

## *Across the Fence* Maple Recipes – April 2008

### Lyn Jarvis' Recipes

#### Vermont Maple Pecan Corn Bread

1½ cups flour	3 Tbsp. brown sugar
1½ cups yellow cornmeal	3 eggs
1½ tsp. baking powder	½ cup Vermont maple syrup
1½ tsp. baking soda	1¼ cups buttermilk
1½ tsp. salt	¾ cup chopped pecans
⅓ cup butter, softened	

Combine flour, cornmeal, baking powder, baking soda, and salt; set aside. In a mixing bowl, combine butter, sugar, and eggs; mix well. Add maple syrup and buttermilk. Stir in dry ingredients just until moistened. Stir in pecans. Pour into a greased 9x11x2-inch pan. Bake at 350°F for 30 to 35 minutes, or until bread tests done. Cool for 10 minutes in pan. Serve warm with syrup if desired or allow to cool. For buttermilk, you can add 1½ Tbsp. white vinegar to milk and let stand for 15 min. Mix well before using.

### Carolyn Peake's Recipes

#### Maple Glazed Stuffed Cornish Hens

2 slices bacon	1 - 2 Tbsp. water
1 small leek or 2 green onions, thinly sliced (¼ cup)	2 Cornish game hens (1¼ to 1½ lb.)
2 Tbsp. chopped pecans or walnuts	1 tsp. butter, melted
⅛ tsp. dried thyme or marjoram, crushed	2 Tbsp. Vermont maple syrup
Dash pepper	1 Tbsp. butter, melted
1 cup dry bread cubes (1½ slices)	2 tsp. Dijon style mustard

Cook bacon, remove to paper towels to drain, then crumble and set aside. Reserve 1 tablespoon drippings in skillet. Cook leek and nuts in reserved drippings over medium heat until leek is tender and nuts are toasted. Remove from heat. Stir in bacon, thyme, and pepper. Stir in bread cubes. Drizzle enough of the water over bread to moisten and toss lightly to mix. Preheat oven to 375°F. Lightly stuff the hens with the bread mixture. Place breast sides up on rack in shallow roasting pan. Brush with the one teaspoon melted butter. Cover loosely with foil. Roast for 1½ to 1 hour and 45 minutes, or until tender and no longer pink. Meanwhile, in small bowl, stir together syrup, 1 tablespoon melted butter, and mustard. Uncover hens and brush the syrup mixture on them frequently during the last 15 minutes of roasting. Yield: 4 servings.

#### Maple Glazed Squash

2 medium acorn squash	2 Tbsp raisins
1 cup Vermont maple syrup	1 tsp. ground cinnamon
1 medium tart apple, peeled and chopped	

Cut squash into 1-inch rings and remove seeds. Place squash in a greased 13x9x2-inch baking dish. In bowl, combine syrup, raisins, apple and cinnamon. Pour over squash. Cover and bake at 350°F for 50 to 60 minutes or until tender. Yield: 6 servings.

## Maple Apple Cream Pie

1 unbaked pie shell (9-inch)	1 can (12 oz.) evaporated milk
2 Tbsp. butter	1 egg yolk, beaten
6 medium Golden Delicious apples (about 2 lbs.) peeled and cut into eights	1 tsp. vanilla extract
½ cup packed brown sugar	½ cup whipping cream
⅓ cup Vermont maple syrup	¼ tsp. ground cinnamon
2 Tbsp. cornstarch	1 Tbsp. sugar

Line unpricked pie shell with double thickness heavy-duty foil. Bake at 450°F for 8 minutes. Remove foil and bake 5 minutes longer. Cool on wire rack. In skillet, melt butter then add apples and brown sugar. Cook and stir until apples are tender and coated, 15 to 20 minutes cool to room temperature. Spread evenly in pie shell. In saucepan combine maple syrup and cornstarch until smooth. Gradually add milk. Cook and stir over medium high heat for 2 to 3 minutes or until thickened and bubbly. Remove from heat. Gradually stir ¼ cup of mixture into egg yolk and return mixture to pan; cook for 2 minutes. Remove from heat and add vanilla. Cool to room temperature. Pour over apples. Chill until set, about 2 hours. In mixing bowl, beat cream until soft peaks form. Add cinnamon, and then gradually add sugar, beating until stiff peaks form. Serve with pie. Store in refrigerator. Yield: 6 to 8 servings.

## Morning Maple Muffins

2 cups all-purpose flour	½ cup Vermont maple syrup
½ cup packed brown sugar	¼ cup sour cream
2 tsp. baking powder	1 egg
¾ cup milk	½ tsp. vanilla extract
½ cup butter, melted	

### **Topping:**

3 Tbsp. all-purpose flour	2 Tbsp. chopped nuts	2 Tbsp. cold butter
3 Tbsp. sugar	½ tsp. ground cinnamon	

In large bowl, combine flour, brown sugar, and baking powder. In another bowl, combine the milk, butter, maple syrup, sour cream, egg, and vanilla. Combine two mixtures until moistened. Fill greased or paper-lined muffin cups ¾ full. **For topping:** combine flour, sugar, nuts, and cinnamon, then cut in butter until crumbly. Sprinkle over muffins. Bake at 400°F for 16 to 20 minutes or until muffins test done. Cool for 5 minutes before removing to finish cooling on a wire rack. Yield: 16 muffins.

## Heather Fischer's Recipes

### Maple Chicken Wings

3 to 4 lbs. chicken wings	1 Tbsp. garlic powder
⅓ cup teriyaki sauce	1 Tbsp. onion powder
½ cup light soy sauce	½ Tbsp. black pepper
2 Tbsp. minced garlic	1 to 2 cups Vermont maple syrup

Preheat oven to 350°F. Cut off chicken wing tips and snip the skin between the joints. Place in disposable large baking pan. Add the maple syrup, soy sauce, teriyaki sauce, garlic, garlic powder, onion powder, and black pepper, toss to coat. Place pan on baking sheet and bake for approximately 1 hour, tossing every 15 to 20 minutes. The liquid will gradually evaporate the longer you cook it. After 1 hour, increase the oven temperature to 425°F. Turn wings to coat evenly and cook an additional 45 minutes.

## **Maple Fruit Salsa with Cinnamon Chips**

2 kiwis, peeled and diced	1 Tbsp. brown sugar
2 Golden Delicious apples - peeled, cored and diced	3 Tbsp. Vermont maple syrup
8 oz. raspberries	10 flour tortillas (10-inch)
1 lb. strawberries	Butter-flavored cooking spray
2 Tbsp. white sugar	2 cups cinnamon sugar

In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar, and maple syrup. Cover and chill in the refrigerator at least 15 minutes. Preheat oven to 350°F. Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray. Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

## **Maple Scones**

### **For The Scones**

1 cup oats (quick or old-fashioned)	2½ Tbsp. cold butter (small pieces)
1½ cups flour	1 large egg
2 Tbsp. sugar	½ cup half and half or heavy cream
½ tsp. salt	½ - ¾ tsp. maple extract (can substitute vanilla extract)
1 Tbsp. baking powder	⅔ cup coarsely chopped pecans
2 Tbsp Vermont maple syrup	

### **Maple Glaze**

1½ cups powdered sugar	5 tsp. Vermont maple syrup	Water (if needed)
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Preheat oven to 425°F. Using a food processor or blender, finely grind oats. In a mixer, mix flour, oats, sugar, salt, and baking powder. Add maple syrup and butter and mix well. In a small bowl, beat the egg with the cream and maple extract. Pour the egg mixture into the flour mixture and mix well. Add pecans and mix just to incorporate. Place dough on a floured surface. Knead and pat dough into a 8 to 10-inch circle and cut into 8 wedges. Spray a baking sheet with cooking spray. Place wedges on top and bake for 13 to 15 minutes, or until light brown. Remove scones from oven to wire rack. Let cool completely. Mix glaze ingredients until smooth. If the glaze is too thick add small amounts of water until desired consistency is reached. Spread onto scones.

## **Viewer's Recipes**

### **Maple Oatmeal Pie – Sally White, Milton Vt. (from Dog Team Tavern)**

3 eggs, beaten	½ cup walnut pieces
3 Tbsp. melted butter	⅔ cup quick cooking oatmeal
2 cups dark Vermont maple syrup	⅔ cup shredded coconut
1 tsp. vanilla	9-inch unbaked pie shell

Mix ingredients. Pour into unbaked shell and bake at 350°F for one hour.

### **Maple and Peach Baked Chicken – Carol Martin, Milton, Vt.**

3 Tbsp. Vermont maple syrup	2 chicken breasts, bone-in and skin-on (1 lb.)
2 Tbsp. peach preserves	¼ tsp. salt
½ tsp. Worcestershire Sauce	¼ tsp. pepper

Preheat oven to 350°F. Spray 8-inch square pan or 9-inch pie plate with non-stick cooking spray. In a small bowl, mix maple syrup, preserves, and Worcestershire sauce. Place chicken, skin side up, in the baking dish; sprinkle with salt and pepper. Spoon maple syrup mixture over chicken. Bake uncovered for 20 to 25 minutes. Remove from oven and baste chicken with the maple syrup mixture. Return to oven and bake uncovered an additional 20 to 25 minutes longer or until juice of chicken is clear or when thickest part is cut to bone (170°F). Remove from oven and spoon remaining syrup mixture over chicken and serve. Yield: 2 servings.

### **Vermont Maple-Apple Pie – Barbara Blake, W. Brattleboro, Vt.**

9-inch unbaked pie shell	Pinch of salt
6 to 8 large tart apples	¾ cup gingersnap crumbs
½ cup sugar	½ cup chopped walnuts
1 Tbsp. flour	¼ cup melted butter
½ tsp. cinnamon	⅓ cup Vermont maple syrup

Core and peel apples: slice thin and spread about half the slices in pastry shell. Combine all remaining ingredients, except for the maple syrup. Mix well. Spread half of this mixture over the apples in pastry shell. Add remaining apple slices; spread remaining crumb mixture evenly over the top. Bake at 350°F for about 40 minutes. Heat maple syrup to the boiling point. Pour evenly over pie. Bake 15 minutes longer.

### **Maple Mustard Pork Tenderloin – Julie Whitney, South Hero, Vt.**

1 whole pork tenderloin	1 cup low sodium chicken broth
3 tsp. fresh sage, minced	3 Tbsp. Vermont maple syrup
Salt and pepper to taste	2 Tbsp. Dijon mustard, coarse grain
1 Tbsp. butter	Fresh sage for garnish

Slice tenderloin into ½-inch thick slices. Sprinkle with 1½ teaspoons sage, salt and generous amount of pepper. Melt butter in heavy medium skillet over medium-high heat. Add pork and cook until golden brown on both sides and cooked through, about 1½ minutes per side. Transfer pork to plate, leaving drippings in skillet. Add broth, maple syrup, mustard, and remaining 1½ teaspoons sage to skillet. Boil until syrupy and thick, about 3 minutes, scraping up browned bits. Reduce heat to low. Return pork and any accumulated juices to skillet and cook until just heated through, about 1 minute. Serve pork with sauce. Garnish with fresh sage. Yield: 4 servings.

**KC Masterpiece® Chicken Braid – Sandi Niquette, Colchester, Vt.**  
**First prize winning recipe at The Champlain Valley Fair®**

2 cups chicken, cooked and chopped	½ tsp. salt
1 cup fresh broccoli florets, chopped	¼ tsp. onion powder
1 cup shredded Mexican blend cheese	½ cup KC Masterpiece Hickory Barbecue Sauce®
¼ cup green pepper, chopped	⅛ cup Vermont maple syrup
¼ cup sweet red pepper, chopped	2 cans (8 oz.) refrigerated crescent rolls
1 garlic clove, minced	
½ tsp. dill weed	

In a bowl, combine the first nine ingredients. Mix together barbecue sauce and maple syrup; stir into chicken mixture. Unroll both tubes of crescent roll dough into one long rectangle on an un-greased baking sheet. Roll into a 15x12-inch rectangle, sealing seams and perforations. Spoon chicken mixture down center third of dough. On each long side, cut 8 strips about 3.5-inches into the center. Bring one strip from each side over filling and pinch ends to seal; repeat. Bake at 375°F for 15 to 20 minutes or until filling is heated through and top is golden brown. Yield: 8 servings.

**Chewy Maple Bars – Lillian Wood, West Haven, Vt.**

½ cup sugar	½ tsp. baking powder
½ cup shortening	1 tsp. vanilla
½ cup Vermont maple syrup	1 cup rolled oats
1 egg	1 cup walnuts, chopped
⅔ cup flour	

In a mixing bowl, cream shortening and sugar. Add maple syrup and egg; beat well. Combine flour and baking powder; add to creamed mixture. Add vanilla and mix well. Stir in oats and nuts. Pour into greased 9-inch square pan and bake at 350°F for 35 minutes. Cut into squares while warm. Cool on wire rack.

**Maple Upside Down Cake – Dan Franks, Stowe, Vt.**

1 Tbsp. butter, room temperature	Pinch of salt
3 Tbsp. sugar	½ cup milk
1 large egg, beaten	1 cup Vermont maple syrup
1 cup flour	½ cup chopped walnuts
2 tsp. baking powder	Whipped cream or Cool Whip® for topping
½ tsp. nutmeg	

Preheat oven to 400°F. Butter an 8-inch round cake pan. In large mixing bowl, combine butter and sugar and beat 7 minutes until light and fluffy. Add egg and beat 3 more minutes, or until batter is lemon colored. In medium bowl, whisk together flour, baking powder, nutmeg, and salt. Add flour mixture to butter mixture alternately with milk beginning and ending with dry ingredients, blend well. In small sauce pan, bring maple syrup to a boil. Pour syrup into cake pan, sprinkle on nuts, then slowly pour batter over syrup and nuts, patting it into place with a rubber spatula (if you have trouble with this, don't worry as cake will bake to edges just as it should.). Bake cake for 30 minutes, or until golden brown and syrup is bubbling up along the edges. Cool in pan for 10 minutes, then invert onto plate. Serve with whipped cream or Cool Whip®.

### **Maple Syrup Muffins – Tammy Friedrich, Hyde Park, Vt.**

1 egg	2 cups flour
¼ cup cooking oil	3 tsp. baking powder
½ cup Vermont maple syrup	½ tsp. baking soda
½ cup milk	½ tsp. salt
¼ cup sugar	1 cup nuts (optional)

Preheat oven to 375°F. Grease cupcake pan. Beat egg, oil, maple syrup and milk together. Add dry ingredients and stir. Fill cups ⅔ full. Bake for 20 to 25 minutes.

### **Maple Divinity Fudge – Betty Severance, Sheldon, Vt.**

1 cup sugar	½ tsp. vanilla
1 egg white, beaten	½ cup Vermont maple syrup
½ cup water	¼ cup walnuts, chopped

Mix in large saucepan; sugar, maple syrup, and water. Boil to hard ball stage (about 10 to 12 minutes). Remove from heat, add vanilla. Pour syrup mixture over stiffly beaten egg white. Add nuts. Beat until stiff enough to hold shape and drop from teaspoon on waxed paper.

### **Maple Syrup Cake – Carole Partington, Northfield Vt.**

½ cup shortening	1¾ cups cake flour
½ cup maple sugar	1 tsp. salt
½ cup Vermont maple syrup	2½ tsp. baking powder
1 tsp. vanilla	¼ cup milk
2 eggs, well beaten	½ cup chopped butternuts or walnuts

Cream shortening then add sugar (maple or white) gradually and cream together. Add maple syrup (a small amount at a time) beating well after each addition. Add vanilla. Add well beaten eggs and beat mixture vigorously. Sift flour, salt, and baking powder together and add to first mixture alternately with milk. Mix just enough to blend after each addition of flour. Stir in nuts and pour into 2 greased 8-inch pans. Bake at 375°F for 25 to 30 minutes. Frost with maple frosting.

### **Maple Frosting**

1 pint Vermont maple syrup  
2 egg whites, stiffly beaten

Boil maple syrup on stove top until syrup threads. Remove from heat and add egg whites. Mix well.

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