

SAGE

PERENNIAL SHRUB - VALUBALE CULINARY SPICE

COMMON USES

Sage can be used to season foods like soups, poultry, and gravies.

Garden sage has been used to aid digestion and therefore useful when cooking fatty meats like pork, duck, or sausage.



HARVESTING AND STORAGE

Sprigs of sage can be clipped. You can either freeze them on a cookie sheet and store in airtight freezer bags, or they can be frozen in ice cubes. Freezing sage is best as it retains the flavor better than the conventional drying method.

FEATURED RECIPE

Sage Stuffing for Pork

2 tbs butter, 3/4 cup onion

2 cups bread crumbs

1/4 cup beef bouillon

1 clove garlic, mashed

1 tsp dry ground sage, 1/4 cup parsley

1/8 tsp allspice, 1/2 tsp salt, 1/8 tsp pepper

1 egg

