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AUGUST/SEPTEMBER 2009
FOUR DOLLARS

Cooking seasonally, eating locally



Photographer Jennifer Olson knows what tasty, fresh food is like—and she wants us to experience it, too. “My goal is to introduce [readers] to the abundance of local food that is grown and raised in Colorado,” she writes in the cookbook introduction. “I believe that everyone deserves produce that is free of pesticides, as well as meat from animals that have been free to roam the pasture and not given antibiotics and unnatural foods to ‘beef’ them up.”

Olson teamed with writers Cecily Cullen and Mindy Sink to spotlight the culinary excellence of eight Colorado chefs who specialize in presenting customers with seasonal menus featuring locally grown, organic produce, beef, pork, chicken and game. All the chefs go to “great lengths to supply their restaurants with the freshest ingredients,” says Jennifer. “One chef has his own farm. Two drive 60 miles to and from the farmers’ markets twice a week to load up on vegetables. Others work with farmers to grow new varieties of produce. Another works with a local farmer who grows crops just for him.”

TASTES LIKE FOOD SHOULD

The featured chefs are in command of the menus at some of Colorado’s finest—and most expensive—restaurants, where their menus change according to season and availability. Their offerings all consist of foods organically grown or raised in Colorado. Summer in Denver could lead Z Cuisine’s Patrick DuPays to offer beet carpaccio au bleu, a sublime presentation of pale gold and burgundy baby beets, sweet onion, baby turnips and bleu cheese. It might inspire Thomas Salamunovich of Vail’s Larkspur to combine fresh Western Slope peaches, Bing cherries, ice cream, sweet tart dough and pistachios in an irresistible peach tart

with cherry ice cream as a fitting finish for his Coleman Natural ground beef Larkburger.

Each chef shares five recipes from his or her kitchen, which run the gamut from appetizers to desserts. Interspersed among the recipes, we meet and learn the backgrounds of the farmers and ranchers who grow the produce and raise the meat and fowl they supply. Their stories tell us why they chose to—and how they manage to—sustain the healthy and humane way in which they farm and/or ranch.

ORGANIC AND SUSTAINABLE

Some recipes in the book you’ll definitely want to try; others might best be left to the accomplished chefs who developed them.

TO BUY *Colorado Organic, Cooking Seasonally, Eating Locally*, by photographer Jennifer Olson in collaboration with writers Cecily Cullen and Mindy Sink, \$34.95. For information on purchasing *Colorado Organic*, visit www.seasonalandlocal.com or email jen@jenniferolson.com. The book is available in Denver at Tattered Cover and Bookies bookstores.

An absolutely great feature is the book's Resource Guide, which includes contact information for not only the featured restaurants, farmers' markets, farms and ranches, but on other Colorado farmers' markets, farms, ranches, orchards and bakeries that are dedicated to organic and sustainable practices. You will also find information on recycling and composting sources plus "statewide and beyond" groups and publications that also offer relevant information. **CE**

BEET CARPACCIO AU BLEU

PATRICK DUPAYS Z CUISINE, DENVER • SERVES 4

FOR THE Z MIX:

- ½ Tbsp herbes de Provence
- 1 Tbsp whole peppercorns
- 1 Tbsp fennel seed
- 1 Tbsp cumin seed

FOR THE SALAD:

- 2 lbs Abbondanza Farm baby beets
- 1 tsp kosher salt
- 4 cloves garlic, smashed with skin on
- 2 cups Cure Organic Farm mixed baby greens
- 4 Tbsp extra virgin olive oil
- ¼ lb bleu cheese
- 1 small Abbondanza Farm Walla Walla sweet onion, sliced thin
- 1 lb baby turnips, sliced thin

FOR THE Z MIX: In a clean coffee grinder, blend ingredients to desired texture.

FOR THE SALAD: Preheat the oven to 375°. To prepare the beets, cut leaves and stems off, leaving an inch of stem. Clean beets well with a vegetable scrubber and cut off the root tip. Layer a sheet of foil, then a sheet of parchment paper. Place beets on the parchment paper and sprinkle with 1 tsp kosher salt, olive oil, garlic and Z Mix. Seal beets by closing parchment and foil like an envelope. Bake for 45 minutes to 1 hour. Let the beets cool to room temperature.

Judy Bucher is an award-winning Denver-based freelance editor and writer who is editor of *Confetti* magazine for New West Publishing.

Toss greens with 2 Tbsp olive oil and add them to a large serving platter. Slice beets thinly and lay them slightly overlapping each other on top of mixed baby greens. Slice the turnips and onions and lay them on top of beets and greens. Drizzle the remaining olive oil over the entire plate and sprinkle with crumbled bleu cheese.

PEACH TART WITH CHERRY ICE CREAM

THOMAS SALAMUNOVICH LARKSPUR, VAIL

SERVES 4 • REQUIRES AN ICE CREAM MAKER

FOR THE CHERRY SAUCE:

- ½ lb Orchard Farms Bing cherries, pitted and halved
- 1 cup sugar
- ¼ cup water

FOR THE ICE CREAM:

- 1 qt half-and-half
- 1 vanilla bean
- ¾ cup sugar
- 10 egg yolks

SWEET TART DOUGH:

- 3½ cups pastry flour
- ½ cup plus 2 Tbsp sugar
- 1¼ cup butter, cold and cubed
- 3 egg yolks
- ¼ cup plus 1 Tbsp heavy cream

PISTACHIO FRANGIPAN

- 5 Tbsp soft butter
- 6 Tbsp sugar
- ½ cup pistachios, finely ground
- 1 egg
- ½ tsp vanilla extract

PEACH FILLING

- 2 large ripe peaches, peeled, pitted, halved, and slice thinly
- 4 Tbsp melted butter
- 4 Tbsp raw sugar

CHERRY SAUCE. In a small sauce pot, combine sugar, water, and cherries and cook until

sugar is dissolved and cherries are soft. Strain cherries through a colander, remove, and cool the liquid in a bowl. Return cherry sauce to the pot and reduce by half. Remove and cool.

ICE CREAM. Slice vanilla bean in half lengthwise and scrape seeds out. In a large pot, bring half and half and vanilla bean seeds to a simmer. Remove from heat. In a medium bowl, mix sugar and egg yolks together. Add 2 cups of hot vanilla cream to the bowl and whisk together. Pour this mixture back into the sauce pan and whisk together. Strain mixture through a fine mesh sieve and cool in refrigerator. Once cooled, stir in cherry sauce, follow the directions on your ice cream maker, and freeze. When frozen, stir in cold cherries and transfer the ice cream to a container with a lid. Place in the freezer overnight.

SWEET TART DOUGH. In a large mixing bowl, mix flour, sugar and butter together with 2 forks until pea-size pieces of butter remain. Add in the egg yolks and cream until it is smooth. Form the dough into a ball, wrap in plastic and chill in the refrigerator for 2 hours. When the dough is cool but not hard, roll it into ⅛-inch thickness. Cut the dough into rectangles, press them into 4 individual, removable-bottom tart molds, and trim edges. Chill dough in molds before filling.

PISTACHIO FRANGIPAN. Cream the butter and sugar in a mixing bowl with a wooden spoon. Add the pistachios, then egg and vanilla, and set aside.

PEACH FILLING. Preheat oven to 350°. Spread frangipan in the bottom of each tart shell. Fan peach slices on top of frangipan, about 10 slices, or half of a peach. Spread generously with sugar. Bake tarts for 10 minutes. Remove tarts from oven and brush with melted butter, sprinkle with more sugar, and then bake 10 more minutes. Remove the tarts from oven and cool before taking them out of molds. Serve with a scoop of cherry ice cream.