



# FarmFresh

## Recipes

November 2016

### Available Now...

#### Onions

Colorado produces nearly 200 million pounds of onions annually, ranking the state 6th in the nation for onion production.



#### Tips & Nutrition

Onions are fat free, very low in sodium, high in Vitamin C and a good source of fiber. Select onions that are firm and dry with bright smooth outer skins.



### Fresh Inspirations...

#### French Onion Soup

##### Ingredients

- 1/2 Cup Olive Oil
- 6 Large Yellow Sweet Onions, peeled, trimmed and julienned
- 6 Large White Sweet Onions, peeled, trimmed and julienned
- 8 Cloves Fresh Garlic, minced
- 1 Tsp. Dried Thyme
- 1 Tsp. Dried Chervil
- 2 Bay Leaves
- 8 Fl. Oz. Cooking Sherry
- 2 Quarts Beef Stock, prepared (can use store-bought cooking stock, but not broth)
- 2 Quarts Chicken Stock, prepared (can use store-bought cooking stock, but not broth)
- Beef Base as Needed
- Chicken Base as Needed
- Salt and Pepper to Taste

##### Directions

Heat large stock pot over medium high heat, add oil and heat for 1 minute. Carefully add the onions and cook until golden and caramelized then add the garlic and sweat for 3 minutes. Turn off the burner, add the sherry and allow it to cook briefly. Turn burner back on then reduce the sherry by half. Add the herbs and sauté. Add the beef and chicken stocks, bring to a boil then reduce to a simmer. Continue to simmer until approximately 1 gallon remains. Adjust the flavor as needed with either the beef and chicken base, or salt and pepper. Serve with melted Gruyere cheese and French baguette croutons.

Enjoy with a glass of Colorado wine such as Cabernet Sauvignon from Kingman Estates Winery in Denver, 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 Holiday Feasts