



# FarmFresh

## Recipes

September 2017

### Available Now...

#### Apples

Colorado's high altitude orchards feature warm days with intense sunlight and cool nights with mountain fresh air. The Colorado climate is ideal for growing sweet and juicy tree fruit.



#### Tips and Nutrition

Select apples that have a fresh smell and are firm, shiny and smooth-skinned.

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



### Fresh Inspirations...

#### Colorado Apple Compote

##### Ingredients

- 4 McIntosh or Honeycrisp Apples, cored and peeled, cut into wedges
- 2 Tbsp. Salted Butter (for slow cooker version only)
- 1½ Cups Apple Cider
- 1¼ Cups Dark Brown Sugar
- 3 Tbsp. Fresh Lemon Juice
- 2 Tbsp. Vanilla Paste
- 1 Tsp. Pumpkin Pie Spice

##### Directions

**Have a Sous Vide Cooker?** Set the Sous Vide Cooker to 175°F. Combine all ingredients in a large (heavy duty) plastic storage bag or vacuum sealer bag. Seal the bag using the water immersion technique or a vacuum sealer on the moist/wet setting. Place in the water bath and set the timer for 1 hour. When the timer goes off, using tongs, remove the bag from the water bath. Using tongs remove the apples from the bag and transfer to a plate. Strain the poaching liquid into a saucepan. Bring the liquid to a rapid simmer over medium heat. Continue to simmer until the liquid can coat the back of a spoon, about 7-10 minutes. Pour sauce over apples and serve warm with frozen custard.

**Or, use your slow cooker!** Set slow cooker to high heat, add butter and melt. Add the apple wedges, cider, brown sugar, lemon juice, vanilla paste and pumpkin pie spice. Mix well and bring to a boil. Once at a boil, turn slow cooker to low temperature and cover. Cook the apple mixture for 2 hours or until apples are tender. Using tongs remove the apples and transfer to a plate. Carefully remove the poaching liquid and strain into a saucepan. Bring the liquid to a rapid simmer over medium heat. Continue to simmer until the liquid can coat the back of a spoon, about 7-10 minutes. Pour sauce over apples and serve warm with frozen custard.

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

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

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](http://www.coloradoagriculture.com) for a complete list of recipes.

Next Month... Colorado Eggs