

Available Now...

Melons

Rocky Ford melons are recognized for their quality. Colorado ranks 6th nationally in cantaloupe production.

Cantaloupes are very low in sodium, fat free and are high in Vitamins A and C.



Peaches

Warm summer days and cool nights help create the juicy peaches many consumers crave. The state produced 18 million pounds of peaches in 2001, which were valued at more than \$9 million.

Peaches are fat free, sodium free and a good source of Vitamin C.



Look for fresh Colorado melons and peaches throughout the summer and early fall 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 in the state. Visit www.ag.state.co.us/mkt/mkt.html for a complete list of recipes.

Imperial Stuffed Melon

*Chef Victor W. Matthews, Black Bear Restaurant,
Green Mountain Falls, Colorado*

3-4 lbs. Fully trimmed pork loin, cut to fit the inside of the melon
1 Honeydew or cantaloupe melon
4 cups Sheung Tong pork and orange broth (additional ingredients below)
Matthews' Five Spice Plus (additional ingredients below)

To make the Sheung Tong broth, combine 2 lbs. pork meat and trimmings, ½ lb. bacon pieces, zest of two oranges, 2 tbsps. honey, pinch of salt and pepper, cup of sake, 2 tbsps. soy sauce, the tiniest drizzle of sesame oil, 2 sq. inch piece of nori seaweed, ½ cup of orange juice, one bruised and diced spring onion, small diced carrot, small piece of peeled ginger, and a single diced stalk of celery. Add one gallon of water. Bring to a boil and reduce by half. Strain Sheung Tong broth and reserve for soups, etc.

To make Matthews' Five Spice Plus, place 1 oz. of each of the following in a coffee grinder: star anise, cinnamon, fennel seed, and cloves. Add ½ oz. of black pepper, single garlic clove, and ½ oz. of granulated onion. Grind fine and add to 2 ozs. of salt and 1 oz. of sugar.

To make the Imperial Stuffed Melon, cut melon in half and clear all seeds, hollowing it out. Season pork loin roast by rubbing it liberally with the spice mix. Stuff pork firmly inside the melon. Tie the melon tightly with a cross of butcher's twine. Place the stuffed melon into a small but heavy roasting pan with four cups of braising liquid (Sheung Tong). Braise at 400 degrees for an hour. Remove twine, slice the melon carefully into crescents and serve with some slices of pork. Thicken the remaining sauce and serve over the meat to maintain its moisture.

Enjoy with a Colorado wine, such as a glass of Riesling from Cottonwood Cellars, located in Olathe, Colorado.

Next Month...

Apples