



FarmFresh

Recipes

August 2016

Available Now... Everything!

August is Colorado Proud Month, and a great time to buy local. Peaches, sweet corn, cabbage, cantaloupe and a variety of other fruits and vegetables are available now.



Follow Your Fruits & Veggies Journey

Want to learn more about Colorado farmers? Join Colorado Proud during our Follow Your Fruits & Veggies Journey. Visit www.coloradoproud.org for event information.



Fresh Inspirations...

Braised Colorado Cabbage

Ingredients

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

Directions

On the stove top heat a 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, apple and cabbage then sauté for 5 minutes to soften. Add the seasonings, sugar and chicken stock and mix well. Add the beer then 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. Serve hot with bratwurst.

Enjoy with a glass of Colorado wine such as Traminette from Fox Fire Farms Winery & Vineyards in Ignacio, Colorado. This off-dry white wine is part of the 2016 Governor's Cup Case.

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.coloradoagriculture.com for a complete list of recipes.

Next Month... Colorado Cauliflower