

Farm



Fresh

September 2009

Available Now...

Pears

In 2008 Colorado produced 1,900 tons of pears ranking the state eighth in the nation for pear production.

Choose pears that are firm and plump. Avoid those with damaged skin, soft spots or dull color. Pears are fat free, sodium free, an excellent source of fiber and a good source of Vitamin C.

Look for Colorado pears at your local grocery store, 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.

Tropical Tapioca "Risotto"

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For Tapioca:

- 1 Cup Vanilla Soy Milk
- 1 Cup Coco Lopez (a non-alcoholic coconut drink mix)
- 3/4 Cup Cold Water
- 1/2 Cup Tapioca Pearls
- 1 Tbsp. Vanilla Extract
- 1 Tbsp. Vanilla Paste

Add the liquids to a large stock pot and bring to a boil. Add the tapioca pearls and stir well. Continue to stir constantly and cook for 25 minutes or until tapioca is translucent. Cool on low heat to avoid scorching.

For "Risotto:"

- 1 Cup Tapioca, cooked and chilled
- 2 Pears, peeled, sliced and sautéed
- 2 Tbsp. Sugar
- 4 Strawberries, sliced
- 4 Tbsp. Toasted Coconut
- 1/2 Cup Vanilla Soy Milk
- 5 Banana Chips

In a mixing bowl, combine the cooked tapioca, pears, strawberries, sugar, soy milk and half of the toasted coconut. Mix well then garnish with more sliced fruit (if desired), remaining toasted coconut and banana chips.

Enjoy with a Colorado wine, such as a glass Ash Mesa, a blend of Apple and Chardonnay, from Mountain View Winery, located in Olathe, Colorado.

Next Month... Onions