

Farm



Fresh

April 2007

Available Now...

Eggs

Colorado's 3.8 million chickens produce more than one billion eggs every year.

When selecting eggs, shell and yolk color may vary, but color does not affect egg quality, flavor, nutritive value, cooking characteristics or shell thickness.

Protein-rich and low in sodium, eggs contain vitamins and minerals such as folate and Vitamins A, B12 and D.



Look for Colorado eggs 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.

Cinnamon Angel Food Cake

Chef Justin Barbour, ACF Colorado Chefs Association

- 12 Egg whites
- 1/2 tsp. Cream of tartar
- 1/2 cup Sugar
- 1/2 tsp. Vanilla extract
- 1/2 tsp. Almond extract
- 1 cup Cake flour, sifted
- 1/4 tsp. Salt
- 2 tbsp. Cinnamon syrup

Preheat oven to 325°F.

In a large mixer, mix the egg whites with the cream of tartar on high until eggs are foamy. Set aside 1/8 cup of sugar for later use. Add the remaining sugar, 1 tablespoon at a time, to the eggs while still mixing. Eggs should become glossy with soft peaks. Rub mixture between your fingers to make sure sugar is dissolved. Mix in vanilla and almond extracts.

Sift together cake flour, salt and 1/8 cup sugar. Remove bowl from mixer and sift 1/2 cup of flour mixture over the whipped eggs. Fold with spatula, being very careful not to stir or fold more than necessary. Continue adding flour mixture to the eggs folding in just until it disappears.

Pour into ungreased tube pan. Drizzle cinnamon syrup over the top. Take a wide knife or metal spatula and cut through the batter, getting as much of the syrup down into the cake without stirring.

Bake for 30 to 40 minutes, or until you can stick a toothpick in it and it comes out clean. Cool completely. With narrow knife, cut around the edge of the cake. Gently shake onto a serving plate. Cut and serve with fresh fruit and syrup. Serves 8.

Enjoy with a Colorado wine, such as a glass of Ptarmigan Ridge Late Harvest Muscat from Stoney Mesa Winery located in Cedaredge, Colorado.

Next Month... Asparagus