



Idaho Cookbook

Field-to-Fork Recipes

IDAHO PREFERRED
COLLECTION



About the Cookbook

This cookbook represents the pride of Idaho's agriculture, featuring a diverse range of flavors that are grown, raised, and crafted in the fertile lands and mountains of the Gem State. Created by Idahoans, these at-home recipes incorporate freshly cultivated ingredients produced by local farmers, ranchers, and food artisans. The cookbook celebrates the hard work and dedication of those who work the land to provide quality produce for Idaho's population and beyond.

Agriculture plays a vital role in our community, providing food and supporting the local economy. We encourage readers to support Idaho farmers and food producers by choosing fresh, locally sourced ingredients when cooking these recipes at home.

Dish on in and enjoy these tasty recipes inspired by Idaho's agricultural and culinary heritage, underscoring the importance of supporting local farmers and food producers throughout the state

FIND LOCAL



Sourcing local Idaho ingredients for your homecooked recipes is easy! Just use the Idaho Preferred Farm + Food Finder Directory!

www.idahopREFERRED.com/find-local



www.idahopREFERRED.com
Idaho State. Dept. of Agriculture

Partners



Walmart

Walmart has been a committed supporter of Idaho Preferred since the program's inception over two decades ago, supporting local Idaho farms and ranches, and providing access to high-quality Idaho specialty crop ingredients at an affordable price for consumers across our great state! Walmart's sponsorship provided the contest winner with a Blackstone Grill to continue their love of cooking seasonally focused meals.

Ste. Chapelle + Sawtooth Winery

Ste. Chapelle, Idaho's oldest winery, and Sawtooth Winery are located in the Snake River Valley AVA and are members of the Sunnyslope Wine Trail, where visitors can indulge in daily wine tastings. Known for their exceptional wines made from locally grown grapes, they add to Idaho's culinary heritage. Ste. Chapelle and Sawtooth Wineries are pleased to support this promotion by sponsoring a prize for the runner-up of this contest.



Note from the Director

This cookbook showcases the abundance of top-quality ingredients being produced right here in the Gem State. As you use this cookbook, let it be a reminder of the hard work and dedication of Idaho producers who strive to create exceptional products for you and your family. Thank you for supporting Idaho agriculture by sourcing local.

Chanel Tewalt, Director, Idaho State Department of Agriculture



TO PARTICIPANTS OF THE LIVE.EAT.LOCAL. RECIPE CONTEST

Thank you!

First and foremost, we want to take a moment to express our deepest gratitude to the contestants who participated in the Idaho Preferred Live.Eat.Local. Recipe Contest! It was so inspiring to see the creativity and enthusiasm put into each recipe submitted. The contest was all about highlighting the importance of supporting Idaho farmers, ranchers, and food crafters by choosing locally sourced ingredients.

Our deepest appreciation goes to Chef Zee for recreating each and every recipe featured in this booklet. Chef Zee has artfully crafted dishes that highlight the freshness and quality of Idaho's agricultural produce. His dedication to supporting local farmers and promoting farm-to-table principles is an inspiration to all.

Heartfelt gratitude goes to Guy Hand for beautifully capturing the essence of each recipe in this cookbook through his exceptional photography skills. His artistry and attention to detail have brought these dishes to life, enticing readers and igniting their culinary imagination.

By using ingredients from our local community, we can savor the unique taste of Idaho and also help sustain our agricultural economy. Your recipes using Idaho specialty crops and other local ingredients are delicious and inventive while also showcasing the diversity and richness of our state's agricultural bounty.

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RECIPES HERE

www.idahopREFERRED.com/recipes/

www.idahopREFERRED.com/products



Chapter 1
BREAKFAST



POTATO CRUST

Quiche



PREP 20 MIN



BAKE 40 MIN
400°



SERVES 8

Ingredients

- ☐ 4-5 Waxy Potatoes (red or Yukon Gold) sliced thin
- ☐ 1 lb sausage or bacon, cooked & crumbled
- ☐ 1 tsp Salt
- ☐ 1/4 tsp fresh cracked black pepper
- ☐ 1 onion, finely diced
- ☐ 1 cup chopped culinary mushrooms of choice
- ☐ 1/2 brick Halloumi cut in 1/4 inch cubes
- ☐ 8 eggs
- ☐ 1 tbsp Idaho Mustard

Instructions

STEP ONE

Rinse and dry the potato slices, a salad spinner is really helpful here. Toss with a little olive oil and season with salt and pepper. Layer potatoes into a baking dish so that no gaps remain.

STEP TWO

Bake, uncovered for approximately 20 minutes. Until the edges start to crisp and turn golden.

STEP THREE

While the crust is baking, brown the meat and drain off all but 1-2 tbsp of the fat. Add veggies to the meat and saute until translucent. Scramble the egg and mustard. Add the egg to the veggies and meat and thoroughly combine off the heat. Stir in about half the halloumi, then dump into the prepared potato crust.

STEP FOUR

Place back in the oven for another 15-20 minutes until the egg is just set.

Recipe By
Erin Shearer

Chapter 2

APPETIZERS



Taste of Idaho Agriculture

Idaho's diverse agriculture brings forth an incredible bounty of delicious, locally grown produce, meats, and dairy products. Savoring the taste of Idaho means enjoying the fresh and juicy peaches in the summertime, the crisp apples in the fall, and the hearty root vegetables during the colder months. You can't beat the taste of a juicy Idaho tomato, freshly picked and bursting with flavor, or the satisfying crunch of locally grown greens. By eating local, not only do you get to enjoy the freshest and most flavorful ingredients, but you also support the hard-working farmers who bring these bountiful harvests to our tables. Take a bite of Idaho and experience the delicious taste of local goodness!



PREP 15 MIN



COOK 15 MIN



SERVES 8

Ingredients

- ☐ 1 medium zucchini, shredded
- ☐ 1 tsp salt
- ☐ 1 ear of sweet corn, removed from the cob
- ☐ 2 eggs
- ☐ 1 cup flour

Recipe By
Erin Shearer

ZUCCHINI & SWEET CORN *Fritters*

Instructions

STEP ONE

Salt the zucchini and set aside. Meanwhile remove the kernels from the ear of corn, a Bundt pan makes this easy and keeps most of the mess contained.

STEP TWO

Squeeze the moisture from the zucchini, you should have about 1 cup of solids. Reserve the liquid. Add the eggs to the zucchini and corn with the reserved zucchini liquid. Preheat a cast iron or stainless skillet with a couple of tablespoons of lard, tallow, or other high-temperature cooking oil.

STEP THREE

Combine the flour and baking powder, add to the wet mixture and stir until no dry pockets remain. Scoop 1/4 cup at a time into the prepared skillet and flatten to 1/2 inch patties. Fry until golden brown, then flip and cook the other side.

STEP FOUR

Serve immediately with garlic aioli and lemon wedges or a splash of malt vinegar





Rustic Tomato
HARVEST TART



Ingredients

FOR THE DOUGH

- ☐ 2 1/2 cups flour, plus more for the work surface
- ☐ 1/2 tsp fresh picked thyme leaves, remove stems
- ☐ 16 tbs (2 sticks) chilled unsalted butter, cut into 1/2-inch cubes
- ☐ 1/2 tsp sea salt flakes
- ☐ 1/2 cup ice water

FOR THE FILLING

- ☐ 3 tbs extra-virgin olive oil
- ☐ Sea salt
- ☐ Freshly ground black pepper
- ☐ 1 pound assorted local cherry, grape and pear tomatoes (in a strainer, poke tomatoes with a sharp knife then sprinkle with 2 tsp salt, let set for about 1/2 hour while preparing the dough. Shake out liquid before adding tomatoes to the tart.)
- ☐ 4 fresh garlic cloves, peeled and halved
- ☐ 4 ounces soft goat cheese
- ☐ 3/4 cup grated Swiss cheese
- ☐ 3/4 cup grated Parmesan cheese



PREP 30 MIN



BAKE 20 MIN 425*
+ 20 MIN 350*



SERVES 8

Instructions

STEP ONE

For the dough: Combine the flour, butter, thyme and salt in large bowl. With pastry cutter, work dough until the butter is reduced to the size of small peas. Quickly add the water and blend with fingers to form a shaggy dough with visible bits of butter.

STEP TWO

Roll out the dough on a floured work surface to a round or rectangle, (about 2" inches larger than your pan). Transfer to the tart pan, press into place, and chill for about 30 minutes. Preheat the oven to 425 degrees.

STEP THREE

Assemble: Roll the dough and place in the round or rectangular tart pan with a removable bottom. Dab goat cheese by spoonful on top of dough. Sprinkle on half of the Swiss and Parmesan cheeses, artfully arrange the tomatoes and garlic pieces on top of the cheese, then add remaining cheese. Drizzle with olive oil, sprinkle with sea salt and fresh crack pepper. Bake 20 mins. 425*. Lower oven to 350* bake 20 mins. or until the crust is golden.

STEP FOUR

Let the tart rest for 20 minutes on a cooling rack. Remove the rim from pan before serving. Garnish with fresh basil leaves or lemon thyme sprigs

Recipe By **TAMI BLAYLEY**



Ingredients

- ☐ 2 leeks, cleaned and thin-sliced (3-4 cups)
- ☐ ¼ cup Cloverleaf butter, salted
- ☐ ¼ tsp salt
- ☐ 2.5 bs. frozen tater tots from Jerome FFA fundraiser (from McCains). Can substitute just about any frozen potato.
- ☐ 32 oz container chicken broth
- ☐ ¼ tsp fresh ground black pepper
- ☐ 8 oz cream cheese, softened and cubed
- ☐ 2 tbsp butter

Instructions

STEP ONE

Salt the zucchini and set aside. Meanwhile remove the kernels from the ear of corn, a bundt pan makes this easy and keeps most of the mess contained.

STEP TWO

Add tater tots (or hash browns or French fries or whatever) and pour in the chicken broth; add more water or broth if the potatoes aren't covered by 1 to 1.5 inches of broth. Add pepper. Cook on low for 5 hours.

STEP THREE

It cooks down well with the tots but use an immersion blender if you want a smoother soup. Swirl in butter and cream cheese until cream cheese is melted and well mixed. Add salt and pepper to taste.

Garnishes: Crumbled Falls Brand bacon, shredded Glanbia cheese (Pepper Jack, Monterey Jack, Cheddar, Gruyere, Colby Jack, etc), chopped chives or parsley, hot sauce.



PREP 20 MIN



COOK 40 MIN



SERVES 8

Recipe By
LAURA FALL

Potato LEEK SOUP

Barley Risotto

WITH ROASTED POBLANO PEPPERS AND CORN



PREP 10 MIN



COOK 15 MIN



SERVES 8

Barley Fact:



Idaho remains the nation's No. 1 barley producing state, and in 2022, Idaho accounted for 34 percent of the nation's total barley crop.

Idaho farmers typically produce enough malt from barley each year to produce 12 million barrels of beer or 4.1 billion 12-ounce bottles of beer.

Recipe By
KATHY BERGET

Ingredients

- ☐ 7-8 cups chicken stock
- ☐ 2 tablespoons olive oil
- ☐ ½ cup finely diced onion
- ☐ 1 teaspoon minced garlic
- ☐ 1 cup pearled barley
- ☐ ¾ cup white wine
- ☐ ¼ teaspoon salt, optional
- ☐ ¼ cup shredded parmesan cheese
- ☐ 2 roasted, chopped, skinned & seeded poblano peppers
- ☐ 1 cup corn, fresh or frozen
- ☐ 1 tablespoon shredded parmesan cheese, for garnish
- ☐ 1 teaspoon chopped parsley, for garnish



Instructions

STEP ONE

Place chicken stock in a pot and heat over medium heat until simmering. Turn heat to low and keep stock hot.

STEP TWO

In a separate heavy-bottom pot, heat olive oil over medium - medium-high heat. Add onions and sauté until soft - 3-4 minutes.

STEP THREE

Add garlic and barley. Stir well so the barley is well coated with olive oil. Cook for 1-2 minutes.

STEP FOUR

Add white wine and stir to deglaze the pan. Cook until the wine is almost fully evaporated.

STEP FIVE

Add $\frac{3}{4}$ cup of the hot chicken stock. Stir and let simmer over medium-low heat until almost fully absorbed.

STEP SIX

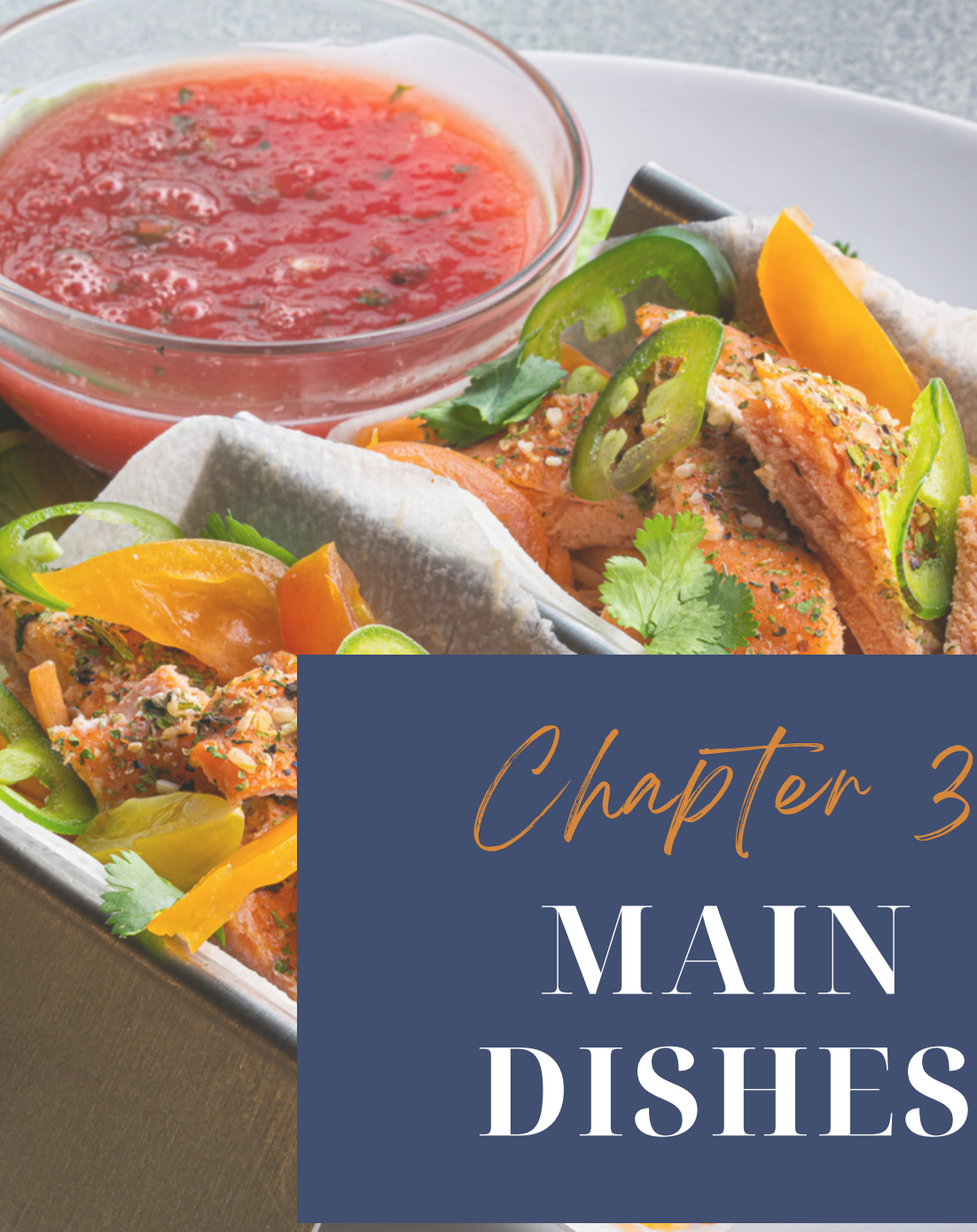
Continue adding $\frac{3}{4}$ cup of stock at a time allowing stock to be absorbed before adding more. Be certain to stir each time the additional stock is added. Continue cooking until the barley is tender, but is still al dente (approximately 50 minutes.)

STEP SEVEN

Turn off the heat and stir in $\frac{1}{4}$ cup of parmesan cheese Gently stir in corn and roasted peppers.

STEP EIGHT

Place risotto in a serving bowl and top with additional parmesan cheese and chopped parsley.



Chapter 3

MAIN DISHES



TEA SMOKED SALMON

with Fresh Vegetables

Ingredients

- ☐ 1 lb. Boned filet of Chinook
- Salmon use the tail end,
- ☐ 1 Tbs. Steel cut Black Pepper,
- ☐ 2 Tbs. + 2 Tbs. Soy Sauce
- ☐ 2 Tbs. + 3 Tbs. Idaho unfiltered Honey
- ☐ 1 red sweet pepper
- ☐ 1 english cucumber
- ☐ 1 celery stalk
- ☐ 1 poached egg
- ☐ 1 Tbs. Rice Wine Vinegar
- ☐ 1 tsp. Toasted Sesame Seeds
- ☐ 1 tsp Wasabi paste



PREP 5 MIN



COOK 15 MIN



SERVES 8



Instructions

STEP ONE

Season salmon with black pepper. Combine soy sauce and honey, marinate the salmon for one hour. Smoke over Applewood for one hour let cool

STEP TWO

Julienne peppers, cucumbers, celery.

STEP THREE

Plate in a bowl or plate attractively place the Salmon, place vegetable assortment around the Salmon.

STEP FOUR

I serve this with a lightly poached egg served cold

STEP FIVE

Sauce: Wasabi, soy sauce, Honey drizzle

1 level tsp. Wasabi paste 3 Tbs. Unfiltered honey, 2Tbs. Soy sauce 1 Tbs. Rice Wine Vinegar 1 level tsp. toasted sesame seed mixed thoroughly and served with the Salmon.

The dish is served cold and with love.

Recipe By

STEVE WM. GEVING, MASTER CHEF



Heirloom Tomato Basil

Soup

Contest Winner

Georgia White

"This is my favorite recipe from my garden. I grow my multi colored heirloom tomatoes from seed and am always delighted by the variety and textures.

In this recipe I use dried peppers, the tomatoes, garlic, and dried crushed peppers, all from my garden! This can be served fresh or canned correctly to use all year long.

Sometimes I add one can of chicken broth and a cup of milk to make creamy soup. I often use it as a base in chili, stew and pasta sauce."

Pictured: Georgia, her husband, Steve, and her prize Blackstone grill, sponsored by Walmart.





PREP 25 MIN



COOK 80
MIN + 35 MIN



SERVES 22

Ingredients

- ☐ 2 lbs ripe tomatoes
- ☐ 3 tbsp packed brown sugar
- ☐ 2 tablespoons kosher salt or 4 teaspoons salt
- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 cups lightly packed fresh basil leaves, chopped *
- ☐ ¼ c dried crushed peppers *
- ☐ 2 cloves of crushed garlic *
- ☐ 1 cup lightly packed assorted fresh herbs (such as oregano, and parsley chopped) *
- ☐ 6 tablespoons lemon juice

Instructions

STEP ONE

Cut peeled tomatoes into chunks and add some of the chunks to the food processor. Cover and process until chopped. Transfer chopped tomatoes to a 7- to 8-quart pot. Repeat chopping remaining tomatoes, in batches, in the food processor. Add all tomatoes to the pot.

STEP TWO

Add brown sugar, salt, vinegar, and black pepper, crushed dried pepper and chopped garlic to the tomato mixture. Bring to boiling. Boil steadily, uncovered, for 70 to 80 minutes, stirring occasionally, until mixture is reduced to about 11 cups and is desired sauce consistency. Remove from heat; stir in herbs.

STEP THREE

Spoon 1 tablespoon lemon juice into each of six hot, clean pint canning jars. Ladle sauce into jars with lemon juice, leaving 1/2-inch headspace. Wipe the jar rims; adjust lids. Process filled jars in a boiling-water canner for 35 minutes (start time when water returns to a full boil). Remove jars, cool on wire rack



Jicama Tortilla FISH TACOS



PREP 10 MIN



COOK 5 MIN



SERVES 2

Instructions

STEP ONE

For the fish, cut the salmon into 4 equal strips. Place in a bowl and toss with the olive oil, cilantro, lime juice, cumin, and a large pinch of flaky salt. Cover and set aside to marinate for a few minutes.

STEP TWO

For the tacos, use a jumbo mandolin to slice four ⅛-inch-thick "tortillas" from the jicama. (If you don't have a jumbo mandolin, do this carefully with a sharp knife.)

STEP THREE

In a small bowl, toss the carrots, peppers and tomatoes with the lime juice and a pinch of kosher salt and set aside.

STEP FOUR

Heat a small nonstick pan over medium-high heat. Add the salmon and cook for about 2 minutes on each side, or until just cooked through.

STEP FIVE

Place one piece of fish on each jicama "tortilla" and top with veggies.

STEP SIX

Serve with lime wedges on the side for squeezing.

Ingredients

FOR THE FISH:

- ☐ ½ pound salmon fillet, skin and bones removed
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons fresh cilantro, chopped
- ☐ Juice of ½ lime
- ☐ ⅛ teaspoon ground cumin
- ☐ Flaky sea salt

FOR THE TACOS:

- ☐ 1 small jicama (about 5" diameter), peeled
- ☐ ½ cup julienned carrots, sweet peppers and colorful heirloom tomatoes
- ☐ Juice of ½ lime
- ☐ Kosher salt
- ☐ Fresh cilantro leaves
- ☐ Lime wedges, for serving

Mom's Favorite

CHICKEN DISH



PREP 30 MIN



COOK 1:45 MIN



SERVES 4-6

Ingredients

- ☐ 3-4 lbs fresh chicken
- ☐ 1 loaf of crusty bread
- ☐ Kosher salt and crushed peppercorns
- ☐ 1 chopped red bell pepper
- ☐ 10 fresh sprigs of thyme
- ☐ 1 chopped green bell pepper
- ☐ 4 tablespoons of red wine vinegar
- ☐ 2 cups of thinly sliced Idaho Gemstone purple potatoes
- ☐ 5 cups of chopped swiss chard
- ☐ 2 tablespoons of olive oil
- ☐ 1 zucchini
- ☐ 3 tablespoons of capers
- ☐ 1 squash
- ☐ 3 cloves of chopped garlic
- ☐ 10-15 pickled cherry tomatoes
- ☐ 1 whole lemon

Idaho Wine Pairing Recommendations:

Ste. Chapelle Chardonnay, with its buttery richness, pairs well with this recipe, playing off the lemon, thyme, and caper flavors of the dish.

Alternatively, Ste. Chapelle Riesling is a beautiful pairing option for the recipe, as it balances the acidity in the dish.

Sawtooth Winery Syrah pairs nicely with this chicken dish due to its fruity notes and spiciness, which complements the flavors in the recipe. Sawtooth Viognier, a crisp white wine, is a good option, too, with its floral aromas that enhance the thyme in the dish.





Instructions

STEP ONE

Preheat oven to 475 degrees. While the oven is preheating, chop the peppers, zucchini, squash and potatoes into cubes. Chop or tear the Swiss chard into bite size pieces. Lightly oil a baking sheet and place all the veggies (except the chard) and potatoes, on the baking sheet. Bake the vegetables and potatoes for 15 minutes.

STEP TWO

Sprinkle the chicken with salt and pepper, place the whole lemon in the chicken's cavity. Place thyme underneath the chicken's breast and thighs. Place the chicken in a 475 degree oven and cook the chicken until the internal temperature is 160 degrees. Make sure to keep basting the chicken.

STEP THREE

Once the chicken reaches the internal temperature of 160 degrees, remove the chicken from the oven and strain the remaining juice into a measuring cup. Add two tablespoons of olive oil, 4 tablespoons of vinegar, 4 tablespoons of the fresh lemon from the chicken's cavity, 4 tablespoons of capers and 1 teaspoon of sea salt. Set aside dressing in a measuring cup.

STEP FOUR

Preheat broiler. Cut up bread into cubes. Drizzle olive oil and rub the garlic on the bread. Place the bread on a cookie sheet and toast bread on both sides for one to one and half minutes per side. While the bread is toasting, carve up the chicken into individual pieces.

STEP FIVE

Cover a platter with Swiss chard. Spread the chicken pieces, vegetables, potatoes and bread over the Swiss chard. Stir the dressing in the measuring cup and pour the dressing over the ingredients on the platter. Reserve a little dressing on the side.

Chocolate CHICKPEA TRUFFLES



PREP 40 MIN



SET 60 MIN



25 Truffles

Ingredients

- ☐ 1 x 14 oz can chickpeas, rinsed and drained
- ☐ 3 1/4 tbsp peanut butter
- ☐ 3/4 tbsp maple syrup
- ☐ 2 tbsp dark chocolate chips
- ☐ 3.5oz dark chocolate

STEP ONE

In a mixer or blender, blend the chickpeas, maple syrup and peanut butter.

STEP TWO

Mix in the chocolate chips and then form lots of little balls of about 0.7oz each by rolling them between your palms or on a surface.

STEP THREE

Put them on a plate and leave them in the fridge to firm up for at least half an hour.

STEP FOUR

After that time, melt the dark chocolate in the microwave, and then roll each ball in the chocolate to cover it completely.

STEP FIVE

Put them on a plate again and place them in the fridge until the chocolate becomes hard (it will take about an hour).

Chickpeas are amazing little nutritional powerhouses. They are a great source of protein and also contain folate, manganese, iron and copper, and are good sources of calcium, Vitamin K, Vitamin B6 and selenium.

Chickpea Fact:



Pork Chops *with Grilled* PEACHES & POLENTA

Instructions

STEP ONE

Season both sides of the pork chop liberally with salt and pepper. Place uncovered on a plate in the refrigerator overnight. While you can skip this step and season an hour in advance and dry with a paper towel, an overnight dry brine will leave you with a much crispier crust on your meats.

STEP TWO

Remove pork chops from the refrigerator and allow them to come to room temperature, about an hour.

STEP THREE

Place the pork chops in a cast iron skillet, set heat to medium low until the fat has sufficiently rendered. Increase heat to medium high and cook the pork chops until a golden crust forms, flip and repeat.

STEP FOUR

Remove the pork from the skillet and transfer to a plate.

STEP FIVE

Arrange the peaches in the skillet. Caramelize both cut sides.

STEP SIX

Meanwhile combine cornmeal, water and salt in a small saucepan. Bring to a boil over medium heat, then reduce to low, stirring occasionally. Remove from heat and stir in cheese.

STEP SEVEN

Once peaches have caramelized on both sides, add water, reserved pork juices from the plate, vinegar, honey and mustard. Swirl until thoroughly combined and slightly reduced.



PREP 30 MIN



COOK 1:45 MIN



SERVES 4-6

Ingredients

- ☐ 2 pork chops
- ☐ sea salt and pepper
- ☐ 1 Tbsp Wagners Idaho Foods mustard
- ☐ 4 medium peaches, pits removed, sliced into 8ths
- ☐ 2 Tbsp Balsamic vinegar
- ☐ 2 Tbsp water, white wine, chicken broth, ale
- ☐ 1-2 Tbsp Honey (to taste, reallllly ripe peaches require less)
- ☐ 1/4 cup coarse cornmeal/grits/polenta
- ☐ 1 cup water
- ☐ 1/2 tsp salt
- ☐ 1/4 cup shredded cheese (like chevre or fontina, anything that melts well)

Contest 2nd Runner Up
Recipe By **ERIN SHEARER**



Idaho Peach **Facts**

Idaho peaches are harvested in late summer, from July through September, depending on the variety. Look for sweet and juicy Idaho peaches at local retailers, local farmers markets, and roadside fruit stands.

Ripe peaches are yellow-fleshed with a golden hue behind their reddish blush. That blush is not a sign of ripeness but where the sun shone on the peach. Lighter yellow color means less sun and a less-ripe peach. Most peaches smell the way they taste. No smell usually means no taste and is an indicator of under-ripeness. Ready-to-eat peaches should feel heavy for their size.

Chapter 4

SOMETHING SWEET



Did you know?

The apple is Idaho's leading fruit crop, with production topping 60 million pounds a year.



Harvest Apple AIR FRYER CRISPS



PREP 10 MIN



COOK 15 MIN



SERVES 6

Ingredients

- ☐ 3 Idaho Honey Crisp Apples
- ☐ 6 TBS Old Fashioned Oats
- ☐ 2 TBS Organic Raisins
- ☐ 3TBS Unsalted Melted Butter
- ☐ 4TBS Brown Sugar
- ☐ 1TBS Rocky Mountain Honey
- ☐ 2 tsp Ground Cinnamon
- ☐ 1 tsp Ground Nutmeg
- ☐ ¼ tsp Ground Clove
- ☐ Pinch of Salt

Instructions

STEP ONE

Wash apples, pat dry and halve the apples from the stem to the end.

STEP TWO

Using a cookie scoop, spoon, or paring knife, scoop out the core and seeds, along with some flesh (make a cavity big enough to hold the filling)

STEP THREE

Stir melted butter, brown sugar, honey, cinnamon, nutmeg, clove, and salt together, until evenly combined.

STEP FOUR

Stir in oats, raisins and chopped apple (from when you took core out)

STEP FIVE

Divide the filling between the six apple halves (packing lightly into the cavity)

STEP SIX

Pour ½ cup of water into the bottom tray of air fryer/air fryer basket and place the apple halves on tray on top, making sure they are stable and won't wobble around. Close air fryer.

STEP SEVEN

Set air fryer for 350 degrees F for 12-15 minutes (as various models cook differently, I recommend checking after 13 minutes.)

STEP EIGHT

Open air fryer and let apples cool for at least 2 minutes before serving hot with a scoop of ice cream.

Recipe By
ERIN SHEARER



Chocolate POTATO CHIP Cookie

Instructions

STEP ONE

Using a hand mixer or stand mixer, cream together room temperature butter, sugar, and brown sugar for 2-3 minutes. Mix in the eggs and vanilla until well combined.

STEP TWO

Add in the flour, salt and baking soda. Mix until combined, then mix in the potato chips and chocolate chips.

STEP THREE

Scoop the dough into balls using a 1 1/2" cookie scoop and place on a parchment paper lined baking sheet. Refrigerate for 1 hour.

STEP FOUR

Bake for about 11 minutes at 350* until the cookies are lightly brown around the edges. Cool for 3-4 minutes then move to wire rack to cool completely.



PREP 90 MIN



COOK 11 MIN



SERVES 24

Ingredients

- ☐ 1 cup unsalted butter 8 ounces room temperature
- ☐ 1 cup brown sugar
- ☐ 1 cup granulated sugar
- ☐ 2 large eggs
- ☐ 2 1/2 cups all-purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 1/2 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups coarsely crushed potato chips
- ☐ 2 cups chocolate chips



Idaho Agriculture



Agriculture is not just
about farming, it's about
the whole food system.

Shopping Local

The next time you're stocking up on groceries, think local. By doing so, you're not just shopping – you're building a better, more delicious future for Idaho. Why? Because choosing to support local Idaho agriculture producers and food crafters is a powerful act that goes beyond just filling your pantry. It's a chance to actively shape the kind of community you want to be a part of and to connect with the land and people that make Idaho so special. It's the satisfaction of knowing that you're supporting local farmers and ag-artisans while enjoying some of the best food Idaho has to offer.

1

What's In Season

Check out the Idaho Preferred What's In Season Calendar and Find Local Directory to discover what's available and where you can find it in your area.

<https://idahopREFERRED.com/products/>



2

Farmers Markets

Visit farmers markets for a variety of fresh, locally grown produce, crafted foods, flowers and value-add products and support your local farmers and artisans.

<https://idahopREFERRED.com/farmers-markets/>



3

Community Supported Agriculture

Consider joining a community-supported agriculture (CSA) program to receive a regular supply of seasonal produce directly from a local Idaho farm.

<https://idahopREFERRED.com/community-supported-agriculture>



4

Grocery & Retail

Shop at grocery stores and other retailers that prioritize sourcing from local producers and suppliers.

<https://idahopREFERRED.com/products/grocery/>



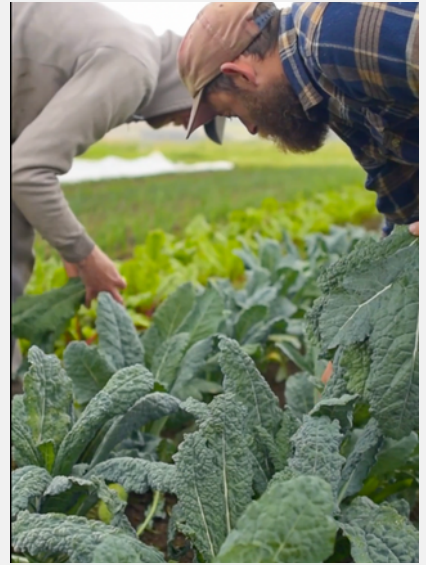
5

Restaurants & Dining Establishments

When dining out, choose establishments that are committed to regularly sourcing local ingredients from Idaho producers and support Idaho's farm-to-table movement.

<https://idahopREFERRED.com/products/farm-to-table/>





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