



FarmFresh

Recipes

March 2018

Available Now...

Beer

Colorado is known for its beer. With more than 330 breweries across the state, Colorado is one of the top beer producers in the country.



Fresh Inspirations...

Braised Cabbage

Ingredients

- 4 Slices Thick Cut Applewood Bacon, chopped medium
- 1 Small Yellow Onion, julienned small
- 1 tsp. Fresh Garlic, minced
- 1 Red Apple, cored and julienned
- 1 Cup Carrots, shredded
- 1-1/2 Cups Red Cabbage, shredded
- 1-1/2 Cups Green Cabbage, shredded
- 2 tsp. Caraway Seed
- 3 Tbsp. Dark Brown Sugar
- 2 Tbsp. Smoked Salt
- 1/2 tsp. Black Ground Pepper
- 2 Cups Chicken Stock
- 1 Cup Ale Beer

Directions

On your stove top, heat your cast iron skillet or Dutch oven on high heat. Add the bacon and cook until rendered and bacon starts to caramelize. Add the onions and garlic and sauté in the bacon fat until soft and translucent. Add the carrots, apples and cabbage and sauté for 5 minutes to soften. Add the seasonings, sugar and chicken stock and mix well then add the beer. Cover and cook on medium heat for about 20 minutes. Remove cover, stir well and continue to cook on medium heat until 80% of liquid has evaporated. Adjust seasoning as needed. If too much liquid evaporates add more stock. Best served hot with bratwurst or corned beef.

Visit www.coloradoproud.org for a complete list of recipes.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoproud.org for a complete list of recipes.

Next Month... **Colorado Wheat**