

Farm



Fresh

August 2003

Available Now...

Chile Peppers

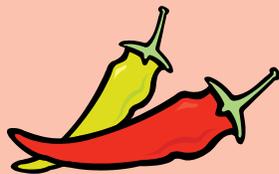
Roasted Colorado chile peppers are a summertime favorite!

Chile peppers should be smooth, shiny, well-colored and firm. Avoid peppers that appear shriveled or decayed.

There are a variety of these spicy vegetables available including Anaheim, Ancho, Cherry Hot, Fresno, Habanero, Jalapeno, Poblano, Serrano, Yellow and Thai.

Chile peppers are fat free, very low sodium and high in the antioxidants Vitamin A and Vitamin C.

Look for fresh and roasted Colorado chile peppers at your local grocery store, farmers' market 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.

Roast Chicken with Ancho Chile Rub

Colorado Chef Scott Meyerson, Riviera Casino

- 2 Ancho chilies, dried
- 2 cups Water
- 3 tbsp. Mayonnaise
- ¼ Medium Red onion
- 2 Large garlic cloves
- ¼ tsp. Cumin, ground
- ½ tsp. Oregano, dried
- 2 tbsp. Frozen orange juice concentrate
- 2 tbsp. Fresh cilantro, chopped
- Juice of ½ lime
- Pinch Salt
- Pinch Pepper
- 1 Fresh roasting chicken

Boil two cups of water, and steep the chilies for 30 minutes. Keep them submerged with a small plate or clean towel. Remove and discard the stems and seeds.

Put all ingredients, except chicken, into a food processor and puree to a smooth paste. Rub the chicken inside and out with the paste. Truss the chicken with butcher twine. This holds the bird together to provide even cooking. For instructions on trussing chicken, visit www.ibiblio.org/expo/restaurant/techniques/truss.html.

Elevate the chicken in a pan and roast in a preheated 375° oven for 20 minutes or until it begins to brown. Reduce the heat to 250° and finish roasting until the internal temperature reaches 180°. Allow the roasted chicken to rest for 10 minutes before cutting to allow the juices in the bird to set.

Enjoy with a Colorado wine, such as a glass of Never Summer White from Trail Ridge Winery, located in Loveland, Colorado.

Next Month... Pears