

Sage-Berry Sauce with Ripe Pears

Ingredients

TO MAKE SAGE-BERRY SAUCE

2 cups fresh, ripe or frozen blackberries or blueberries

1 Tablespoon sage leaves, chopped

5-6 medium fresh sage leaves

½ cup water

elderberry glycerite (optional), to taste

1 teaspoon date syrup or maple syrup (optional)

1 teaspoon fresh lemon juice

TO SERVE

4 ripe pears, halved, cored and thinly sliced

½ cup filberts aka hazelnuts, toasted and rough chopped

Method

TO MAKE THE SAGE-BERRY SAUCE:

Bring 1/2 cup water to a boil, remove from heat and add 1 Tablespoon fresh chopped sage and let sit for 15 or more minutes. While the tea is steeping, prepare the other ingredients.

Place just 1/4 cup of sage tea along with the berries, optional date syrup, lemon juice in a saucepan over medium heat. Simmer very gently for 5-10 minutes, watching the pot to ensure mixture doesn't burn or congeal. Remove from heat and cool slightly.

Pour the mixture into a blender and add a few more sage leaves at intervals, testing and adding more as needed until desired taste is achieved. Process until smooth. If you'd like a thinner sauce, add a little more water or leftover sage tea if available.

Taste for sweetness and tartness and adjust. This is a great time to add elderberry glycerite if you have not used the date syrup.

If you used blackberries and want to remove seeds, the mixture can be strained and pressed through a mesh strainer.

Store in a covered container in the refrigerator, but for a more flavorful taste this sauce is best served room temperature or slightly warmed.

Note: For an easier version, you can skip the tea, just add 1/4 cup plain water and 7-10 fresh sage leaves in during the blending process.

TO SERVE:

Fan the sliced pear onto a dessert pate and drizzle with sage-berry sauce then top with filberts.

Source: modified from Annie Hall, Herbal Academy of New England (Servings: 8 | Yield: 1 1/2 generous cup of sauce)
