

Farm



Fresh

February 2004

Available Now...

Buffalo

The great American bison is the largest land mammal in North America. There are approximately 350,000 bison across North America in public and private herds.

Buffalo is a source of protein, niacin, vitamins B6 and B12, iron, phosphorus, potassium, and zinc as well as other vitamins and minerals.

Look for Colorado buffalo at specialty stores or at restaurants across the state.

Each month, the Colorado Department of Agriculture will feature 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-Chile Rubbed Buffalo Tenderloin

Colorado Chef David Wooley, The Fort, Morrison

Buffalo

8, 2oz. Buffalo tenderloin medallions, cleaned

Chile-Cinnamon Rub

- 1 tsp. Kosher salt
- 1 tbsp. Cinnamon, ground
- 1½ tbsp. Chile powder
- 3-4 turns Fresh ground black pepper
- 1 tsp. Sugar
- 2 tsp. Olive oil (to help the rub stick to meat)
- 2 tsp. Olive oil (to grill or sauté with)

Mix all dry ingredients together to form rub, then take all the pieces of buffalo and mix with first 2 tsp. of oil, then generously rub each piece of meat with Chile-Cinnamon Rub mixture. Get a Teflon pan very hot to sear the meat.

Enjoy with a Colorado wine, such as a glass of Cabernet Sauvignon from Balistreri Vineyards, located in Denver, Colorado.



Next Month... Pinto Beans