

Farm



Fresh

March 2008

Available Now...

Dairy Products

Colorado's 110,000 milk cows produce nearly 300 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 local grocery stores 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
for a complete list of recipes.

Lavender Crème Brulee

*Chef Jason K. Morse, C.E.C.
Valley Country Club, Aurora, Colo.*

Serves 9

4 cups Heavy Cream
13 Egg Yolks
1-1/4 cups White Sugar, Granulated
1 Vanilla Bean, Peeled & Seeded or 4 Tbsp. Vanilla Extract
1 pinch Dried Lavender, use only flower buds
Orange zest from one large orange

Split and scrape the vanilla beans into a heavy stock pot, add the heavy cream, orange zest and lavender then heat to 190 degrees, stirring occasionally. In a separate bowl, mix the egg yolks and sugar, and whip until heavy ribbons form. Slowly temper the egg yolks by adding the hot cream slowly, until all cream is incorporated into the yolks. Skim the foam off the top, allow to settle, skim again and refrigerate the brulee filling. Preheat oven to 250°F. Place your brulee dishes into a 9x13 metal cake pan, fill cold water about 1/2 way up side of dish. Fill the brulee dishes all the way to the top with the cooled filling. Cover tightly with foil and place in the oven, cook for 1-1/2 to 2 hours until the custard is set (should have a firm wiggle, and not be loose in the center). Remove from the oven when completely set and chill in your refrigerator until fully cooled. Remove from the refrigerator and top with about 1 Tbsp. of white sugar, spread around and caramelize or burn the sugar using a brulee torch.

Enjoy with a Colorado wine, such as a glass of Fat Cat Muscat from Carlson Vineyards, located in Palisade, Colorado.

Next Month... Herbs