



FarmFresh

Recipes

January 2014

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Onions

In 2012 Colorado produced more than 260 million pounds of onions, ranking the state 5th in the nation for onion production.



Tips & Nutrition

Onions are fat free, very low in sodium, high in Vitamin C and a good source of fiber. Select onions that are firm and dry with bright smooth outer skins.



Fresh Inspirations...

Colorado Onion, Bacon & Tomato Jam

Ingredients

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| 8 Slices Applewood Thick Cut Bacon, diced | 1/2 Cup White Balsamic Vinegar |
| 1/2 Cup Red Onion, diced | 1/2 Cup Dark Corn Syrup |
| 1/2 Cup Yellow Onion, diced | 1/2 Cup Dark Brown Sugar |
| 2 Shallots, diced | 1/2 Cup Apple Cider |
| 1 Tsp. Dried Parsley | |
| 1 Tsp. Garlic, chopped | |
| 2 Tbsp. Pork Seasoning | |
| 2 Cans Diced Fire Roasted Tomatoes | |

Directions

Preheat sauté pan, add diced bacon and cook until fat has started to render and bacon is half cooked. Add all the onions and cook until bacon is fully cooked and onions have caramelized, approximately 15 minutes. Add the garlic, parsley and seasoning then stir well to combine. Add the tomatoes, mix well, and then cook for approximately 4 minutes over medium heat to reduce liquid. Add the vinegar to deglaze the pan, then add the corn syrup, sugar and apple cider. Bring to a boil, reduce to a simmer and cook for 15 minutes or until jam is thick. Adjust seasoning as needed. Remove jam from pan and cool. Serve on grilled steak or as a spread for crackers and cheese.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District and 5280 Culinary, LLC

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.coloradoagriculture.com for a complete list of recipes.

Next Month... Colorado Potatoes