

Farm



Fresh

February 2008

Available Now...

Buffalo

The great American bison is the largest land mammal in North America. There are approximately 500,000 bison across North America in public and private herds.

Buffalo is a source of protein, vitamins B6 and B12, iron, and potassium as well as other vitamins and minerals.

Look for Colorado buffalo at grocery and specialty stores and 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.

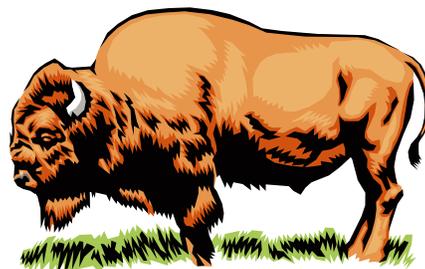
Buffalo Meat Loaf

*Chef Jason K. Morse, C.E.C.,
Valley Country Club, Aurora, Colo.*

- 1/2 Small Yellow Onion, diced
- 1 tbsp. Fresh Garlic, minced
- 2 fl. oz. Bacon Fat, rendered
- 1 lb. Buffalo, ground
- 1 Egg
- 1/4 cup Bread Crumbs, ground
- 4 tbsp. Blackening Seasoning
- 1/4 cup BBQ Hickory Sauce
- 1/2 cup Ketchup

Heat pan and add bacon fat, sauté garlic and onions, then remove and chill. Combine remaining ingredients into mixing bowl and add chilled onions and garlic. Mix well and adjust seasoning as needed. Divide mixture in half and form two loaves. Roast at 350°F until internal temperature reaches 160°F. Glaze with ketchup and roast for an additional 5 minutes. This recipe also works well for making buffalo meatballs.

Enjoy with a Colorado wine, such as a glass of Delagua Red from Bonacquisti Wine Company, located in Denver, Colorado.



Next Month... Dairy