



FarmFresh

Recipes

October 2014



Available Now... Cabbage

On average, Colorado produces more than 110 million pounds of cabbage each year.



Photo by Lisa Jensen



Tips & Nutrition

Good quality cabbage should be well-formed, fairly even colored and heavy for its size. Cabbage leaves should be very compact and fairly smooth. Cabbage is fat free, very low in sodium and high in Vitamin C.



Fresh Inspirations...



Dutch Oven Sauerkraut

Ingredients

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| 2 lbs. Green Cabbage, shredded | 1 tbsp. Caraway Seed |
| 2 Yellow Onion, grated | 2 Bay Leaf |
| 1 lb. Applewood Bacon | 2 tbsp. Dark Brown Sugar |
| 1 tsp. Garlic, minced | 2 1/2 cups Chicken Broth |
| 6 Juniper Berries | Smoked Applewood Salt to taste |

Directions

Heat oven to 250°F. On your stove top heat your Dutch oven on high heat. Add the bacon and cook until bacon starts to caramelize. Add the onions and garlic then sauté in the bacon until soft and translucent. Add the cabbage and sauté for 5 minutes to soften. Turn off the heat and remove from the burner. Add the seasonings, sugar and chicken broth and mix well. Cover and put into the oven. Stir one time per hour and cook for 6 hours until soft then season as needed with salt. If the mixture starts to dry out during the cooking, check oven temperature and add more broth as needed.

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 Squash**