

# Farm



# Fresh

March 2006

## Available Now...

### *Dairy Products*

Colorado's 102,000 milk cows produce more than 270 million gallons of milk annually.

Dairy products such as milk, cheese and yogurt provide nine essential nutrients including calcium, potassium, protein, phosphorus, riboflavin, niacin and Vitamins A, B12 and D.



Look for Colorado dairy products at your local grocery store 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 in the state.

Visit

[www.coloradoagriculture.com](http://www.coloradoagriculture.com)  
for a complete list of recipes.

## Crème Brulee

*Colorado Chef Bob Holloway, Eggland's Best Eggs, Platteville*

8	Egg Yolks
1 Quart	Heavy cream
¾ Cup	Sugar
½	Vanilla Bean
Pinch	Salt

In a mixing bowl, gently whisk egg yolks, salt and 1/3 cup of sugar. Don't let it get too foamy. In a sauce pan over medium heat combine heavy cream, remaining sugar and vanilla bean (split in half length-wise and scrape seeds into cream). Bring mixture to a simmer, but do not boil. While whisking, slowly pour hot (but not boiling) cream mixture into egg mixture. Pour mixture through a single cheese cloth into another bowl. Fill ramekins with custard and place on a sheet tray. Fill tray with warm water halfway up the side of ramekins. Turn oven to 280°F. Place tray in oven and bake for 40-50 minutes. Remove ramekins from tray and cool for 30 minutes. Refrigerate for at least 2 hours.

### **Caramelized Sugar Glaze:**

¼ Cup	Sugar
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Blowtorch (household or industrial) and butane fuel

1. Sprinkle a pinch of sugar over entire surface of custard.
2. Take flame of blowtorch and pass evenly over sugar surface until sugar is caramelized as a hardened coating with a brownish hue (take care not to burn sugar or custard).
3. Add a second thin layer of sugar over the first, and repeat step 2.

Makes 6 servings.

## *Next Month...* Wheat