

# Farm



# Fresh

December 2008

## Available Now...

### *Lamb*

Colorado is well-known around the world for its high quality lamb.

Colorado's 420,000 sheep and lambs are valued at more than \$59 million. The state ranks fourth in the nation for sheep and lamb production.

Lamb is an excellent source of protein, Vitamin B-12, niacin, zinc and a good source of iron.

Look for Colorado lamb 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](http://www.coloradoagriculture.com)  
for a complete list of recipes.

## Colorado Lamb Burgers

*Chef Jason K. Morse, CEC, Valley Country Club, Aurora, Colo.*

- 1 lb. Colorado Lamb, ground
- 1 1/2 cups Bulgur Wheat
- 1/4 tsp. Black Pepper
- 1/4 tsp. Cinnamon
- 1/4 tsp. Allspice
- 1 Tbsp. Mint, dried and crushed
- 1 Tbsp. Chervil, dried
- 1 medium Onion, grated

Soak Bulgur Wheat in hot water for 10 minutes, drain well and squeeze out excess water. In a large stainless bowl combine wheat, lamb and seasonings and knead together then add grated onion and mix well. Portion into four 4 oz. burgers and grill to desired doneness. Serve with hummus and pita bread.

Enjoy with a Colorado wine, such as a glass of Élevé (a blend of Syrah, Mourvedre, Cinsault and Viognier), from Snowy Peaks Winery, located in Estes Park, Colorado.



## *Next Month... Pork*