

Farm



Fresh

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Onions

In 2005 Colorado produced 418 million pounds of onions, ranking the state 5th in the nation for onion production. The 2005 crop was valued at \$62.8 million.

Good quality onions should be firm and hard with short, tight necks and dry papery skins. Slightly loose outer skin is common and should not affect quality. Avoid onions that show mold, decay or blemishes.

Look for Colorado onions at your local grocery store or at restaurants across the state.



Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

Onion Rings with Cranberry Aioli, Tomato Dijon and Horseradish Mint Sauces

Chef Justin Barbour, ACF Colorado Chefs Association

Onion Rings

2 large White onions
1 Egg
1 cup Cold water
50 oz. Flour
Flour seasoned with salt and pepper
Frying oil (oil with a smoke point over 400 degrees i.e. Peanut, etc.)

Heat oil to 350 degrees in fryer or in a heavy pan with a probe thermometer. Peel and cut onions into 1/2 to 1-inch wide rings. Push out first several inside layers of onion depending on desired size of ring. In large bowl combine egg and cold water, mixing well. Add 50 oz. of flour and mix all lumps out. Soak onions in a bowl of water. In a pie pan season flour with salt and pepper. Shake water off of the rings, do not dry, and coat rings in flour. Shake excess flour off and immediately drop in water and flour batter. Make sure to coat all of the onion. Carefully drop ring into oil and cook for 1 to 2 minutes or until outside is crunchy and inside is soft.

Cranberry Aioli

1/2 cup Mayonnaise
1 clove Garlic, minced fine
2 tsp. Olive oil
1 tsp. Lemon juice
1 tbsp. Cranberry sauce (canned is fine)
Pinch White pepper

In a food processor combine mayonnaise, garlic and lemon juice then pulse a couple of times or for 5 to 10 seconds. Slowly add olive oil, while processor is on, until desired viscosity is reached. Scrape the sides with a spatula every few pulses. Add cranberry sauce and pepper then mix. Do not over mix or sauce will break down.

Tomato Dijon

1/2 cup Ketchup
2 tbsp. Dijon or grain mustard
1/2 cup Mayonnaise
Splash of Hot sauce
Pinch White pepper

Combine all ingredients in a bowl and mix well.

Horseradish Mint

4 tbsp. Mint jelly
2 tsp. Prepared horseradish

Combine all ingredients in a bowl and mix well.

Enjoy with a Colorado wine, such as a glass of Chardonnay from Plum Creek Cellars, located in Palisade, Colorado.

Next Month... Potato Lover's Month