goat cheese
- 2 tablespoons grated Parmesan
- 6 ounces fresh pasta

## Steps

1. Spread the cubed squash out on a parchment lined baking sheet. Drizzle 1 tablespoon of melted butter over the squash and dust with some salt and pepper. Roast in a 350 degree oven for about 35 minutes, until it is soft.
2. Heat 1 teaspoon olive oil in a small skillet over medium-low heat and add the pine nuts. Stir frequently until the nuts are lightly toasted. Then remove from the pan and set aside.
3. Heat the remaining olive oil in a small pan over medium heat and add the sage leaves, evenly spaced. Cook each side of the leaves for a minute or two, until they are firm enough to be flipped.
4. Bring a pot of salted water to boil for the pasta.
5. Meanwhile, heat 1 tablespoon butter in a skillet over medium heat. Add the shallot and sauté for 2 minutes, season with some salt and pepper. Add the garlic and sauté for another.
6. Whisk in the flour, and let cook for 1 minute. Whisk in the milk. Bring to a slow and steady bubble, and whisk constantly letting the mixture thicken for 1 minute. Add the goat cheese and parmesan and whisk to combine. Crumble 3 of the sage leaves into the sauce, stir the sauce, and keep warm over low heat.
7. Cook the pasta according to the directions. Once it is ready, remove 1/2 cup of the pasta water and stir it into the sauce. Drain the pasta, and add it to the sauce along with the butternut squash. Let everything cook together for 1 minute. Then serve the pasta topped with the pine nuts and remaining sage leaves.



## Creamy Baked Pumpkin Gnocchi with Italian Sausage

<https://www.thewickednoodle.com/creamy-baked-pumpkin-gnocchi/>

Servings: 8

## Ingredients

- 1 pound gnocchi, cooked according to package directions
- 1 pound ground Italian sausage
- 1 large shallot, minced
- 2 garlic cloves, minced
- 1 cup low-sodium chicken stock
- 2 cups whole milk
- 1 15 oz. can pumpkin puree
- kosher salt & freshly ground pepper
- 1/2-1 cup grated Parmesan cheese
- 12 sage leaves



## Steps

1. Preheat oven to 375F.
2. Preheat a large skillet over medium heat. Add Italian sausage and cook until no pink remains, breaking it up into small crumbles as you cook. Remove with a slotted spoon and set aside, leaving grease behind in the pan.
3. Add minced shallots to pan; cook, stirring frequently, about two minutes or until soft. Add garlic, cook one minute more. Add chicken stock to pan to deglaze; stir frequently while bringing to a boil. Reduce heat, add milk and pumpkin puree. Stir until pumpkin puree is fully incorporated and sauce is smooth. Season well with salt and pepper to taste.
4. Add cooked gnocchi and Italian sausage to sauce in skillet. Stir well and simmer for 5-10 minutes or until hot and heated through.
5. Pour into a greased 1-quart baking dish. Sprinkle with parmesan cheese to cover. Bake for 25-30 minutes or until parmesan is browned and sauce is bubbling.
6. Top with fried sage leaves and serve immediately.

## Baked Sage Chicken Meatballs

<https://www.raspberriesandkohlrabi.com/baked-sage-chicken-meatballs-with-brown-butter-sage-sauce/>

Servings: 20 Meatballs



### Ingredients

#### Meatballs

- 1 lb of ground chicken (or pork or turkey)
- ½ cup breadcrumbs
- ½ cup onion
- ¼ cup Parmesan cheese, grated
- 1 large egg
- 2 cloves of garlic, minced
- 2 tablespoon fresh sage, minced
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper

#### Sauce

- ½ cup unsalted butter, sliced into 6 pieces
- 8 fresh sage leaves, cut into ribbons
- 1 clove garlic, minced
- salt and pepper

## Steps

### Baked Sage Chicken Meatballs

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a large bowl mix together the ground chicken, breadcrumbs, shredded onion, Parmesan cheese, egg, garlic, sage, salt and pepper.
3. Shape the mixture into golf ball-sized meatballs using approximately 2 tablespoons of the mixture for each meatball.

4. Line a large sheet pan with foil and spray with nonstick spray. Space the meatballs about ½ inch apart on the sheet pan. Bake for 18-20 minutes. Meatballs are done when they reach an internal temperature of 165 degrees Fahrenheit. You can also cut a meatball in half to make sure the meat is no longer pink.

#### Brown Butter Sage

1. While the meatballs are baking, add the butter to a large light-colored saucepan and melt over medium heat.
2. Add the sage leaves and garlic. The butter will foam up a bit and then subside. Lightly browned specks will begin to form at the bottom of the pan.
3. Stir and cook the mixture until the butter has turned a very light brown color and the sage leaves have become crispy. About 5 minutes. Watch carefully as the butter can go from perfectly browned to burnt in moments.
4. Season with salt and pepper.

## Chicken Saltimbocca

(Italian for 'it jumps in the mouth')

[leitesculinaria.com](http://leitesculinaria.com)

Servings: 2 to 4

### Ingredients

- Four (5-ounce) chicken breast cutlets (or veal), pounded to an even thinness
- 8 tablespoons semolina
- 4 tablespoons grated Romano
- 1 teaspoon minced parsley, plus more for garnish
- Pinch kosher salt and freshly ground black pepper
- 3 large eggs, beaten in a shallow bowl
- 4 tablespoons unsalted butter
- 2 tablespoons olive oil
- 12 fresh sage leaves
- 1 1/2 ounces prosciutto (4 slices)
- 2 ounces provolone cheese (4 slices)
- 4 ounces dry white wine
- 3 lemon wedges



### Steps

1. Pat the chicken dry. Place it between 2 sheets of parchment paper and pound it to 1/4-inch thickness.
2. In a small bowl, mix together the semolina, Romano, parsley, salt, and pepper.
3. Working with 1 cutlet at a time, dip it in the egg wash, turning to coat both sides. Let any excess to drip off and then dredge it in the semolina mixture, turning and pressing to coat each cutlet thoroughly. Place the breaded cutlets on a plate.

4. Heat the butter and oil in a sauté pan over medium heat. When the butter has melted, add the breaded cutlets and cook until the underside is golden, 3 to 4 minutes.
5. Flip the cutlets and place 3 sage leaves on top of each cutlet and top with 1 slice prosciutto and 1 slice provolone. Cook just until the underside is golden, about 2 minutes. Transfer to warm serving plates.
6. Keep the pan over medium heat and carefully pour in the wine and squeeze in the juice from 1 lemon wedge. Simmer and reduce slightly until you have about 1/4 cup. Taste and, if desired, season with salt and pepper to taste. (Keep in mind the finished dish will be plenty salty from the cheese and prosciutto.)
7. Pour the sauce around the cutlets, sprinkle with parsley, and serve with lemon wedges for squeezing.

## Pork Chops with Apples and Sage

<https://downshiftology.com/recipes/apple-cider-sage-pork-chops/>

Servings: 4

### Ingredients

For the brine

- 2 cups water
- ¼ cup kosher salt
- 4 garlic cloves, smashed and peeled
- 4 fresh sage leaves
- 1 tablespoon black peppercorns
- 2 cups apple cider

For the pork chops

- 3 tablespoons unsalted butter
- 1 tablespoon extra-virgin olive oil
- 4 bone-in pork chops
- 2 apples (Honeycrisp or Gala), peeled, cored and thinly sliced
- 1 tablespoon coconut sugar
- 1 shallot, finely diced
- 1 teaspoon finely chopped sage leaves
- 1 cup apple cider juice
- 2 teaspoons Dijon mustard

### Steps

1. In a small pot, bring the water, salt, garlic, sage, and peppercorns to a boil. Remove from heat and stir in apple cider. Let the brine cool to room temperature.
2. Place the pork chops in a glass baking dish or bowl (you could also use a sealed bag). Pour the cooled brine over the top of the pork chops, making sure they're completely covered, and let them brine for 1 to 2 hours (or up to 12 hours) in the fridge.
3. Remove the pork chops, give them a rinse with cold water, and pat dry with paper towels. Let them come to room temperature for 10 to 15 minutes.
4. Heat a large cast-iron skillet over medium-high heat. Add 1 tablespoon of butter along with the oil. Once shimmering, turn the heat down to medium and add the pork chops.



Sear for 3 to 4 minutes on each side, until golden brown. Remove the chops from the pan, set on a plate, and cover with foil to keep warm.

5. Reduce the heat to medium, add another 2 tablespoons of butter to the pan, along with the coconut sugar, and stir together. Add the sliced apples and cook for 2 to 3 minutes, until softened but still firm. Add the shallot and chopped sage leaves, and stir for another minute.
6. Add the apple cider and mustard to the pan, and gently stir together. Use tongs to add the pork chops back to the pan, and bring the liquid in the pan to a simmer while warming the pork chops, about 2 to 3 minutes. Spoon the sauce over the pork chops and use an instant read thermometer to ensure the pork chops are cooked through to 145°F.

## Orange Sage Bread

<https://www.thespruceeats.com/orange-sage-bread-recipe-428169>

Makes 1 loaf



### Ingredients

- 1/2 cup orange juice
- 1/2 cup water
- 1/2 tablespoon vegetable oil
- 2 teaspoons grated orange rind
- 2 teaspoons white sugar
- 2 1/2 teaspoons active dry yeast
- 1 teaspoon finely ground sage
- 1 teaspoon salt
- 3 cups bread flour (approximately)

### Steps

1. In a large bowl, add the orange juice, water, vegetable oil, grated orange rind, sugar, yeast, sage, and salt.
2. Mix until the yeast and sugar are dissolved.
3. Mix in enough flour, 1/2 cup at a time, to form a soft dough.
4. Turn the dough out onto a floured board and knead it for about 5 minutes. Add more flour, 1 tablespoon at a time, if needed.
6. Put the dough in a greased bowl, turning it so all sides are lightly greased. Cover the dough and let it rise in a warm place for 1 hour or until doubled in bulk.
8. Punch down the dough. Turn it out onto a lightly floured board and quickly knead the dough for about 2 minutes to get the air bubbles out.
11. Shape the dough into a loaf. Place the loaf in a greased 9- by 5- by 2 1/2-inch loaf pan. Cover and let rise for 30 minutes or until doubled.
12. Bake at 375 F for 45 minutes, or until golden brown.
13. Remove from the pan and let cool completely on a wire rack before slicing

### Notes

- You can use this dough to make braided rolls or swirl rolls. You can use this dough to make braided rolls or swirl rolls.

## Cranberry Sage Cookies

<https://www.bettycrocker.com/recipes/cranberry-sage-cookies/bde5c1d9-2cf2-4848-ac64-8bd7a24581ba>

Makes 44 cookies

### Ingredients

- 1 cup butter, softened
- 1/2 cup powdered sugar
- 2 tablespoons cornstarch
- 1 1/2 cups all-purpose flour
- 1 teaspoon vanilla
- 1/2 cup sweetened dried cranberries, chopped
- 1 tablespoon chopped fresh sage leaves



### Steps

1. In large bowl, beat butter with electric mixer on medium speed 2 minutes or until creamy. Add powdered sugar and cornstarch; beat on medium speed 3 minutes or until well blended. Add flour, beating until blended. Stir in vanilla. Stir in cranberries and sage. Gather dough into a ball; flatten to 6-inch round. Wrap dough in plastic wrap; refrigerate 1 hour.
2. Heat oven to 375°F. On lightly floured surface, roll dough until 1/8 inch thick. Cut with 2-inch round cookie cutter or other shaped cutter. On ungreased cookie sheets, place cutouts about 1 inch apart.
3. Bake 8 to 9 minutes or until set. Cool 5 minutes. Remove from cookie sheets to cooling racks. Cool completely before storing.

## ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>

<https://sitkaseafoodmarket.com/blogs/culinary/recipes/fried-caper-and-sage-butter-sauce>

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## SHARING RESULTS

We'll have a potluck buffet and discussion on **Saturday, September 23 @ 12 pm**. Feel free to use one of these recipes for your dish or find one on your own.