

Sage (*Salvia officinalis*) Use 1-2 tsp for 4 servings

Description

Sage is the pale green leaf of an evergreen shrub. Its strong, fresh flavour makes it a popular culinary herb, but it has always been well known for its medicinal properties.

Sage complements - pork, veal, game, poultry, sausages, vegetables, salads, onion, cheese, eggs, stuffing, coatings.

Did You Know?

It was believed that Sage strengthened the memory; hence a sage or wise man would have a long memory. Sage tea is believed to make a good tonic and blood cleanser. Used as a mouthwash Sage is said to freshen the breath and help in alleviating bleeding gums. A Sage bath helps ease rheumatism and aching limbs.

Quality

Sage should be silvery-grey and strongly aromatic. It has a medicinal pinewood flavour. Thujone is the principal flavour-giving volatile oil.



Usage

Sage has an affinity with fatty foods, especially pork and cheese. Sausages

and faggots are often flavoured with Sage.

It is used in traditional sage and onion stuffing. Saltimbocca is an Italian dish

meaning 'jump in the mouth'! Thin slices of veal are seasoned with a sprinkling

of Sage, overlaid with a slice of prosciutto, then quickly fried and served with

Mozzarella melted over. Sprinkle a little Sage into salads for a refreshing

flavour.

Combine a little Sage with cheese and breadcrumbs for topping grilled fish.

Season the simmering beans and vegetables of minestrone soup with Sage for

extra flavour.

Add Sage to the breadcrumb coating of Scotch eggs.