

Farm



Fresh

September 2008

Available Now...

Apples

Many Colorado orchards are grown at nearly 7,000 feet above sea level. This high altitude provides warm days with intense sunlight and cool nights with mountain fresh air. This climate helps produce apples desired by consumers around the nation.

In 2007 Colorado produced 13 million pounds of apples valued at \$3.5 million.

Apples are sodium free, fat free and are a good source of fiber.



Look for fresh Colorado apples at your local grocery store, farmers' market or on the menu 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.

Whole Wheat Apple Coffee Cake

Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, CO

Coffee Cake:

3 Apples, Fuji or Gala, cored, peeled and diced
2-1/4 cups Whole Wheat Flour, Un Bromated
1-3/4 cups Dark Brown Sugar, packed
1 cup Butter, softened
1 cup Toasted Pecans, medium chop
1-1/4 tsp. Baking Soda
1 tsp. Ground Cinnamon
1 tsp. Kosher Salt
1 Extra Large Egg
1-1/4 cup Sour Cream
1-1/2 tsp. Vanilla Paste or Extract

Preheat oven to 375 degrees. Spray and flour a 10" medium weight Bundt pan. With a fork or pastry cutter, work half of the flour, brown sugar and butter in a large bowl until crumbled. Stir in the toasted nuts, and divide the mixture in half. Use the first half and press into the Bundt pan and form a streusel like topping. Into the remaining half of the crumb mixture stir in the baking soda, cinnamon and salt until well mixed. Add the egg, sour cream and vanilla and mix until fully combined and smooth. Add the remaining whole wheat flour and stir until combined then gently fold in the diced apples. Pour over the crumb topping that was packed into the Bundt pan and bake at 375 degrees until a wood skewer or toothpick comes out clean, approximately 1 hour and 15-25 minutes. Should this cake start to darken too fast, cover with foil to avoid burning. Cool in pan for 5 minutes then turn out onto a cooling rack and cool completely.

Vanilla Brown Sugar Butter:

1 cup Butter
1/4 cup Dark Brown Sugar
1 tsp. Vanilla Paste or Extract

Mix the ingredients well and use as a spread or topping for the warm coffee cake.

Enjoy with a Colorado wine, such as a glass of Fat Cat Muscat from Carlson Vineyards, located in Palisade, Colorado.

Next Month... Pumpkins