

Available Now...

Apricots

Enjoy Colorado apricots dried, in jams or fresh from the orchard!

Apricots are low in fat, sodium free, are an excellent source of vitamin A and vitamin C, and are a good source of potassium and fiber.

Choose apricots that are plump, firm and uniformly colored. Store at room temperature until ripe then in the refrigerator in a plastic bag for 3-5 days.

Look for fresh and dried Colorado apricots at your local farmers' market or 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 throughout Colorado.

Visit

www.coloradoagriculture.com for a complete list of recipes.

Colorado Apricot Shortcake

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Apricots:

- 12 ea. Apricots, pitted and sliced, do not peel
- 1 cup White Sugar
- 1/2 cup Apple Juice
- 3 cups Whipped Cream

Cut the apricots in half, remove the pit and slice. In a large bowl, place the sliced apricots, cover with sugar and mix well. Add the apple juice and combine. Allow the apricots to marinate in the refrigerator for 2-3 hours. Prepare the Vanilla Drop Biscuits according to the recipe below.

Vanilla Drop Biscuits:

- 2-1/3 cups Bisquick Mix
- 2/3 cup Buttermilk
- 3 tbsp. Vanilla Paste
- 3 tbsp. Butter, melted
- 3 tbsp. Dark Brown Sugar
- 4 tbsp. White Sugar

Preheat oven to 425° F. In a bowl, combine all ingredients except white sugar and mix well using hands. Use an ungreased thick cookie sheet pan to prevent scorching. Using a large soup spoon put a heaping drop of biscuit batter onto the sheet pan. Use white sugar to dust tops of biscuits. Bake at 425° for 10-12 minutes or until golden. Remove from oven, take off cookie sheet and cool on a rack.

Assembly:

Slice each biscuit in half and save the top piece. Scoop some of the apricots and juice onto the bottom half of the biscuit (be sure to evenly divide the liquid and apricots among the 6 biscuits). Place a dollop of whipped cream on top. Place the biscuit top on and drizzle with any remaining liquid. Serve chilled.

Next Month. . . Tomatoes