

Did you know...

Sage is a lovely herb that grows in the Mediterranean and is used both fresh and dried to add a wonderful aroma and flavour to any dish. Sage is often used in stuffings and paired with pork, poultry or sausages.

In Medieval times, sage was believed to promote wisdom and strengthen memory. Today, we tend to enjoy our sage for its flavour and aroma. Sage is also high in vitamin K, which is important for our bones and our blood. It is also loaded with antioxidants and may promote oral health.



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Spice Club



September 2023
Spice of the Month:

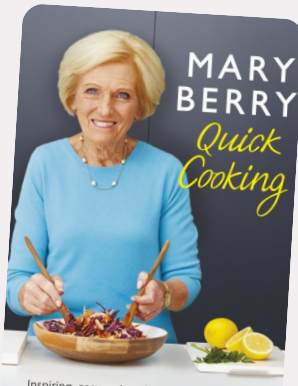
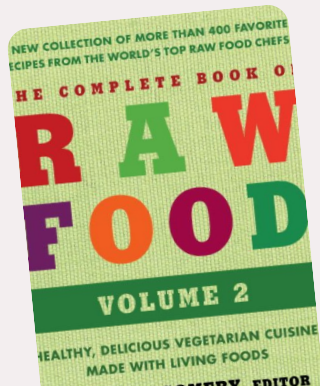
Rubbed Sage



Sage Rubbed Pork Chops with Warm Apple Slaw

Ingredients

- 4 tsp. sage, divided
- 1 large clove garlic, minced
- 1 tsp. salt, divided
- Freshly ground black pepper
- 4 (3/4-inch) bone-in pork loin chops (about 8 ounces each)
- 1 large onion
- 1 large Granny Smith apple, cut in 1/2, cored
- 1/2 head green cabbage, cored
- 3 large carrots
- 2 tsp. olive oil, divided
- 2 tbsp. cider vinegar
- 3/4 cup low-sodium chicken broth



Directions:

- Combine 3 tsp. of the sage, garlic, 1/2 tsp. of salt and a few grinds of fresh pepper. Rub this mixture all over the pork chops and let the chops sit at room temperature for 10 minutes. Meanwhile, thinly slice the onion, apple and cabbage and julienne the carrots.
- Heat 1 tsp. of the oil in a large nonstick frying pan until hot. Add the chops and brown on both sides, 1 to 2 minutes per side. Remove.
- Carefully wipe out the pan. Heat the remaining tsp. oil over moderate heat and add the onion, apples and remaining tsp. sage. Cook, stirring occasionally, until the mixture is soft and golden brown, 4 to 5 minutes. Add the cabbage, carrots, vinegar and 1/2 tsp. salt and continue cooking until the cabbage and carrots begin to soften, about 5 minutes. Add the broth and return the pork chops to the pan, burying them in the vegetable mixture. Cover and cook until the pork is to your desired temp, but at least 145 degrees F.
- To serve, arrange the warm slaw on individual plates and top with a pork chop and pan juices.

Lemon Sage Shortbread Cookies

Ingredients

- 2 cups all-purpose flour
- 1/2 cup powdered sugar
- 2 tbsp. sage
- 1/2 tsp. salt
- 1 tsp. lemon zest
- 1 cup unsalted butter, room temperature



Directions:

- Blend together all ingredients but the butter in a food processor. Add sliced butter and process until dough comes together. Knead until dough is pliable.
- Divide the dough in half. Shape each dough piece into a log about 2 inches in diameter. Chill until firm enough to slice, about 20-30 minutes.
- Preheat oven to 350 degrees F.
- Cut each dough log into 1/3 - 1/2 inch thick rounds. Place rounds on a large nonstick cookie sheet. Bake until the cookies are golden, about 20-25 minutes. Cool on racks.

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