



Sage

Sage is an herb from an evergreen shrub in the mint family. Its sprigs are long, narrow, grayish-green leaves, and it has a musty yet smoky bouquet. Sage pairs well with pork, lamb, poultry, beef and sausages. Chopped leaves flavor salads, pickles and cheese. Crush the leaves for the full fragrance. Sage is a superb flavor enhancement for seafood, vegetables, stuffings and savory breads. Rub sage, cracked peppers and garlic into pork tenderloin before cooking.