

Across the Fence

Maple Recipes - April 2015

Carolyn Peake's Recipes

Maple Cinnamon Applesauce

3 sweet, red apples	1 Tbsp. ground cinnamon
3 Granny Smith apples	1 Tbsp. fresh lemon juice
¼ cup plus 2 Tbsp. Vermont maple syrup	

Peel, core and chop the apples into 2-inch chunks. In a heavy-bottomed saucepan over medium heat, combine the apple chunks, maple syrup, cinnamon and lemon juice. Cover and simmer for about 12 minutes or until apples have softened up a bit. Remove lid and continue cooking, stirring occasionally to break up the larger chunks or when nearly done (after 5 to 10 minutes). Press a few times with a potato masher. Remove from heat and add more maple syrup, cinnamon and/or lemon juice to taste. Serve warm or chilled. **Yield:** 3 cups.

Maple Blueberry Syrup

3 cups water	Small handful of fresh mint leaves
1 bag (16 oz.) frozen blueberries (thawed or frozen is fine)	½ cup Vermont maple syrup
Juice of ½ a lemon	Soda water

In a saucepan, combine water, frozen blueberries, lemon juice (maybe even tossing in the entire half lemon), mint leaves and maple syrup. Bring to a boil, then reduce heat and simmer for 20 minutes. Remove from heat and strain through a fine mesh strainer into a large bowl. Using a spatula, press the berries into the strainer to release more juice. Return the warm strained liquid to the saucepan and bring up to a boil. Reduce heat and simmer for about 20 to 30 minutes, until syrup is reduced to two cups of liquid. Place in jar and allow to cool in the refrigerator. To make blueberry soda, add a few tablespoons of blueberry syrup to iced soda water. Enjoy!

Maple Chicken Salad Pita

¾ cup diced cooked chicken breast	⅛ tsp. pepper
½ cup diced fresh apple	1 Tbsp. chopped fresh parsley
2 Tbsp. dried cranberries	1 whole wheat pita bread (6 to 7-inch), cut in half
⅓ cup fat-free Greek yogurt	
2 tsp. Vermont maple syrup	

In bowl, combine all the ingredients except pita bread. Stuff the pita pockets with the chicken salad.
Yield: 1 serving.

Carrot And Zucchini Salad With Maple Syrup

1 lb. carrots, peeled and grated
1 zucchini, grated
¼ cup plain yogurt
¼ cup mayonnaise

3 Tbsp. Vermont maple syrup
1 tsp. fresh ginger, grated
½ cup sunflower seeds

In a large bowl, combine all ingredients except sunflower seeds. Add the seeds just before serving.

Deb Plumley's Recipes

Grandma Roberts' Maple Glazed Apples & Hotdogs

1 Tbsp. butter
2 Tbsp. prepared mustard
¾ cup Vermont maple syrup,
robust grade works well

1 lb. hot dogs
6 medium-sized firm, tart apples

Core and slice apples to make thick rings with the skins left on. Melt butter in skillet. Stir in mustard and maple syrup. Make slashes in the hot dogs and add them together with apples to the sauce. Cook over very low heat for 10 to 15 minutes. Especially good with cornbread and baked beans.

Bacon Jam

1½ lbs. bacon
2 medium onions, peeled and thinly
sliced (about 2½ cups)
3 cloves garlic
¼ cup cider vinegar
½ cup dark brown sugar

¼ cup Vermont maple syrup
¼ cup boiled cider or ¼ cup thawed apple juice
concentrate
¾ cup strong brewed coffee
2 dried bay leaves

Slice the bacon into 1-inch slices and cook in a large skillet until well browned. Drain the fat and reserve the bacon. Place the cooked bacon and all other ingredients into a 2 quart or larger crock pot. Cover and cook over HIGH heat for 3 to 4 hours. Remove the cooked jam from the crock pot, fish out the bay leaves, and carefully transfer to a food processor or blender. Pulse until the consistency is to your liking, a soft spreadable jam. You can leave the bacon in larger bits or pulse until very small, your choice. A hand held immersion blender works very well for this. If you find the jam too liquid for your taste, transfer to a small saucepan and cook over medium heat until the liquid has evaporated and the jam is thick and syrupy. Adjust the seasonings and serve warm. Store airtight in the refrigerator for up to 2 weeks. Warm in the microwave before serving. **Yield:** 2 cups jam.

Oatmeal Applesauce Cookies with Vermont Maple Syrup Icing

4 Tbsp. unsalted butter, melted
¾ cup packed light brown sugar
¼ cup Vermont maple sugar
¼ cup granulated sugar
1 large egg
½ cup applesauce, unsweetened
1 tsp. maple extract
1½ cups old-fashioned rolled oats
1¾ cups all-purpose flour
1 tsp. cinnamon

½ tsp. baking soda
¼ tsp. baking powder
¼ tsp. coarse salt
1 cup golden raisins or dried
cranberries, chopped

Icing:

1¾ cups confectioners' sugar
3 Tbsp. Vermont maple syrup
Milk or light cream

In a large mixing bowl, beat butter and sugars; add egg, maple extract and applesauce, mix until well blended, 2 to 3 minutes. Mix in the oats, flour, cinnamon, baking soda, baking powder, and salt then the raisins or cranberries. Refrigerate dough for 1 hour. Preheat oven to 350°F. Using a 1½-inch ice cream scoop or ¼ cup measure, drop dough onto baking sheets lined with parchment paper, spacing 2 inches apart. Bake cookies until golden and just set, 13 to 15 minutes. Let cool on sheets 5 minutes. Transfer cookies to a wire rack set over parchment paper; let cool completely. Whisk confectioners' sugar, syrup, and milk or cream until smooth. Drizzle over cookies, let set. **Yield:** 30 cookies.

Lyn Jarvis' Recipes

Maple Apple Upside-Down Cake

1 cup Vermont maple syrup
3 Granny Smith apples, peeled, cored
and cut into eighths
2 cups all-purpose flour
1 tsp. baking powder
½ tsp. baking soda

1 tsp. salt
3 large eggs
¾ cup buttermilk
1 Tbsp. vanilla
1½ sticks unsalted butter, softened
1⅓ cups sugar

Preheat the oven to 350°F. Butter and flour a 10-inch round cake pan. In a large saucepan, bring the maple syrup to a boil over high heat, then simmer over low heat until very thick and reduced to ¾ cup, about 20 minutes. Pour the thickened syrup into the cake pan. Arrange the apples in the pan in 2 concentric circles, overlapping them slightly. In a small bowl, whisk the flour, baking powder, baking soda and salt. In mixer bowl, whisk the eggs with the buttermilk and vanilla. In another the bowl beat the butter and sugar at medium speed until fluffy, about 3 minutes. Beat in the dry and wet ingredients in 3 alternating batches until the batter is smooth; scrape down the side of the bowl. Spread the batter evenly over the apples. Bake the cake for 1½ hours, until golden on top and a toothpick inserted in the center comes out clean. Let the cake cool on a rack for 45 minutes. Place a plate on top of the cake and invert the cake onto the plate; tap lightly to release the cake. Remove the pan. Let the cake cool slightly, then cut into wedges and serve with ice cream or maple syrup. **Yield:** 12 servings.

Chocolate Maple Bars

½ cup shortening
¾ cup Vermont maple syrup
½ cup sugar
3 eggs
3 Tbsp. milk
1 tsp. vanilla
1¼ cups all-purpose flour
¼ tsp. baking powder
¼ tsp. salt

1½ oz. unsweetened chocolate, melted
½ cup chopped pecans
½ cup flaked coconut

Frosting:

¼ cup butter, softened
1 cup confectioners' sugar
½ cup baking cocoa
½ cup Vermont maple syrup
1 cup miniature marshmallows

In a large bowl, cream the shortening, syrup and sugar until light and fluffy. Beat in the eggs, milk and vanilla. Combine the flour, baking powder and salt; add to creamed mixture and mix well. Remove half of the batter to another bowl. Combine melted chocolate and pecans; stir into one bowl. Spread into a greased 13x9x2-inch baking pan. Add coconut to remaining batter. Spread carefully over chocolate batter. Bake at 350°F for 25 minutes or until a toothpick inserted near the center comes out clean. Cool completely on a wire rack. **For frosting:** In a small bowl, beat butter until smooth. Gradually add the confectioners' sugar and cocoa. Gradually add syrup, beating until smooth. Fold in marshmallows. Frost bars. **Yield:** 2 dozen.

Spring Maple Pound Cake

2 pkgs. (16 oz. each) pound cake mix
20 drops red food coloring
½ tsp. maple extract

Glaze:

1 cup confectioner's sugar
3 tsp. Vermont maple syrup
3 tsp. milk

Preheat oven according to package directions. Grease a 9x5-inch loaf pan. Prepare one package cake mix according to package directions adding food coloring and extract before mixing batter. Transfer to prepared pan. Bake and cool as package directs. Cut cooled cake into 1-inch slices. Cut with a tulip-shaped cookie cutter (save extra cake for another use or second cake). Stand tulip slices in the middle of a greased 9x5-in. loaf pan. Prepare second cake mix according to package directions. Pour batter around and over tulip slices. Bake and cool as package directs. **For glaze:** In a small bowl, mix confectioner's sugar, maple syrup and enough milk to reach desired consistency. Pour glaze over cake, allowing some to flow over sides. Tulip can be substituted.

Viewer's Recipes

Vermont Maple Chicken - Betty Cochran, Danville, Vt.

1½ to 2 lb. boneless chicken breasts
Robust taste Vermont maple syrup
Marjoram

Garlic salt
Garlic powder
Cheddar cheese slices

Cut up chicken into 2-inch wide strips and place in a 5x7x2-inch buttered baking dish. Pour maple syrup over this, about half way up on the chicken. Place in refrigerator and let marinate all day. Take out of refrigerator and sprinkle lightly with marjoram, garlic salt and garlic powder. Cover with aluminum foil and bake at 375°F for about 1 hour. Remove foil and put thin slices of cheddar cheese on top. Place back in oven until the cheese melts.

Pear & Maple Crumble

Rob Mongeon, Burlington, Vt.

Topping:

1 cup all-purpose flour
1 cup walnuts
 $\frac{2}{3}$ cup brown sugar, packed
 $\frac{1}{2}$ cup (1 stick) chilled unsalted butter,
cut into small pieces

Sour cream (optional)

Pears:

$3\frac{1}{2}$ lbs. firm, but ripe Anjou pears,
peeled, cored, cut into $\frac{1}{2}$ -inch pieces
 $\frac{2}{3}$ cup Vermont maple syrup
 $\frac{1}{2}$ cup raisins
2 Tbsp. all-purpose flour
2 Tbsp. fresh lemon juice
1 Tbsp. finely chopped crystallized ginger

Topping: Combine flour, walnuts, brown sugar, and butter in processor. Process until walnuts are coarsely chopped and small moist clumps form. Transfer topping to medium bowl. Cover and refrigerate until firm, about 1 hour. **Pears:** Position rack in center of oven and preheat to 350°F. Toss pears, maple syrup, raisins, flour, lemon juice and ginger in large bowl to blend. Let stand 15 minutes and transfer pear mixture to 13x9x2-inch baking dish. Sprinkle topping over pears. Bake until pears are tender, juices bubble thickly and topping is golden and crisp, about 30 minutes. Let stand at least 10 minutes. Serve warm with sour cream.

Maple Cake Pudding

Karin Gottlieb, Stowe, Vt.

$1\frac{1}{4}$ cups Vermont maple syrup (amber
or Grade B)
 $\frac{3}{4}$ cup heavy cream
2 tsp. cider vinegar
Pinch of salt
6 Tbsp. unsalted butter, softened

$\frac{1}{3}$ cup sugar
1 large egg
 $\frac{1}{2}$ tsp. vanilla
1 cup cake flour (not self-rising)
1 tsp. baking powder
 $\frac{1}{4}$ tsp. salt

Put oven rack in upper third of oven and preheat oven to 350°F. Stir together maple syrup, heavy cream, cider vinegar, and pinch of salt in a small saucepan and bring to a boil, then remove from heat. Beat together butter and sugar in a bowl with an electric mixer until light and fluffy, about 1 minute. Add egg and vanilla, then beat until just combined (batter will be very thick). Sift flour, baking powder, and salt together into egg mixture and stir with a rubber spatula until just combined. Pour $\frac{1}{3}$ cup syrup mixture into an 8-inch baking dish. Divide batter in bowl into 6 mounds with rubber spatula and spoon each mound onto syrup mixture in baking dish, spacing mounds evenly. Pour remaining syrup mixture over and around mounds. Bake until topping is golden and firm to the touch, 25 to 30 minutes. Serve warm.

Maple Salad

Lou Pelkey, Swanton, Vt.

8 oz. cream cheese, softened
1 cup chopped dates
1 cup walnuts, chopped

1 can (20 oz.) crushed pineapple
1 cup Vermont maple syrup
Whipped topping

Drain pineapple well. Mix cream cheese, dates, walnuts, pineapple and maple syrup. Fold in whipped topping to taste.

Maple Syrup Delight

Lou Ann Reed, Sheldon, Vt.

1st Layer

1 stick butter, softened
1 cup flour
½ cup chopped nuts

2nd Layer

1 pkg. (8 oz.) cream
cheese
1 cup confectioners' sugar
1 cup whipped topping

3rd Layer

1½ cups Vt. maple syrup
1 cup water
⅓ cup flour
2 egg yolks, beaten
2 Tbsp. butter

1st Layer: Mix 3 ingredients well and spread into a 9x13x2-inch dish. Bake at 400°F for 15 minutes and cool.

2nd Layer: Mix 3 ingredients well and spread over cooled crust. **3rd Layer:** While syrup is heating, combine water, flour, and egg yolks and add to boiling syrup. Cook until thick, stirring constantly, and add the butter. Cool. Pour over cheese layer. Top with meringue or whipped topping and some chopped nuts, if desired.

Vermont Honey Maple Bread

Roderick Crandall, Hartland, Vt.

2 pkgs. (¼ oz. each) active dry yeast
¾ cup warm water (110°F to 115°F)
1 cup old-fashioned oats
1 cup warm buttermilk (110°F to 115°F)
½ cup Vermont maple syrup
½ cup honey
2 eggs, lightly beaten
⅓ cup butter, softened

⅓ cup toasted wheat germ
1 tsp. salt
1½ cups whole wheat flour
3 to 4 cups all-purpose flour

Topping:

1 egg white
1 Tbsp. water
¼ cup old-fashioned oats

In a large bowl, dissolve yeast in warm water. Add the oats, buttermilk, syrup, honey, eggs, butter, wheat germ, salt and whole wheat flour. Beat on medium speed for 3 minutes. Stir in enough all-purpose flour to form a firm dough. Turn onto a floured surface; knead until smooth and elastic, about 6 to 8 minutes. Place in a bowl coated with cooking spray, turning once to coat top. Cover and let rise in a warm place until doubled, about 1 hour. Punch the dough down. Shape into two loaves; place each in a 9x5-inch loaf pan coated with cooking spray. Cover and let rise in a warm place until doubled, about 45 minutes. Beat egg white and water; brush over loaves. Sprinkle with oats. Bake at 375°F for 30 to 35 minutes or until golden brown. Remove from pans to wire racks to cool. **Yield:** 2 loaves.

Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.

Contact us at: atfence@uvm.edu, phone: (802) 656-5059, toll free at: 1-888-283-3430
or visit us online at: www.uvm.edu/extension/atf

University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont.