



FarmFresh

Recipes

February 2013

Available Now...

Fish

Colorado is home to more than 50 aquaculture facilities or "fish farms" where fish are raised for food and to stock Colorado waters.



Fun Facts

Many chefs prefer farmed fish because of their mild flavor, thick fillets and flaky texture. Look for Colorado fish such as striped bass, tilapia and trout at your local grocery store or at restaurants across the state.

Fresh Inspirations...



Asian Style Ceviche

Serves 8-10

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| 2 lb. Fresh Colorado Striped Bass, cleaned and cut into small cubes | 1/4 Cup Sweet Chili Sauce |
| 1 Small Red Onion, julienned fine | 2 Tbsp. Brown Sugar |
| 1/2 Cup Broccoli Slaw, chopped fine | 2 Small Jalapeños, diced fine with seeds |
| 1/4 Cup Edamame, shelled and steamed | 3 Tsp. Fresh or Puree Ginger |
| 1/2 Cup Snap Peas, julienned fine | 2 Tbsp. Cilantro, chopped |
| 2 Tbsp. Sesame Oil | 1 Tbsp. Black Sesame Seeds |
| 1/4 Cup Lime Juice | Sea Salt to Taste |
| 1/4 Cup Rice Wine | Black Smoked Pepper to Taste |
| | Chinese 5 Spice to Taste |

In a mixing bowl, combine the sesame oil, lime juice, chili sauce, brown sugar, jalapeños, ginger and cilantro. In a separate mixing bowl, combine the onion, slaw, edamame and snap peas. Toss well to combine. Add the diced striped bass and mix well to combine, be careful not to smash the fish while mixing. Add the wet mixture to the fish/slaw and gently fold the mixture together, season to taste with the 5 spice, salt and pepper. Refrigerate for about 2 hours prior to eating. Prior to serving, adjust the seasoning as needed. Garnish with black sesame seeds and shaved green onion if desired. Great served in wonton cups or with wonton chips.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... **Colorado Honey**