



## Maple Recipes – April 2024

### Fruit Crostini with Vermont Maple

1 large baguette sliced into 1-inch pieces	1 nectarine, thinly sliced
3 oz. goat cheese	1/3 cup Vermont maple syrup
1 green pear, either green Anjou or Bartlett, thinly sliced	1/4 cup thinly sliced fresh basil
	1/4 cup chopped unsalted walnuts (optional)

Preheat boiler on LOW temperature. Lay out the slices of baguette on a baking sheet and place in the broiler for about 3 minutes. Remove from heat and let cool (don't turn the oven off). Once the bread is cool, evenly spread the goat cheese on top of each slice. Place 2 to 3 slices of fruit on each piece of bread. Top each one with a few pieces (3 to 4) of chopped walnut, if desired. Drizzle with maple syrup. Place in the broiler for an additional 3 minutes. Garnish with a few slices of fresh basil and any additional maple syrup.

### Maple-Pecan Pork Chops

2 Tbsp. stone-ground mustard	1 Tbsp. butter
1/2 tsp. pepper	1/2 cup unsweetened apple juice
1/2 cup Vermont maple syrup, divided	1 cup pecan halves
4 bone-in pork loin chops (3/4-inch thick and 8 oz. each)	

Mix mustard, pepper, and 2 teaspoons maple syrup. Lightly drizzle maple-mustard over both sides of pork chops and smother them with it. In a large nonstick skillet, heat butter over medium heat. Brown pork chops for 2 to 3 minutes on each side. Add apple juice. Reduce heat; simmer, covered, until a thermometer reads 145°F, about 15 to 20 minutes. Remove chops; let stand 5 minutes, keeping them warm. Add pecans and remaining syrup to skillet; cook and stir until thickened, about 3 to 5 minutes. Serve sauce with pork chops.

## **Maple-Bourbon Banana Pudding Cake**

6 Tbsp. unsalted butter	Pinch of salt
½ cup superfine sugar	¾ cup Vermont maple syrup
1 overripe banana, mashed	½ cup light brown sugar
1 large egg	½ cup water
1 cup whole milk, at room temperature	2 Tbsp. bourbon (can be omitted, if desired)
1 cup all-purpose flour	¼ cup finely chopped pecans
1 Tbsp. baking powder	

Preheat the oven to 375° F. In a deep, 2-quart baking or soufflé dish, melt the butter in the microwave. Whisk in the superfine sugar and banana, mashing until thoroughly combined. Whisk in the egg and milk. In a bowl, whisk the flour, baking powder, and salt. Whisk dry ingredients into the baking dish until combined (the batter will be pretty loose). In a microwave-safe cup, heat the maple syrup, light brown sugar and ½ cup of hot water at high power until hot, about 1 minute. Add the bourbon. Drizzle the syrup mixture over the batter; it will sink to the bottom of the dish. Do not stir. Scatter the pecans on top. Set the dish on a rimmed baking sheet and bake for 40 minutes, until the cake is golden. Let cool for 5 minutes, then scoop into bowls and serve with ice cream.

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