

Flavors of the World: Sage

Presented 10/16/2018 by Pedro Arellano

Pedro's Southern Style Cornbread Dressing

Ingredients

1 cup celery, chopped fine
1 cup onion, chopped fine
¼ cup (½ stick) butter
1 Tablespoon ground sage
¼ teaspoon salt (optional)
Black pepper to taste.
Half of a batch of Aunt Jemima's corn bread (recipe from the bag), cooled and crumbled
3 cups cubed good-quality white bread (see note, below)
1 egg, lightly beaten
2 cups chicken broth



Directions

1. Preheat the oven to 350 degrees F.
2. On the stovetop, sauté the celery and onions in the butter until the onions are translucent.
3. Add the sage, pepper and salt (optional) to the celery, onion and butter mixture to bloom the flavor of the sage and pepper.
4. Place crumbled cornbread and white bread cubes to a large bowl. Add the seasoned onion, celery and butter mixture to the breads.
5. Add the egg to the bread mixture, and mix well.
6. Add the chicken broth and lightly mix just until the liquid is evenly distributed (the mixture will get mealy if overmixed).
7. Place in a well-greased 9-inch square baking pan or 1½ quart casserole dish. Bake for 25 to 30 minutes or until heated through to an internal temperature of 165 degrees.

Note

You can make this with pure white bread or pure cornbread. I prefer a mixture of cornbread and a sturdy white sourdough.

Pedro's Breakfast Sausage

A simple, classic flavor that's easy to make

Ingredients

4 pounds ground pork butt
4 teaspoons kosher salt
2 teaspoons ground black pepper
4 teaspoons dried sage
1 teaspoon dried thyme
2 teaspoon granulated sugar
1 Tablespoon red pepper flakes (back off this ingredient if you don't care for heat)
1 teaspoon smoked paprika
1 teaspoon ground cayenne (optional; I like the heat)
½-cup water



Directions

1. Grind all dry ingredients and spices in a coffee mill or the like until quite fine (see note, below). It will mix into the meat better if it's ground to a fine consistency.
2. Sprinkle the spice mixture evenly over the meat.
3. Pour the water over the meat and mix well. Form into patties or stuff into lamb casings.
4. Cook the sausage in a pan with a little water added and cover. Take the lid off once the water has evaporated and finish cooking the sausage uncovered until it reaches an internal temperature of 160 degrees F. Note the sausage will retain a slight pink color due to the red pepper flakes, paprika and cayenne.

Notes

- I use a small, generic bullet-type of blender by GE that works great. It was not expensive.
- Be careful with the red pepper flakes and cayenne if you aren't a heat kind of person.

