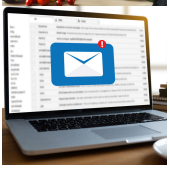
SPICE OF THE MONTH CLUB

October 2024

Join us to discuss

Tuesday, 10/29 / 6:00pm / Annex

Spend the month cooking with your spice and join us to discuss your opinions, experiences, and recipes!



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We'll send you notices when kits are ready to pick up, meeting reminders, and shared recipes!

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This month's spice: Ground Sage

History

Sage, which is native to the nothern Mediterranean coastal areas of southern Europe, has been cultivated for millenia. The botanical name for its genus, *Salvia*, is derived from the Latin Salvere, which means "to save" or "to heal." It was given to sage because of its medicinal properties. In 16th-century England, sage tea was a popular beverage. The Chinese were so fond of it in the 17th century that Dutch traders could trade a shipment of sage tea for three to four times its weight in China tea.

Use

Its astringent grease-cutting attributes make it a perfect accompaniment to fatty foods such as pork, goose, and duck. Sage often produces the best results when used in moderation and in dishes that are cooked for a long time. Sage also goes well with carbohydrates such as bread stuffings.

Sources: ***The Spice and Herb Bible, Third Edition*** **by Ian Hemphill & Kate Hemphill**

Diner-Style Pork Chops and Gravy

Total prep and cook time: 30 minutes

<u>Yields 4 servings</u>

INGREDIENTS:

8 slices bacon, chopped
4 bone-in rib or center-cut pork chops, about 1 inch thick
Salt and pepper
1 onion, halved and sliced thin
2 tablespoons all-purpose flour
1 ½ teaspoons fennel, ground (see note)
1 ½ teaspoons ground sage
½ cup low-sodium chicken broth
2 cups whole milk

STEPS:

1. Cook bacon in large nonstick skillet over medium-high heat until crisp, about 5 minutes; transfer to paper towel-lined plate. Pour off all but 2 tablespoons bacon fat from skillet. Pat chops dry with paper towels and season with salt and pepper. Cook chops in skillet until well browned and meat registers 145 degrees, about 5 minutes per side. Transfer to serving platter and tent with foil.
2. Add onion to fat in skillet and cook, covered, until softened and browned, about 4 minutes. Stir in flour, fennel, and sage and cook until flour is absorbed, about 1 minute. Whisk in broth and milk, then reduce heat to medium and simmer until sauce is thickened, about 8 minutes. Stir in reserved bacon and any accumulated pork juices and season with salt and pepper. Pour gravy over chops. Serve.

<u>Source: https://www.americastestkitchen.com/recipes/4565-diner-style-pork-chops-and-gravy</u>

One-Pan Cheesy Butternut Squash and Swiss Chard Lasagna

Total prep & cook time: 1hour, 45 minutes

<u>Yields 4 servings</u>

INGREDIENTS:

10 ounces (1¼ cups) whole-milk cottage cheese
2 ounces Parmesan cheese, grated (1 cup)
1 cup heavy cream
1 tablespoon minced fresh sage or 1 teaspoon dried
1 teaspoon cornstarch
Salt and pepper
1 pound butternut squash, peeled, seeded, and cut into ½-inch pieces (3 cups)
1 pound Swiss chard, stemmed and cut into 1-inch pieces
1 tablespoon extra-virgin olive oil
2 garlic cloves, minced
1 teaspoon grated lemon zest
⅛ teaspoon ground nutmeg
6 no-boil lasagna noodles
4 ounces whole-milk mozzarella cheese, shredded (1 cup)

STEPS:

1. Adjust oven rack to middle position and heat oven to 425 degrees. Whisk cottage cheese, Parmesan, cream, sage, cornstarch, ¼ teaspoon salt, and ¼ teaspoon pepper together in bowl.
2. Combine squash, chard, oil, garlic, lemon zest, nutmeg, ¼ teaspoon salt, and ⅛ teaspoon pepper in bowl, cover, and microwave until chard is wilted and butternut squash is just tender, about 7 minutes. Transfer mixture to colander and let drain for 5 minutes.
3. Grease 8-inch square baking dish. Spread 1 cup cheese sauce into prepared dish and lay 2 noodles on top (noodles may overlap slightly). Top with half of squash mixture and half of cheese sauce. Repeat layering with 2 noodles, remaining squash mixture, and ½ cup cheese sauce. Lay remaining 2 noodles on top, cover with remaining cheese sauce, and sprinkle with mozzarella. (Assembled lasagna can be refrigerated for up to 24 hours; increase covered baking time in step 4 to 45 minutes.)
4. Cover dish tightly with greased aluminum foil and bake until bubbling around edges, about 30 minutes. Remove foil and continue to bake until cheese is spotty brown, 10 to 15 minutes, rotating dish halfway through cooking.
5. Remove dish from oven and let cool for 15 minutes before serving.

Source: https://www.americastestkitchen.com/recipes/13252-one-pan-cheesy-butternut-squash-and-swiss-chard-lasagna

Top Loin Roast with Garlic-Herb Butter

Total prep and cook time: 1hour

<u>Yields 4 servings</u>

INGREDIENTS:

5 pounds top loin roast
3 tablespoons olive oil
4 teaspoons kosher salt
1 tablespoon ground black pepper
4 tablespoons unsalted butter, softened
1 teaspoon ground sage
1 teaspoon ground parsley
½ teaspoons ground thyme
1 small clove garlic, minced

TIPS:

If you do not own an ovenproof skillet, sear the roast in any skillet, then transfer it to a roasting pan for oven cooking. We prefer the flavor and texture of this roast when cooked rare. If medium-rare is more to your liking, cook the roast until the internal temperature registers 130 to 135 degrees.

STEPS:

1. Line baking sheet with paper towels and set flat wire rack over baking sheet. Pat roast dry with paper towels, then set roast on wire rack. Refrigerate, uncovered, on lowest shelf for 1 to 3 days.
2. Adjust oven rack to lower-middle position; heat oven to 250 degrees. Remove roast from refrigerator; using sharp paring knife, trim off all fat and silver skin from roast (see illustration) and shave off hard, dried exterior surfaces. Rub roast with 2 tablespoons olive oil; let roast stand at room temperature for 1 hour.
3. Combine salt and pepper in small bowl; season all surfaces of roast with salt-pepper mixture, pressing to make salt and pepper adhere. Heat remaining 1-tablespoon oil in 12-inch, heavy--bottomed ovenproof skillet over medium-high heat until smoking; set roast in skillet, fat-trimmed-side down, and cook until well browned, about 3 minutes. Using tongs to turn roast, brown on all sides, 2 to 3 minutes on each side. Turn roast fat-trimmed-side up, set skillet in oven, and roast until instant-read thermometer inserted into center registers 120 to 125 degrees, 40 to 50 minutes. While meat roasts, stir together butter, sage, parsley, thyme, garlic, and salt and pepper to taste; set aside until needed. Using potholders to handle skillet, transfer roast to cutting board, loosely tent roast with foil, and let roast rest 20 minutes. After roast has rested, spread butter evenly over surface of roast. With sharp carving knife, cut into 1/4-inch-thick slices; serve.

<u>Source: https://www.americastestkitchen.com/recipes/1518-top-loin-roast-with-garlic-herb-butter</u>