

Farm



Fresh

December 2009

Available Now...

Beef

Colorado's number one agricultural commodity is cattle, with 2.6 million head of cattle in the state valued at \$2.3 billion.

Beef is a naturally nutrient-rich source of ten essential nutrients including protein and zinc.



Look for beef 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 for a complete list of recipes.

Gourmet Beef Sliders with Truffle Fries

*Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.
ACF Colorado Chefs Association President*

6 Mini Burger Buns
12 oz. Ground Beef
Kosher Salt to taste
Ground Black Pepper to taste
3/4 cup White Cheddar Cheese, shredded
2 slices Bacon, cooked and diced
1/2 Yellow Onion, julienned
Butter
6 ea. Yukon Gold Potatoes, cut into thick fries
Truffle Oil
Mayonnaise, as needed
Mustard, as needed
Ketchup, as needed
Pickles, as needed

Sauté the yellow onions in butter and set aside. Season the ground beef, mix in the diced bacon and shredded cheese and form into 6 patties. Grill or sauté the burgers to desired temperature, add seasoning to taste while cooking. While the burgers are cooking, grill the burger buns. Fry the hand cut French fries until golden, remove from the fryer, season and drizzle with the truffle oil. Place the burgers on the toasted buns and top with sautéed onions. Arrange the mini burgers onto a round plate and place the truffle French fries in the center. Serve with mayonnaise, mustard, ketchup and pickles.

Enjoy with a Colorado wine, such as a glass of Syrah from Two Rivers Winery, located in Grand Junction, Colorado.

Next Month... Potatoes