

Farm



Fresh

March 2011

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Dairy Products

Dairy production is one of Colorado's top ten agricultural sectors. Approximately 115,000 dairy cows reside on 125 licensed dairy farms producing approximately \$430 million worth of dairy products per year. Together, dairy foods provide nine essential nutrients including calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin, and niacin.

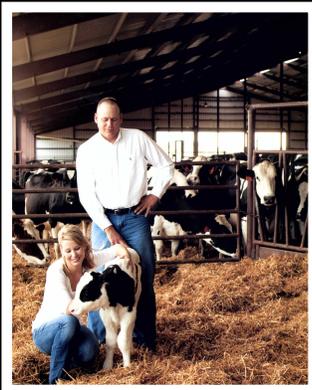


Photo by Marni Watterer

Look for Colorado dairy products at local grocery stores and 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.

Chicken Wild Rice Soup

Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.

- 1/4 cup Olive Oil
- 1 cup Carrots, small dice
- 1 cup Celery, small dice
- 1 cup Onion, small dice
- 1 tbsp. Thyme
- 1 tsp. Fresh Garlic
- 2 ea. Bay Leaves, broken
- 5 tbsp. Chicken Seasoning
- 1 lb. Chicken
- 1 cup Wild Rice
- 3 cups Heavy Cream
- 6 cups Chicken Broth
- 1/2 cup Butter, melted
- 1/2 cup All Purpose Flour
- 1/2 cup Almonds, toasted
- Salt and White Pepper to taste

Cook wild rice in water until rice is fully bloomed and grains have opened completely. In a saucepot, combine flour and butter to make a roux and cook for approximately 4 minutes. Cook or grill chicken then chill and dice into medium sized pieces. In a large stock pot add oil and heat then sauté carrots, celery, onion. Add all seasonings, rice, chicken, broth and cream. Thicken with roux then add almonds. Adjust seasoning as needed with salt and white pepper.

Enjoy with a large glass of cold Colorado milk.

Next Month... Eggs