

Farm



Fresh

May 2004

Available Now...

Beef

May is National Hamburger Month. Celebrate the grilling season with Colorado beef!

There are more than 3.2 million head of cattle and 15,000 beef producers throughout Colorado. Cattle is the state's number one agricultural commodity.

Beef contains nutrients including zinc, iron, protein, and B vitamins.



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

Each month, the Colorado Department of Agriculture will feature 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.

Hamburgers Supreme

Colorado Chef Chris DeJohn

Art Institute of Colorado Culinary Arts Program

- 2 lbs. Ground beef chuck
- 1 tbsp. Water
- 1 tsp. Salt
- 1 tsp. Pepper
- 1 tsp. Garlic, minced
- 12 oz. Blue cheese
- 8 Bacon strips
- 4 Crusty hamburger buns

Additional condiments such as pickles, onions, tomatoes, lettuce, mustard, mayonnaise, as desired.

Preheat grill (these can also be cooked in a skillet over medium heat).

Combine beef, garlic, salt and pepper and mix gently. Divide into 8 patties.

In a separate bowl form cheese into 4 equal patties. Place cheese in center of two beef patties and seal edges.

Cook burgers to desired temperature. Fry bacon. Add two strips of bacon and condiments to burger and serve on crusty hamburger buns.

Enjoy with a Colorado wine, such as a glass of Cabernet Sauvignon from Spero Winery, located in Denver, Colorado.

Next Month... **National Dairy Month**