

# Fluvanna County Public Library

## Spice of the Month Club

### Sage

#### Flavor Profile: Mild, Musky, and Balsamic

The sages are native to the north Mediterranean and are mostly perennial, shrubby plants that thrive on warm, dry soils. The great variety of their textured, velvety foliage – from pale gray-green to green splashed with silver or gold, as well as the dark leaves of purple sage – makes them attractive garden plants as well as an invaluable addition to the cook's repertoire of seasonings. Dried sage is more potent than fresh and can be acrid and musty.

#### Culinary Uses

Sage aids the digestion of fatty and oily foods and is traditionally used as a partner for them. In Britain, sage is associated with pork, goose, and duck, and works well in stuffing for these meats. In the US, sage and onion stuffing is often used for the Thanksgiving turkey. Sage also makes an excellent flavoring for pork sausages, and in Germany it accompanies eel. The Greeks use it in meat stews and with poultry, and also in a tea. Italians use sage with liver and veal (saltimbocca alla romana is the classic dish), and to flavor focaccia and polenta; they make a well-flavored pasta sauce by gently heating a few leaves in butter. Sage is not a subtle herb, so use sparingly.

#### Health Benefits

- Aids digestion (particularly of fatty meat)
- Lowers cholesterol levels
- Bitter tonic for the liver
- Stress reliever
- Good for rebuilding vitality after long-term illness
- Hormonal stimulant
- Helpful with hot flashes and night sweats
- Helps to reduce sweating
- Anti-inflammatory especially in the mouth and throat

#### Growing Sage in the Garden

Sage is a perennial herb that you grow in your garden or in small pots in your house. Sage is low maintenance and can tolerate poor growing conditions. Being native to the Mediterranean region, this plant can tolerate heat and drought. Virginia is a very desirable climate. It is not too hot nor too cold in Virginia. The state has a mild, humid subtropical climate. This means hot, humid summers and cool to mild winters.

#### Resources at Fluvanna Library

**Essential Spices and herbs by Christina Nichol – 641.6383 NIC**

**The Pioneer Woman Cooks: A Year of Holidays by Ree Drummond – 641.568 DRU**

**The Thanksgiving Cookbook by Holly Garrison – 641.5 GAR**



## Chicken Bacon Pumpkin Pasta Bake

### Ingredients

#### For Pumpkin Sauce

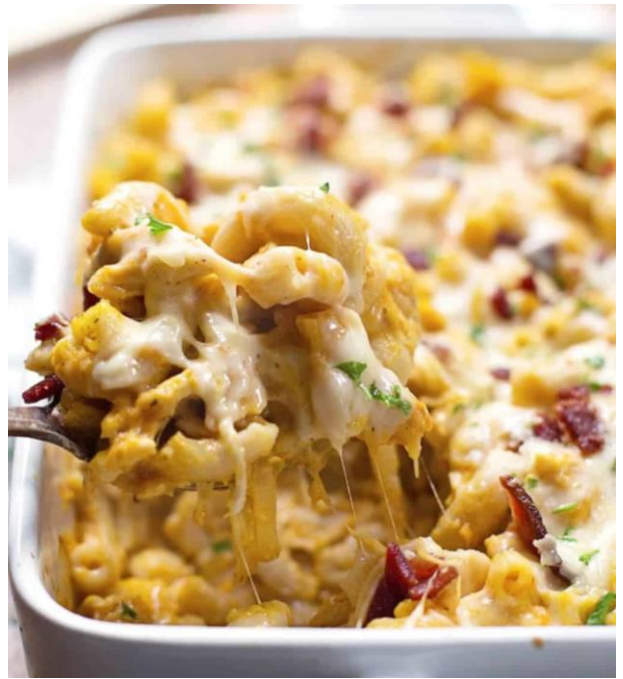
- 1 tablespoon butter
- 1 yellow onion
- A splash of white wine (optional)
- 1 clove garlic
- 18 ounces pumpkin puree (About 2 cups)
- 1 cup chicken broth
- 1 cup milk
- ¼ cup olive oil
- 1 tsp. salt
- 1 ½ tsp. sage
- A pinch of freshly grated nutmeg (or just ground)
- Freshly cracked black pepper to taste

#### For the Pasta

- 1 lb. uncooked pasta
- 1 lb. boneless skinless chicken breasts
- 1 cup Mozzarella or other white melty cheese
- ¼ cup Parmesan cheese
- Crumbled, cooked bacon (as much or little as you want)
- Parsley for topping

### Instructions

1. Caramelize the onions: Heat the butter in a large skillet over medium-low heat. Cut the onion into thin slices and add to the melted butter in the pan. Keeping the heat on medium-low, cook the onions until they are caramelized and deep golden brown, about 20-30 minutes. You can add a splash of white wine as they're cooking to get a little extra sweetness.
2. Make the sauce: Puree the garlic, pumpkin, chicken broth, milk, olive oil, salt, sage, nutmeg and pepper in a blender until smooth. Add to the caramelized onions in the pan and cook until heated through.
3. Prep pasta and chicken: Cook the pasta according to package directions, stopping a little early so they are still firm enough to hold their shape in the oven. Drain and set aside. Meanwhile, bring a pot of water to boil and add the chicken, cooking for 10-15 minutes or until the chicken is no longer pink. Remove from the water; when cool enough to handle, shred the chicken.
4. Assemble and bake: Preheat the oven to 350F. Toss the cooked pasta, chicken, and bacon with the pumpkin sauce and ½ cup Mozzarella cheese. Transfer to a greased 9x13 baking dish, top with remaining cheese and cover with greased foil to prevent sticking. Bake for 15-20 minutes or until the cheese is melted and the sauce is bubbling. Sprinkle with fresh parsley and let stand a few minutes before serving.



<https://pinchofyum.com/chicken-bacon-pumpkin-pasta-bake>

## Cajun Salmon Sheet Pan Dinner

### Ingredients

#### Cajun Butter

- 2 tablespoons Butter
- ½ tsp. salt
- ½ tsp. firmly packed brown sugar
- ½ tsp. paprika
- ½ tsp. ground red pepper (cayenne)
- ¼ tsp. garlic powder
- ¼ tsp. pepper
- 1/8 tsp. dried oregano
- 1/8 tsp. ground thyme
- 1/8 tsp. ground sage

#### Vegetables

- 1 large (3 cups) sweet potato, cut into 1-inch cubes
- 12 ounces (3 cups) Brussels sprouts, trimmed, but in half
- 1 small (¾ cups) red onion, chopped
- ¼ cup butter
- ¾ tsp. salt
- ¾ tsp. pepper

#### Salmon

- 1 ½ pounds salmon filet, cut into 4 filets

### Instructions

1. Heat oven to 425F. Line half-sheet baking pan (18x13x1 inch) with aluminum foil. Spray foil with no-stick cooking spray.
2. Combine all Cajun butter ingredients in small bowl; mix well. Refrigerate.
3. Spread vegetables on prepared pan. Dot with ¼ cup butter. Sprinkle with 3-4 tsp. salt and ½ tsp. pepper. Bake 20 minutes.
4. Move vegetables to edges of pan. Place salmon pieces in center. Coat with Cajun butter. Return to oven; bake 15-16 minutes or until internal temperature of salmon reaches 145F and salmon flakes easily with fork.

<https://www.landolakes.com/recipe/21073/cajun-salmon-sheet-pan-dinner/?epik=dj0yJnU9dzB3QlJxZiQyNEdEcW1UUmZyUnhlc1VoZV9vbEE0MW4mcD0wJm49SXhpeVppWnNpZFFWNGhaTkWONlIndyZOPUFBQUFBRO0zQUhZ>



### More Resources at Fluvanna Library

**The New Rules by Christopher Kimball – 641.523 KIM**

**Skinnytaste Air Fryer Dinners by Gina Homolka – 641.77 HOM**

## Dirty Rice (Southern side dish) – 2 servings

Dirty rice, which sometimes goes by “rice dressing” or “Cajun rice,” is a rice dish typically made with the “Holy Trinity” of onions, bell peppers, and celery, a hefty amount of ground meat and chicken giblets, and a heavy sprinkling of Creole seasonings, like cayenne, sage and paprika.



### Ingredients

- 1 cup uncooked long-grain white rice
- Kosher salt
- 2 tablespoons vegetable or other neutral oil, divided
- ½ cup finely diced yellow onion
- ¼ cup finely diced green bell pepper
- ¼ cup finely diced celery
- 2 medium cloves garlic, minced
- ½ pound ground pork, beef, or spicy breakfast sausage (if using sausage, remove casings)
- 1 pound mixed chicken giblets, such as liver, gizzard, and hearts
- 1 tsp. freshly ground black pepper
- ½ tsp. ground dried sage
- ½ tsp. paprika
- ¼ tsp. cayenne pepper

### Instructions

1. In a 2-quart saucepan, rinse rice with multiple changes of cold water until the water begins to turn clear. Drain rice well, return to saucepan, and cover with 2 cups cold water along with a pinch of salt.
2. Set saucepan over medium-high heat and bring to a boil, then reduce heat to low, stir rice once, cover, and cook for 15 minutes. Remove from heat. Let rice stand, covered, for 5 minutes. Uncover and fluff the rice with a fork; set aside to cool.
3. Set saucepan over medium-high heat and bring to a boil, then reduce heat to low, stir rice once, cover, and cook for 15 minutes. Remove from heat. Let rice stand, covered, for 5 minutes. Uncover and fluff the rice with a fork; set aside to cool.
4. Meanwhile, in a 10- or 12-inch cast iron or stainless-steel skillet, heat 1-tablespoon oil over medium heat until shimmering. Add onion, bell pepper, and celery and season with salt. Cook, stirring often, until vegetables begin to soften and onion becomes slightly translucent, about 3 minutes. Stir in garlic and cook, stirring frequently to prevent scorching, for 1 minutes longer.
6. Add the ground meat or sausage, season lightly with salt, then increase heat to medium-high. Cook, stirring and breaking up chunks of meat with a wooden spoon, until meat is fully cooked and begins to brown in spots, 8 to 10 minutes. Remove from heat. Scrape vegetables and meat onto a heatproof platter and set aside.
7. Wipe out skillet, add remaining 1-tablespoon oil and heat over medium-high heat until shimmering. Add chicken giblets and season lightly with salt. Cook, stirring often, until they are cooked through and browned on all sides, about 10 minutes - you can check doneness by cutting a thicker piece of giblet in half. Remove from heat.

8. Working in batches, if necessary, transfer giblets to food processor or blender and pulse, scraping down sides as necessary, until very finely minced and almost smooth, about 2 minutes. If you don't have a blender or food processor, you can very finely mince the giblets with a knife after letting them cool.
9. Wipe out the skillet once more. Return vegetable-meat mixture and processed giblets to skillet. Set over medium heat and stir in black pepper, ground sage, paprika, and cayenne.
10. Stir in rice and season with salt, if needed. Increase heat to medium-high and cook, stirring frequently, until all ingredients are incorporated and rice is fluffy and has taken on an even brown tint, about 5 minutes. Remove from heat and serve.

[https://www.serious-eats.com/dirty-rice-5184873?utm\\_source=pinterest&utm\\_medium=social&utm\\_campaign=shareurlbuttons](https://www.serious-eats.com/dirty-rice-5184873?utm_source=pinterest&utm_medium=social&utm_campaign=shareurlbuttons)

## Sausage and Apple Stuffed Acorn Squash

### Ingredients

- 2 acorn squash, halved and seeded
- 1 tablespoon butter, melted
- ¼ tsp. garlic salt
- ¼ tsp. ground sage
- 1 lb. chicken or pork sausage
- ½ cup onion, finely chopped
- 1 celery rib, finely chopped
- 4 ounces mushrooms, chopped
- 2 apples, cored and chopped (Gala, Honey Crisp or Macintosh)
- 1 cup of breadcrumbs
- ½ tsp. sage
- Salt and pepper
- 1 egg, beaten
- 2 tablespoons fresh parsley, chopped
- Shredded Parmesan for garnish



### Instructions

1. Combine the melted butter, garlic salt and ¼ tsp. sage; brush over cut sides and cavity of squash. Salt and pepper to taste.
2. Bake in a large roasting pan, cut side up, at 400F for 1 hour, until squash is tender yet still holds its shape.
3. Meanwhile make stuffing: Fry pork sausage until light brown. Remove pork to a colander to drain. Drain all but 2 tablespoons drippings from frypan. Add onion, celery and mushrooms; sauté 4 minutes. Stir in apple and sauté 2 more minutes.
4. Combine the pork, vegetables and breadcrumbs in a large bowl.
5. Taste and season with sage, salt or pepper if needed.
6. Stir in the egg and parsley.
7. Fill the squash halves with stuffing – they should be slightly mounded.
8. Return to oven and bake, covered for 20 more minutes, until the egg is set.
9. Garnish as desired with parsley and shredded Romano or Parmesan cheese.

<https://www.joesproduce.com/sausage-apple-stuffed-acorn-squash/>

## Sage Stuffing

- ¼ cup (1/2 stick) butter
- ½ cup chopped celery
- ½ cup chopped onion
- 1 package (8 ounces) unseasoned stuffing mix
- 2 cups chicken broth
- 1 ½ tsp. ground sage
- ½ tsp. ground thyme



1. Preheat oven to 350F. Melt butter in large skillet on medium heat. Add celery and onion; cook and stir 5 minutes. Stir in stuffing mix. Add chicken broth, sage, and thyme; toss gently. Spoon into lightly greased 2-quart baking dish.
2. Bake 30 minutes or until heated through and lightly browned.

<https://www.mccormick.com/recipes/salads-sides/sage-stuffing>

## Bunko Dip (Sage Sausage & Cream Cheese)

- 1 lb. sausage
- 16 ounces cream cheese
- 10 ounces (Rotel) regular
- ½ tsp. ground sage
- 1/8 tsp. garlic powder



1. Fry sausage – drain if necessary.
2. Add remaining ingredients to pan on low heat and warm until sausage, Rotel, and cream cheese meld.
3. Add to crock pot or other bowl able to keep ingredients warm.
4. Serve. (Great with Frito scoops – but any sturdy chip will do).

<https://www.food.com/recipe/bunko-dip-sage-sausage-cream-cheese-392060>

## Sage and White Bean Dip

- 1 (15 ounce) can cannellini beans (or other white bean), drained
- 1 garlic clove, peeled
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 ½ tsp. dried sage
- ¼ tsp. paprika
- ¼ tsp. ground red pepper/cayenne
- ¼ tsp. salt
- ¼ tsp. ground black pepper



1. Use a food processor to combine all ingredients until totally smooth.
2. Salt and pepper to taste.

<https://shewearsmanyhats.com/sage-and-white-bean-dip-recipe/>

## Orange and Sage Scones – Makes 12 scones

- 2 ½ cups flour
- 1/3 cup sugar
- 2 ½ tsp. baking powder
- 4 tsp. rubbed sage
- 1 tsp. grated orange peel
- ¼ tsp. salt
- ½ cup (1 stick) cold butter, cut into pieces
- 2 eggs
- ¾ cup sour cream
- 1 tablespoon pure vanilla extract
- 1/3 cup grated asiago cheese



1. Preheat oven to 375F. Mix flour, sugar, baking powder, sage, orange peel and salt in large bowl. Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
2. Beat eggs, sour cream and vanilla in medium bowl with wire whisk until well blended. Stir in ¼ cup of cheese. Add to flour mixture; stir until a soft dough forms. Place dough on lightly floured surface. Knead about 1 minute or until smooth. Place dough on greased baking sheet. Pat into a 10-inch circle. Score top of dough with sharp knife into 12 wedges. Sprinkle with remaining cheese.
3. Bake 30 minutes or until golden brown. Cool slightly on wire rack. Cut into 12 wedges to serve.

<https://www.mccormick.com/recipes/breakfast-brunch/orange-and-sage-scones>

## Easy Apple Sage Pork Chops

- 1 tablespoon flour
- 2 tsp. sage
- 1 ½ tsp. seasoned salt
- 1 tsp. whole thyme leaves
- ½ tsp. ground nutmeg
- 6 boneless pork chops, ¾- to 1-inch thick (about 2 pounds)
- 1 tablespoon olive oil
- 2 Gala apples, cut into thin wedges
- 1 large onion, thinly sliced
- ½ cup apple juice



1. Mix flour, sage, seasoned salt, thyme and nutmeg in small bowl until well blended.
2. Heat oil in large skillet on medium-high heat. Add pork chops; brown on both sides. Remove from skillet. Add apples, onion, remaining seasoned flour and juice to skillet; stir until well mixed. Return pork chops to skillet.
3. Bring to boil. Reduce heat to low; cover and simmer 5 minutes or until pork chops are desired doneness. Remove pork chops to serving platter; keep warm. Simmer sauce 5 minutes or until slightly thickened. Serve sauce over pork chops.

<https://www.mccormick.com/recipes/main-dishes/easy-apple-sage-pork-chops>

## Three Sisters Soup (8 servings)

- Ingredients
- 2 tablespoons olive oil
- 1 bell pepper, diced
- 6 garlic cloves, minced
- 1 tomato diced
- 3 yellow crookneck summer squash, chopped (larger pieces)
- 1 ½ cups sweet corn frozen, fresh or canned
- 1 tsp. dried sage
- 1 tsp. ancho chile powder
- ½ tsp. ground coriander
- ¼ tsp. red chili flakes
- 1 cup dry pinto beans soaked for 3 hours prior
- 4 cups vegetable broth or water
- 1 tablespoon maple syrup or honey
- 1 tsp. apple cider vinegar
- Salt to taste
- Optional to garnish: pumpkin seeds.



### Instant Pot Instructions

1. Press the Sauté button on your Instant Pot. Add oil, pepper, and garlic. Sauté for 5 minutes, stirring frequently.
2. Stir in tomato, squash, and corn. Sauté for 1 minute longer.
3. Press Cancel. Stir in spices, broth/water, and pinto beans.
4. Cook on Manual High Pressure for 35 minutes.
5. Let the pressure release naturally for 10 minutes before opening the vent.
6. Stir in maple syrup/hone and apple cider vinegar. Salt to taste.
7. Optionally, garnish with pumpkin seeds before serving.

### Stovetop Instructions

1. In a large pot over medium heat add oil, pepper and garlic. Sauté for 5 minutes.
2. Add tomato, squash, corn, sage, ancho chile powder, coriander, optional red chili flakes, beans and broth/water.
3. Turn heat to high and bring to a boil. Cover, reduce heat to medium-low and simmer for 50 minutes, or until beans are tender, adding more water/broth as needed to maintain soup consistency.
4. Turn off heat, then stir in maple syrup/honey and vinegar. Salt to taste. Top with pumpkin seeds, if using, before serving.

<https://moonandspoonandyum.com/instant-pot-three-sisters-soup-recipe-vegan-gluten-free/>

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