

Recipes



Pineapple Sage - *Salvia elegans*

Tips for Use:

- The young leaves have more flavor than older leaves.
- To infuse in hot liquid, chop leaves and steep in hot liquid for 10-15 minutes. Strain and proceed with recipe to make tea, simple syrup, jelly, ice cream or sorbet base, etc.
- Infuse flavor into baked goods such as pound cake by lining the pan with parchment paper and adding a layer of leaves to the bottom of the pan before pouring in the batter. Bake as directed.
- Chop and add approximately 2 tablespoons to your favorite pound cake recipe.
- Chop and add leaves and/or flowers to fruit or chicken salads.
- Make a compound butter by incorporating chopped leaves and flowers into softened butter. Pairs well with lemon herbs such as lemon verbena, lemon thyme and fruit mints.
- Add a sprig to iced tea, lemonade, water or other cold beverages.
- Add a chopped tablespoon full to your favorite tropical fruit smoothie.

Banana Pineapple Sage Smoothie

¾ cup fruit flavored or vanilla non-fat yogurt

1 teaspoon hone

1 small banana

1/3 cup skim milk

1 tablespoon chopped pineapple sage

½ teaspoon ground cinnamon

Combine all ingredients in a blender and process until smooth.

Michele Brown and Pat Stewart of Possum Creek Herb Farm
The Essential Herbal Magazine
May/June 2007 issue

Pineapple Sage Pound Cake

1 cup butter, room temperature

1 cup sugar

¼ cup honey (light wildflower or sage preferred)

5 eggs

2 tablespoons chopped pineapple sage leaves (small, new leaves have the most flavor)

3 tablespoons chopped pineapple sage flowers (optional)



- 1 teaspoon grated lemon peel
- 4 tablespoons well-squeezed, chopped pineapple
- 1 teaspoon baking powder
- 2 cups flour

Cream butter and sugar until light and fluffy. Beat in honey. Add eggs one at a time, making sure to beat one minute after each addition. Beat in sage leaves, flowers and lemon peel. Stir dry ingredients together and add to butter mixture. Fold these together gently until just blended. Pour into 4 mini loaf pans (6"x3"x2"). Bake at 350°F for 45 minutes. Cool 10 minutes before removing from pan.

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Cannellini Bean Dip with Pineapple Sage

Give your classic hummus a twist by adding pineapple sage. The perfect dip to take to a picnic along with a bag of pita chips. – Colleen Delawder

- 1 15.5-ounce can of cannellini beans, rinsed and drained
- 1 garlic clove, peeled and roughly chopped
- Juice of 1 lemon
- 1 tablespoon freshly ground black pepper
- ½ teaspoon kosher salt
- ¼ cup extra virgin olive oil

Place all of the ingredients into a food processor, except for the olive oil. Begin to puree, while slowly adding the olive oil. Puree until you reach a smooth consistency.

Serves 4 to 10

Colleen Delawder
June 1, 2014, Food 52

Pineapple Sage Fruit Salad

Flavorful sage gives standard fruit salad an upgrade.

- 2 kiwis, peeled and cut into rounds
- 2 cups fresh pineapple, cut into chunks
- 2 bananas, cut into rounds
- 1 orange, peeled and separated into segments



1 Honeycrisp apple, cut into chunks
½ cup orange juice
¼ cup pineapple sage leaves or flowers if available

Cut the fruit into bite-sized chunks, and place in a large bowl.
Add the orange juice, and mix to coat. Sprinkle pineapple sage on top and gently stir. Serve immediately or chill until ready to serve.
Makes 6 servings.

Charlyn Fargo
Illinois Partners and Farmflavor.com

**Do you have a recipe using pineapple sage to share?
Please send it to Educator@herbsociety.org**