

Butter & Sage Sauce

Season: All

Makes: You can make this sauce for any number of diners

Fresh from the garden: sage

Butter and sage is a classic combination, particularly in Italian cuisine. This is an easy sauce that can be used in a variety of dishes, including tossing through pasta and drizzled over steamed fish fillets – it is a favourite over gnocchi and ravioli. Once you've mastered the basic sauce you can adapt it to your taste, perhaps adding slivered almonds, parmesan, a squeeze of lemon.

Sage is a perennial that needs just a little more care over the colder months, so you can make this sauce at any time of the year.

Equipment:

metric measuring scales
heavy-based frying pan

Ingredients:

10 g butter per person
3–4 sage leaves per person

What to do:

1. Heat the butter in the frying pan over a low–moderate heat – be careful not to burn the butter.
2. Drop the sage leaves into the butter and swirl the frying pan over the heat – carefully – until the butter foams and the leaves become crisp. (Also look for the golden brown colour appearing in the thinnest liquid of the butter – this is the 'noisette'.) Watch carefully so you don't burn the leaves, and take the pan off the heat as soon as the leaves start to crisp.
3. Spoon the sauce over your dish while both are still hot so your dish absorbs some of the sauce.

