

Cooking with Conshy Spice Packet



Sage

Sage is a perennial plant with gray-green leaves and flowers that range from blue to white, lavender, or purple. The leaves, which are edible and widely used as an herb, comes in many varieties throughout the world and is part of the mint family. Sage has a fragrant, peppery, savory flavor that can be slightly astringent. Sage is particularly prominent in Italian, British, Balkan, American, and Middle Eastern cuisine. In Italy, sage is a key flavoring in saltimbocca. It is a primary ingredient in Sage Derby cheese and Lincolnshire sausages, as well as an important component of the French herbes de Provence.

There are many different ways to use sage in your cooking:

- Flavor your proteins, like lamb, pork, sausage, chicken, and turkey
- Enhance the flavor of salads, cheese, or even pickles
- 'Tis the season! Add sage to turkey and stuffing recipes for the holidays!
- If you have fresh sage leaves, toast them to add a nice crunchy flavor to your recipes
- Sage can add great flavor to compound butters or sauces
- Add fresh sage to your cocktails for a fresh herbal flavor
- Steep sage leaves in hot water to make sage tea or "Thinker's Tea"
- Add sage to your soups and stews

Recipe SUGGESTIONS:

Creamy Butternut Squash Gnocchi with Sausage, Thyme, and Sage

Author: Julia's Album **Prep Time:** 20 min **Cook Time:** 20 min **Total Time:** 40 min **Serves:** 4

Creamy Butternut Squash Gnocchi with Sausage, Thyme, and Sage is the ultimate Autumn comfort food. This one-pan recipe takes only 40 minutes to make! It's simple and quick enough to make on a busy weeknight, yet it looks sophisticated and presentable to serve as the main course for friends and family on a special night.

Ingredients

- 12 oz Italian sausage casings removed (I used 3 sausage links)
- 1 tablespoon olive oil
- 10 oz potato gnocchi
- 1 cup heavy cream
- ½ cup chicken broth
- 1 cup butternut squash puree
- 3 cloves garlic minced
- 2 tablespoons fresh sage chopped (2 tsp dried)
- 2 tablespoons fresh thyme
- salt and coarsely ground black pepper to taste



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with Sausage, Thyme, and Sage



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Directions

1. Remove sausage from casings and slice it.
2. Heat 1 tablespoon of olive oil on medium heat in a large, high-sided skillet. Add sliced sausage and cook on medium heat for about 4 minutes on one side, without turning, to get the sausage slices browned. Flip over to the other side and cook for 2 more minutes.
3. To the same skillet with sausage, add uncooked potato gnocchi, heavy cream, and chicken stock. Bring to a boil on medium heat and stir everything well. Cover with lid, and allow the gnocchi to cook for about 5 minutes on medium heat, while the sauce boils.
4. To the same pan with gnocchi and sausage, add butternut squash puree, and minced garlic. Bring the sauce to a boil on medium heat, reduce to low-medium heat, stir everything well. Cook for about 3 or more minutes. Make sure the gnocchi are cooked through, the garlic is cooked to your liking, and the sauce thickens. Cook longer if you would like a thicker sauce. Remove from heat.
5. Stir in half of the fresh sage and half of the fresh thyme. Season with salt and freshly ground coarse black pepper.

Notes

- **The total cooking time does not include the time required for roasting the butternut squash and making the butternut squash puree. I recommend that you do that in advance.**
- Use your best judgment about the salt. If the sausage is salty enough, you might not need to add any extra salt.
- When serving, top with the remaining half of the fresh sage and the remaining half of the fresh thyme.
- Because you will be roasting whole butternut squash, you will have more than you need (1 cup) for this recipe. Refrigerate or freeze the leftover butternut squash puree in an airtight container.
- If using dried thyme, use ½ teaspoon of dried thyme (not powdered) or ¼ teaspoon of powdered dried thyme.

One-Pot Autumn Herb Roasted Chicken with Butter Toasted Wild Rice

Author: Tieghan Gerard **Prep:** 25 min **Cook:** 1 hr 5min **Total Time:** 1hr 30 minutes **Yield:** 6 servings

Ingredients

- 3 ½ pounds bone-in chicken parts (breast thighs + legs), pat dry
- ¼ cup olive oil
- 2 tablespoons fresh thyme chopped
- 2 teaspoons fresh rosemary chopped
- 1 teaspoon brown sugar
- juice of 1 lemon



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- 2 tablespoons + 4 tablespoons butter divided
- 1 ½ cups wild rice
- ¾ cup orzo pasta
- 2 ½ cups chicken broth
- 1 cup of your favorite beer I used pumpkin
- 3 carrots, chopped
- 2 cups button mushrooms
- 2 tablespoons dried parsley or ¼ cup fresh
- 4 whole sage chopped, or 1 teaspoon dried
- salt and pepper to taste
- 1 head garlic halved
- 1 sweet onion peel + cut into fourths

Cider Drizzle (optional)

- 2 cups apple cider
- 2 tablespoons butter



Instructions

1. Preheat oven to 400 degrees F.
2. Heat a large 3-5 quart brasier or dutch oven over high heat. Add the 2 tablespoons olive oil. Place the chicken in a ziplock bag and toss with the remaining 2 tablespoons olive oil, thyme, rosemary, brown sugar, and a good pinch of both salt and pepper. Add the chicken to the hot brasier (or whatever you are using) and sear on both sides until lightly browned, about 2 minutes per side. Remove the chicken from the pan. Repeat with any remaining chicken, remove from the pan.
3. Reduce the heat to medium and add 2 tablespoons butter. Add the orzo and cook about 1-2 minutes or until lightly toasted and golden, stirring often (watch this closely as it burns fast). Add the wild rice and toast another 1-2 minutes, stirring often. Toss in the carrots and mushrooms, cook 2 minutes. Add the chicken broth, beer and another pinch of salt and pepper. Use a wooden spoon to scrape up any browned bits off the bottom of the pan. Stir in the parsley and sage. Remove from the heat.
4. Place the chicken right on top of the rice. Drizzle with lemon juice, season lightly with salt and pepper. Add the onion quarters and garlic (you can leave the skin on the garlic). Throw in a few sprigs of fresh thyme and rosemary. Divide the remaining 4 tablespoons of butter over the chicken pieces. Cover the pan tightly with a lid (or tin foil if you have to, but a tight fitting lid works best).
5. Bake for 45 minutes to 1 hour or until the liquid is absorbed and the rice is cooked. During the last 5 minutes of cooking remove the lid and allow the chicken to brown a little more, if needed, add in ½ cup more chicken broth to keep the rice from getting dry.
6. To serve, plate the rice and chicken, if desired, drizzle with cider (recipe below).
7. If desired, make the cider drizzle while the chicken roasts. Add the cider to a sauce pot and bring to a boil. Boil for 15-20 minutes or until the cider is reduced and thick + syrupy. Remove from the heat and stir in the butter.

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Easiest Chicken Wild Rice Soup

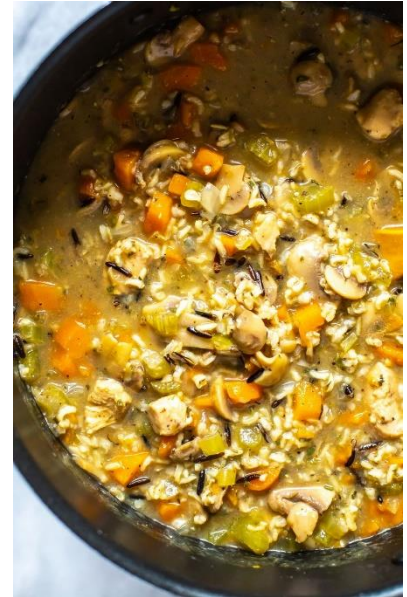
Author: Taylor Stinson **Prep Time:** 15 minutes **Cook Time:** 45 minutes **Total Time:** 1 hr **Servings:** 6

Ingredients

- 1 tbsp olive oil
- 2 medium-sized chicken breasts, diced
- 2 cups sliced mushrooms
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 2 carrots, chopped
- 3 celery stalks, chopped
- 1 tsp Italian seasoning or herbes de province
- 1 tsp salt
- 1/2 tsp pepper
- 6 cups chicken broth
- 1 cup wild rice blend
- 1 tbsp fresh finely chopped sage (or 1 tsp dried - optional)
- 2 tsp lemon juice



Scan Here for
Easiest Chicken Wild Rice Soup



Directions

1. Heat olive oil in a large pot over med-high heat. Add mushrooms, cooking for 2-3 minutes until mushrooms release juices. Add onions, garlic, celery and carrots, cooking another 5 minutes until vegetables soften.
2. Add chicken and saute for 2-3 minutes until lightly browned. Add Italian seasoning, salt & pepper, chicken broth and rice, stirring and bringing to a boil.
3. Reduce heat to a simmer, then cover pot with lid and cook for 40 minutes until rice is cooked through.
4. Stir in fresh (or dried) sage if using, along with lemon juice. Serve and enjoy! Soup will last in the fridge up to 5 days, or you can freeze in glass bowls with lids up to 3 months.

Notes

- Slow Cooker: Dump everything in the crockpot and cook on low for 8 hours or high for 4 hours, then stir in the sage and lemon juice at the end.
- Instant Pot: Add the olive oil, vegetables, chicken, seasonings, rice and broth in order to the Instant Pot and cook on high pressure for 15 minutes. Do a natural pressure release for 5 minutes, then finish with a quick pressure release. Stir in the sage and lemon juice and serve.
- Make this soup creamier by adding 2 tbsp. heavy cream or 1/2 cup milk at the end.
- Enhance the flavour by adding a splash of white wine with the broth.
- Store the leftovers in the fridge for up to 5 days. Reheat in a pot on the stovetop or in the microwave for 2-3 minutes.
- Freeze this chicken wild rice soup for up to 3 months. Defrost in the fridge overnight then reheat as normal.

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Savory Apple & Cheddar Puff Pastries

Author: Wine a Little Cook A Lot Yields: 18 squares Prep Time: 20 min Cook Time: 15 min

Savory apple & cheddar puff pastries are an easy fall appetizer for your next party or holiday. They're sprinkled with sage & drizzled with salted maple syrup.

Ingredients

Salted Maple Drizzle

- 1/3 cup maple syrup
- 1/4 teaspoon sea salt
- 2 fresh sage leaves

Apple & Cheddar Filling

- 1 box puff pastry, (2 sheets per box)
- 2 tablespoons butter
- 3 cups apple (about 3-4 medium apples), peeled, cored and diced
- 1 cup yellow onion, diced (about 1 large onion)
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- 2 teaspoons fresh sage leaves (plus more for garnish)
- 1/2 teaspoon salt
- 1 egg, beaten



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Savory Apple & Cheddar Puff Pastries



Directions

1. Drizzle Instructions: Place maple syrup in a small saucepan over medium heat. Bring to a simmer, add sage leaves and salt. Continue to simmer for 5-7 minutes. Remove from heat and cover with lid or plastic wrap. Let steep for another 5 minutes. Pour into small mason jar or container until ready to use.
2. Filling Instructions: Remove your box of puff pastry from your freezer and set aside to defrost.
3. Line 2 baking sheets with parchment paper. Set aside. Preheat oven to 400 F.
4. Melt butter in a large sauté pan over medium-high heat. Add apples, onions, ginger, cinnamon, salt and fresh sage. Cook, stirring occasionally, until the apples and onions are softened and slightly caramelized, about 10-15 minutes.
5. Add in 1/2 cup of the cheddar cheese and stir until melted. Remove from heat and set aside.
6. Unfold each sheet of puff pastry. Cut each sheet into 9, 3x3" squares. Place onto the prepared baking sheets, spacing out slightly. Brush each square with the whisked egg.
7. Place about 1 tablespoon of the apple and cheddar filling in the middle of each square. Top each square with remaining 1/2 cup of cheese. Bake for about 15 minutes or until pastry is golden and cheese is bubbly.
8. While puff pastry is still hot, drizzle with salted maple and sprinkle with chopped sage leaves.
9. Serve warm or at room temperature.

What did you make with your sage?

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