

Farm



Fresh

September 2002

Available Now...

Apples

Many Colorado orchards are grown at nearly 7,000 feet above sea level. This high altitude provides warm days with intense sunlight and cool nights with mountain fresh air.

This climate helps produce apples with characteristics desired by consumers around the nation. Colorado apples are recognized and praised throughout the country for their unique features: superior color, intense flavor, and distinct sweetness.

Apples are sodium free, fat free and are a good source of fiber.



Look for fresh Colorado apples at your retailer, local farmers' market or on the menu at restaurants.

Each month the Colorado Department of Agriculture will feature a different commodity to highlight the variety and quality of products grown throughout Colorado. Visit www.ag.state.co.us/mkt/mkt.html for a complete list of recipes.

Caramelized Colorado Apple, Onion and Bacon Tart with Rosemary Crust and Peppered Goat Cheese Sauce

Chef Michael Long, 5280 Roadhouse, Littleton, Colorado

For the filling:

- 12 Colorado apples, peeled, cored, cut into thick wedges
- 2 Large red onions, sliced
- 1 lb. Applewood smoked bacon strips, sliced thick crosswise
- 1-1/2 cups Sugar
- 4 tbsp. Apple cider vinegar

For the crust:

- 6 Sheets phyllo dough
- 1/2 cup Clarified butter
- 2 tbsp. Fresh rosemary leaves, rough chopped

For the goat cheese sauce:

- 3 oz. Goat cheese
- 1 tbsp. □ Shallots, finely minced
- 1 tbsp. Cracked black pepper
- 1/2 cup Plain yogurt

Cook bacon in large saute pan. Remove crisp bacon and pour off all but three tablespoons of the fat. Heat fat until very hot and add onions, brown, then add apples and saute until they begin to soften. Remove apples and onions and wipe pan clean. Mix bacon into apple/onion mixture. Add sugar to pan and slowly heat until it begins to caramelize. When sugar turns light brown, stir in vinegar and quickly add apples, onions and bacon. Do not mix or stir.

Brush each of the phyllo sheets with butter, sprinkle with rosemary and stack each sheet on top of the previous one. Using a sharp knife, cut a circle in the phyllo stack the same size as the interior of the saute pan. Place the sheet over the apples and put in a 350 degree oven for 20 minutes. When done, remove, cool to room temperature, then invert over a plate or metal cake circle.

To prepare the sauce, mix all of the ingredients. Pour on the plate in a circle. Cut tart into six pieces, serve over the sauce and garnish with phyllo crisps and fresh chives.

Enjoy with a Colorado wine, such as a glass of Sauvignon Blanc from Grande River Vineyards, located in Palisade, Colorado.

Next Month... Pumpkins