



BROWN BAG LUNCH IN THE GARDEN

September 10, 2010—Sage & Mint

This Week's Recipe:

Roasted Parsnips with Sage & Mint

- 4 parsnips, peeled and cut into sticks
- 1 Tbl olive oil
- 2 cloves garlic, minced
- 1 Tbl honey
- 3/4 tsp. salt
- Pepper, to taste
- 1 Tbl chopped fresh mint
- 1 Tbl chopped fresh sage

Preheat oven to 450 degrees.

Place parsnips in a bowl and toss with oil. Sprinkle in the garlic, honey, salt, and pepper to taste. Toss until evenly coated, and spread out evenly onto a baking sheet.

Bake until parsnips are tender, about 30 minutes. Toss with mint and sage

(You could also add some additional mint and sage before baking.)

Harvesting & Storing Sage & Mint

- Pick sprigs or individual leaves
- Store in a bag in refrigerator or sprigs in a cup of water.
- Mint flowers are also edible and good to use
- Mint and sage are both very cold tolerant—often still usable in late fall or early spring.
- Some sage is semi-evergreen—use all winter!

Other Points of Interest in the Garden This Week

- Lots of seedlings are growing!
- Some of the tomatoes have a new lease on life and are flowering again.
- The cantaloupe are still blooming!
- The fall radishes (daikons, etc.) are just starting to show swelling roots. It'll probably be another 3-4 weeks before they reach an almost mature size.

See you next year! Check <http://thedemogarden.org> for details in spring 2011!

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English Onion Soup with Sage & Cheddar

(Jamie Oliver)

A good knob of butter
Olive oil
A good handful of fresh sage leaves, 8 leaves reserved for serving
6 cloves of garlic, peeled and crushed
5 red onions, peeled and sliced
3 large white onions, peeled and sliced
3 banana shallots, peeled and sliced
¾ lb of leeks, trimmed, washed and sliced
Sea salt and freshly ground black pepper
2 quarts of good-quality hot beef, chicken or vegetable stock
8 slices of good-quality stale bread, 2cm thick
8 oz. freshly grated cheddar cheese
Worcestershire sauce

1. Put the butter, 2 glugs of olive oil, the sage and garlic into a thick-bottomed, non-stick pan. Stir everything round and add the onions, shallots and leeks. Season with salt and pepper. Place a lid on the pan, leaving it slightly ajar, and cook slowly for 50 minutes, without colouring the vegetables too much. Remove the lid for the last 20 minutes - your onions will become soft and golden. Stir occasionally so that nothing catches on the bottom. Having the patience to cook the onions slowly, slowly, gives you an incredible sweetness and an awesome flavour, so don't be tempted to speed this bit up.

2. When your onions and leeks are lovely and silky, add the stock. Bring to the boil, turn the heat down and simmer for 10 to 15 minutes. You can skim any fat off the surface if you like, but I prefer to leave it because it adds good flavour.

3. Preheat the oven or grill to maximum. Toast your bread on both sides. Correct the seasoning of the soup. When it's perfect, ladle it into individual heatproof serving bowls and place them on a baking tray. Tear toasted bread over each bowl to fit it like a lid. Feel free to push and dunk the bread into the soup a bit. Sprinkle with some grated Cheddar and drizzle over a little Worcestershire sauce.

4. Dress your reserved sage leaves with some olive oil and place one on top of each slice of bread. Put the

baking tray into the preheated oven or under the grill to melt the cheese until bubbling and golden. Keep an eye on it and make sure it doesn't burn! When the cheese is bubbling, very carefully lift out the tray and carry it to the table. Enjoy.

Sage and Honey Skillet Cornbread

(Bon Appétit | November 2007)

1 cup cornmeal (preferably whole grain, medium grind)
1 cup unbleached all purpose flour
1 tablespoon baking powder
1 teaspoon salt
2 teaspoons chopped fresh sage plus 12 whole fresh sage leaves
1 cup whole milk
1/2 cup honey
1 large egg
1/2 cup (1 stick) unsalted butter

Preheat oven to 400°F. Heat heavy 10-inch-diameter ovenproof skillet (preferably cast-iron) in oven 10 minutes.

Whisk first 4 ingredients and 2 teaspoons chopped sage in large bowl to blend. Whisk milk, honey, and egg in medium bowl to blend.

Remove skillet from oven; add 1/2 cup butter. Swirl until butter is melted. Pour all except 2 tablespoons butter into egg mixture. Add whole sage leaves to butter in skillet; toss to coat. Arrange leaves over bottom of skillet, spacing apart.

Add egg mixture to cornmeal mixture; stir until just combined (do not overmix; batter will be wet and runny). Pour batter over sage leaves in skillet. Bake until browned around edges and tester inserted into center comes out clean, about 22 minutes. Cool in skillet 10 minutes. Invert onto platter. If necessary, reposition sage leaves atop cornbread.