

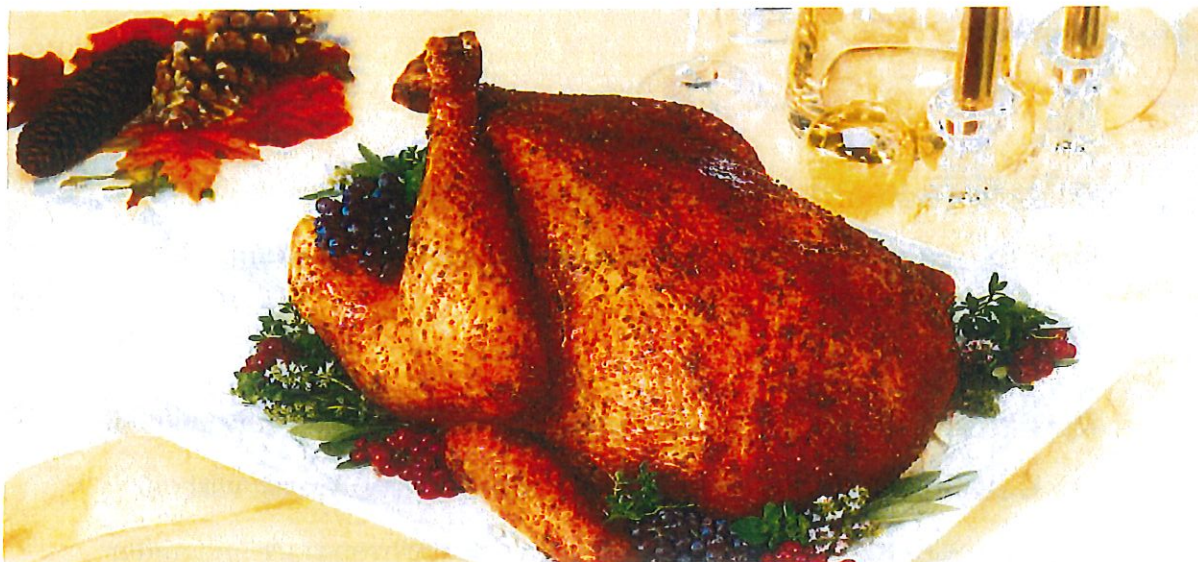


Sage History

Sage has a very long and rich history due to both its medicinal and culinary uses. At one time, the French produced bountiful crops of sage which they used as a tea. The Chinese became enamored with French sage tea, trading four pounds of Chinese tea for every one pound of sage tea. In 812 AD, sage was one of the plants deemed so important that Charlemagne ordered it planted on German Imperial farms, no doubt due to the lucrative trade business as well as for its medicinal popularity.

In ancient Rome, sage was considered to have substantial healing properties, particularly helpful in the digestion of the ubiquitous fatty meats of the time, and was deemed a part of the official Roman pharmacopeia. The herb was used to heal ulcers, to help stop the bleeding of wounds, and to soothe a sore throat. Many people in China used sage to treat colds, joint pain, typhoid fever, and kidney and liver issues.

Source: The Spruce Eats



Sage Rubbed Turkey Breast

The perennial holiday favorite, this simple, deliciously flavored turkey tastes even better when paired with Spiced Pear and Raisin Chutney.

Prep Time 15 Cook Time 3 hr 30 min. Calories 530 Servings: 12

Ingredients

1 whole turkey, (12 to 14 pounds), fresh or frozen, thawed

1 tablespoon vegetable oil

2 tablespoons **McCormick® Rubbed Sage**

1 tablespoon **Lawry's® Seasoned Salt**

2 teaspoons **McCormick® Paprika**

1 1/2 teaspoons **McCormick® Garlic Powder**

1 teaspoon **McCormick® Pure Ground Black Pepper**

Instructions

1

Place the oven rack in the lowest position. Preheat the oven to 325°F.

Place the roasting rack in a shallow roasting pan. Mix seasonings in a small bowl.

2

Place turkey, breast-side up, in a prepared pan. Sprinkle 1 tablespoon of the seasoning mixture inside the turkey. Brush turkey breast with oil.

Spread remaining seasoning mixture over the entire surface and under the skin of the turkey. Add 1/2 cup water to the pan. Cover turkey loosely with heavy duty foil.

3

Roast for 1 hour. Remove foil. Roast 2 to 2 1/2 hours longer or until internal temperature reaches 165°F (175°F in thigh), basting occasionally with pan juices. Remove turkey from the oven. Let stand for 20 minutes. Transfer to a platter or carving board and slice. Reserve pan juices to make gravy or to serve with turkey.

Sage Roasted Mini Potatoes



Ingredients

- 1 1/2 lbs creamer potatoes (baby potatoes), halved about 5-6 cups
- 2 tbsp olive oil
- 2 tbsp unsalted butter, melted
- 1 tsp kosher salt
- 1/4 tsp ground pepper
- 1/2 tsp garlic powder
- 20 sage leaves, minced

Instructions

1. Pre heat oven to 425F. Line a large baking sheet with parchment paper (make sure it's a brand that can withstand 425F heat) or just use a plain baking sheet.
2. Mix together olive oil, melted butter, salt, pepper and garlic powder. Then stir in minced sage leaves.
3. On a sheet pan toss together the potatoes with the olive oil and butter mixture, being sure the potatoes are all coated.
4. Roast 35-45 minutes until fork-tender and golden. Taste and season with more salt and pepper if desired and serve warm!