



# FarmFresh

## Recipes

October 2018

### Available Now...

#### Cabbage

More than 1,500 acres of cabbage are harvested in Colorado each year.



#### Tips & Nutrition

Cabbage relatives include broccoli and cauliflower, and there are more than 400 varieties of cabbage in the world. Choose cabbage heads with compact leaves that are heavy for their size. Cabbage is very low in sodium and an excellent source of Vitamin C.



### Fresh Inspirations...

#### Braised Colorado Cabbage

##### Ingredients

- |                                    |                               |
|------------------------------------|-------------------------------|
| 4 Slices Thick Cut 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. Black Ground Pepper  |
| 1 Cup Carrots, shredded            | 2 Cups Chicken Stock          |
| 1 1/2 Cups Red Cabbage, shredded   | 1 Cup Ale Beer                |
| 1 1/2 Cups Green Cabbage, shredded |                               |

##### Directions

On the stove top, heat a cast iron skillet or Dutch oven on high. 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. Serve hot with your favorite sausage or bratwurst.

Enjoy with a glass of Colorado wine such as Riesling from Whitewater Hill Vineyards in Grand Junction, Colorado. This wine is part of the 2018 Colorado Governor's Cup Collection, which includes wines that best represent Colorado's wine industry as selected by a panel of national and Colorado wine professionals.

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](http://www.coloradoproud.org) for a complete list of recipes.

### Next Month... Colorado Onions