

Farm



Fresh

February 2007

Available Now...

Potatoes

Whether you prefer baked, fried or scalloped, potatoes complement any meal. Celebrate National Potato Lover's Month by enjoying Colorado grown potatoes. Colorado produces an average of 2.6 billion pounds of potatoes annually, making the state the fourth largest producer in the nation.

Avoid potatoes with wrinkled skins, soft dark spots, cut surfaces or a green appearance. All varieties should be uniformly sized, fairly clean, firm, and smooth.

Potatoes are fat free, sodium free and are high in potassium and Vitamin C.

Look for Colorado potatoes 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 for a complete list of recipes.

A Taste of Thanksgiving in February

Chef Justin Barbour, ACF Colorado Chefs Association

- 2 tbsp. Powdered gelatin
- 1 cup Chicken stock
- 1/2 cup Apple cider vinegar
- 20 oz. Turkey breast
- 2 cups Orange juice
- 16 oz. Colorado potatoes
- 2 tbsp. Butter
- 2 oz. Heavy cream
- 5 pieces Saffron
- 16 oz. Cranberry sauce (whole berry)
- Salt and Pepper

Bloom 1 tablespoon of gelatin by sprinkling it over 1 cup of cold chicken stock. Mix, being sure to dissolve all of the gelatin. If mixture is too gelatinous heat slightly to a watery consistency. Once dissolved, place over simmering water and heat until mixture is clear. Mix in vinegar and a pinch of salt. Refrigerate Aspic.

Roast turkey meat in a 350°F oven to an internal temperature of 160°F. Cooking time will vary depending on type and thickness of meat. Slice lengthwise, less than 1/8" thick then soak in orange juice.

Peel potatoes then steam or boil until fork tender. Warm cream in microwave to about room temperature. Place saffron in cream and allow to bloom for about 5 minutes. Whip potatoes with mixer. Add butter, saffron cream, and salt and pepper to taste then cool to touch.

Heat Cranberry sauce in sauce pan over low heat. Add the rest of the gelatin (1 tbsp.) and stir. After all gelatin is dissolved let it cool to touch.

Using a terrine or a medium loaf pan, line with plastic wrap. In the bottom place thickened cranberry sauce, shake so it settles. Brush over sauce with the aspic (stock and gelatin mixture). For the second layer, carefully add potatoes, trying to keep the layers straight and even. Brush with aspic. On top of those, layer turkey slices.

Liberal brushing with aspic for each layer of turkey. (the aspic holds it together.) Fold over plastic wrap. Place a hard flat object, like a book or lid, and press down to work out any air pockets. Use cans or anything to put weight on during refrigeration.

When fully chilled, turn out onto a cutting board, using the plastic to pull it carefully from the mold without breaking it. Carefully slice, and lay onto a sheet pan. Heat remaining aspic and use it to glaze the faces of the terrine slices. Refrigerate until ready. Serves 12.

Enjoy with a Colorado wine, such as a glass of Viognier from Bookcliff Vineyards, located in Boulder, Colorado.

Next Month... Lamb