

Farm



Fresh

October 2009

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Onions

In 2008 Colorado produced 270 million pounds of onions, ranking the state 5th in the nation for onion production. The 2008 crop was valued at more than \$43 million.

Good quality onions should be firm and hard with short, tight necks and dry papery skins. Slightly loose outer skin is common and should not affect quality. Avoid onions that show mold, decay or blemishes.

Look for Colorado onions at your local farmers' market, 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.

Three Onion Soup

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

- 1/2 cup Olive Oil
- 1-1/2 cups Shallots, sliced
- 5 Large Red Onions, sliced
- 5 Large Yellow Onions, sliced
- 8 cloves Fresh Garlic, minced
- 1 tsp. Thyme, dried
- 1 tsp. Chervil, dried
- 2 Bay Leaves
- 8 fl. oz. Cooking Sherry
- 1 gallon Cold Water
- 3 Beef Bouillon Cubes
- 3 Chicken Bouillon Cubes

Heat large pan, add oil and heat, then add shallots and onions and cook until caramelized. Add the garlic and sweat for 3 minutes. Add the herbs and sauté. Add water and bouillon cubes then bring to a boil and reduce to a simmer. Continue to simmer until 1 gallon remains. Serve with melted Gruyere cheese and French baguette.

Enjoy with a Colorado wine, such as a glass Riesling, from Whitewater Hill Vineyards, located in Grand Junction, Colorado.



Next Month... Squash