



FarmFresh

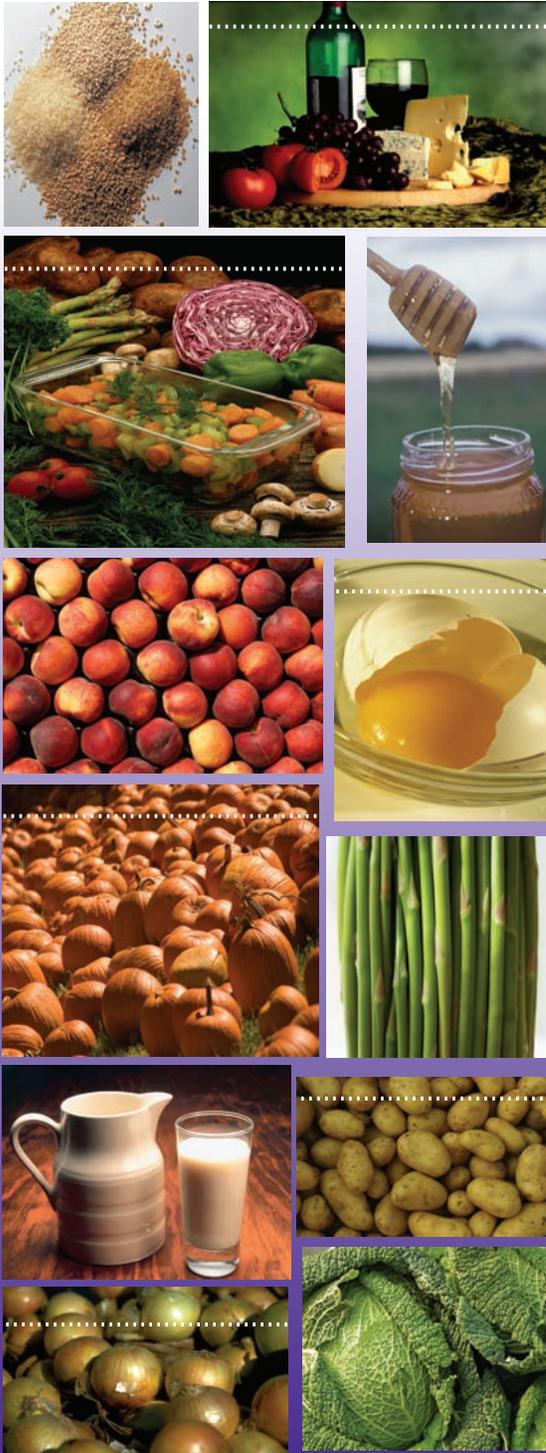
Recipes

October 2012

Available Now...

Pork

October is National Pork Month. There are more than 700,000 hogs in Colorado valued at \$86.4 million.



Fun Facts

Pork is an excellent source of thiamin, niacin, riboflavin, vitamin Be, phosphorus and protein and a good source of zinc and potassium.

Look for Colorado pork at your local grocery store or at restaurants across the state.

Fresh Inspirations...



Colorado Pork with Cinnamon Cider Syrup

Serves 12

Ingredients

8 Cups Apple Cider
3 Cinnamon Sticks
6 Cups Honey
1 Tbsp. Vanilla Paste

For Slurry:
1/4 Cup Cornstarch
1/4 Cup Cold Water

Directions

Combine cider, cinnamon, honey and vanilla in a thick walled stock pot. Bring to a boil then reduce to a simmer. Reduce by 2/3 of volume on slow simmer. Thicken with slurry (equal parts cold water and cornstarch) and remove cinnamon sticks. Serve over grilled pork chops or smoked pork tenderloin.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District

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 Squash