



FarmFresh

Recipes

July 2017

Available Now...

Cherries

Cherries are Colorado's first fruit crop of the season, and they are perfect for baking and cooking.



Tips & Nutrition

Not only are they fat free and sodium free, cherries also contain other important nutrients such as beta carotene, vitamin C, potassium, magnesium and fiber. Select firm, red cherries with stems attached. Avoid those that are soft, shriveled or blemished.



Fresh Inspirations...

Smoked Cherry Turnovers

Ingredients

- 2 ½ Cups Cherries, pitted and halved
- ¼ Cup Dark Brown Sugar
- ¼ Cup Sugar
- 1 ½ Tbsp. Cornstarch
- 1 Tsp. Smoked Sea Salt
- 1 Tbsp. Vanilla Paste
- 2 Tsp. Fresh Lemon Juice
- 1 Package Puff Pastry Sheets, defrosted to room temperature
- 1 Egg
- 2 Tbsp. Water
- 3 Tbsp. Turbinado Sugar

Directions

Preheat oven to 375°F. Mix the sugar and cornstarch then combine with cherries, brown sugar, salt, vanilla and lemon juice in a medium sauce pan. Bring to a boil and simmer for 5-8 minutes or until thickened. Remove from the sauce pan and cool on a clean cookie sheet. Remove the puff pastry from the package and open 1 sheet onto a cutting board or counter. Cut into four equal pieces, arranged to fold in half corner to corner. Mix egg and water to make an egg wash then brush puff pastry. Fill with 1 ½ Tbsp. of cherry filling, fold pastry and seal the edges. Brush the outside with egg wash and top with Turbinado sugar. Place the turnovers on a cookie sheet or pizza stone and bake at 375°F for 20-25 minutes or until golden. Remove and allow to fully cool before eating.

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 for a complete list of recipes.

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