

## *Across the Fence* Maple Recipes – April 2014

### Lyn Jarvis' Recipes

#### Fruit Salad with Maple Dressing

1 can (8 oz.) pineapple chunks, drained	1 banana, sliced	¼ cup Vermont maple syrup
2 Golden Delicious apples, pared, cored and sliced	1 cup fresh strawberries, sliced	¼ cup apple juice
	¼ cup golden raisins	Romaine lettuce leaves

Combine pineapple, apples, banana and strawberries in bowl. In another bowl, mix raisins, maple syrup and apple juice. Mix maple syrup mixture into the apple mixture. Toss lightly to moisten all fruit pieces. Cover and let stand 30 minutes in refrigerator. When ready to serve, line a salad bowl with the lettuce leaves. Arrange the salad in the bowl.

#### Sweet 'n' Sour Pork Chops

6 pork chops, loin or shoulder	¾ cup pineapple juice	½ tsp. pepper
¼ cup flour	2 Tbsp. vinegar	1 tsp. paprika
1 Tbsp. cooking oil	1 tsp. ginger	⅓ cup Vermont maple syrup
	1 tsp. salt	

Mix ginger, salt, pepper, paprika, and flour. Coat both sides of chops in this mixture. Brown chops in cooking oil. Mix pineapple juice, vinegar and maple syrup. Pour over meat; cover and cook over low heat 1 hour or until chops are tender.

#### Maple Nut Cake with Maple Frosting, circa 1894

½ cup butter, softened	½ cup milk	<b>Boiled Maple Frosting:</b>
1 cup maple sugar	2 eggs	¾ cup Vermont maple syrup
2 cups flour	1 cup chopped walnuts	½ cup white sugar
1 cup chopped raisins		1 egg white
3 tsp. baking powder		

Beat the butter to a cream, add the sugar gradually, and when light add the eggs, well beaten, then the milk and last the flour, in which the baking powder has been thoroughly mixed. Mix this quickly and add the nuts and raisins. Place in 8-inch pans and bake at 350°F for 25 to 35 minutes or until toothpick inserted near center comes out clean. **For Maple Frosting:** Boil syrup and sugar until it hairs well. Beat egg white until stiff and add to syrup gradually while continuing to beat. Beat until it holds its shape.

#### Maple Sugar

6 cups Vermont maple syrup (any grade)

Heat the syrup to between 252°F and 257°F. Don't stir while cooking. When desired temperature is reached, remove from heat and begin stirring immediately. Continue stirring until granulation is completed. Use wooden spoon or heavy duty mixer. Will take a long time. **Yield:** Makes approximately 6 cups of maple sugar.

## **Maple Punch**

1 can (12 oz.) frozen lemonade  
2/3 cup Vermont maple syrup

1 quart ginger ale  
1 tray ice cubes

Empty frozen concentrate into a large pitcher and add the maple syrup and stir well. At serving time add the ginger ale and ice cubes. Mix well and serve immediately. Yield: 8 servings.

## **Maple Cupcakes**

2½ cups all-purpose flour  
2 tsp. baking powder  
1 tsp. baking soda  
½ tsp. salt  
¾ tsp. ground ginger  
1 stick unsalted butter, softened

½ cup light-brown sugar  
2 large eggs  
1¼ cups Vermont maple syrup  
2 tsp. vanilla  
½ cup buttermilk  
½ cup walnuts or pecans, finely chopped

Heat oven to 350°F. Sift together the flour, baking powder, baking soda, salt, and ginger. Set aside. Beat the butter and sugar together using a mixer set on medium speed in a large bowl until fluffy. Beat in the eggs, syrup, and vanilla. Stir in flour mixture by thirds, alternating with the buttermilk. Stir in nuts. Fill 18 lined muffin cups two thirds full and bake until a tester comes out clean, about 20 minutes. Cool completely. Ice with Maple-Butter Frosting. **Yield:** 18 cupcakes.

## **Maple-Butter Frosting**

1 cup unsalted butter, softened  
3 oz. cream cheese, softened  
2/3 cup dark-brown sugar  
¼ tsp. salt

¾ cup Vermont maple syrup  
¾ tsp. vanilla  
1 cup confectioners' sugar

Beat the butter, cream cheese, brown sugar, and salt in a medium bowl with a mixer set on medium speed until light and fluffy, about 3 minutes. Continue beating, and add the maple syrup and vanilla. Gradually add the confectioners' sugar, increase the speed to high, and beat until light and fluffy, about 1 minute. Chill for 1 hour before using.

## **Heather Fischer's Recipes**

### **Crock Pot Maple Bacon Wrapped Chicken**

1½ lbs. chicken breast (about 4 breasts)  
8 slices bacon

½ tsp. chili powder  
¼ cup Vermont maple syrup

Wrap each breast with two pieces of bacon. Place chicken in bottom of 5 quart slow cooker. Combine chili powder and maple syrup. Pour mixture over chicken. Cover and cook on LOW for 6 hours. Remove with slotted spoon and serve over rice. Top with BBQ sauce if desired.



## **Carolyn Peake's Recipes**

### **Cranberry Apple Pecan Loaf**

1/3 cup fresh orange juice  
Finely grated zest of one orange  
1/2 cup plus 2 tsp. buttermilk  
3 Tbsp. unsalted butter, melted  
1/4 cup unsweetened applesauce  
1 large egg, slightly beaten  
2 cups all-purpose flour

1/2 cup Vermont maple syrup  
1 tsp. salt  
1 tsp. baking powder  
1/4 tsp. baking soda  
1 1/2 cups cranberries, coarsely chopped  
1/2 cup pecans, coarsely chopped (up to a cup, other nuts can also be used)

Preheat oven to 375°F. Grease bottom of a 9x5-inch loaf pan. In a small glass or plastic bowl, stir together orange juice, zest, buttermilk, butter, applesauce and egg. In a large glass or plastic mixing bowl, sift together dry ingredients. Using a large spatula, stir wet ingredients into dry just until moistened. Add cranberries and nuts and mix just until combined. Do not over mix. Pour mixture into prepared pan. Bake 20 minutes, then reduce heat to 350°F and cook until golden brown and a toothpick inserted into center comes out clean. This should be about 35 to 45 more minutes. Cool in pan for ten minutes then turn loaf out onto a wire rack and cool completely before serving.

### **Sweet Potato Shepherd's Pie**

2 1/2 lbs. ground beef  
1/2 cup butter, divided  
1 medium onion, finely chopped  
2 cloves garlic, finely chopped  
2 Tbsp. all-purpose flour

1 cup beef broth  
2 eggs, beaten  
1 tsp. dried rosemary  
1 tsp. kosher salt, divided  
1/2 tsp. pepper, divided  
2 pkgs. frozen mixed vegetables

1 can (40 oz.) sweet potatoes, thoroughly drained  
1 Tbsp. maple syrup  
1/2 tsp. nutmeg

Sauté onions and garlic in 1/4 cup butter in a heavy skillet. Add ground beef and brown. Stir in the flour and cook for one minute, then gradually stir in the broth. Cook until thickened, about 1 to 2 minutes. Add the rosemary, half the salt and half the pepper and stir to combine. Add the vegetables and combine. Place mixture into a greased 9x13-inch baking dish. Place sweet potatoes, remaining butter, maple syrup, 1/2 tsp. salt, 1/4 tsp. pepper and nutmeg in the bowl of a food processor. Puree until smooth. Using a pastry bag with large star tip, pipe the sweet potatoes in a decorative layer over the meat mixture. Bake 30 minutes at 375°F or until heated through and lightly browned. Let rest for 10 minutes before serving.

### **Brussels and Broccoli with Maple Mustard Vinaigrette**

4 cups thinly sliced Brussels sprouts  
4 cups thinly sliced broccoli florets  
2 Tbsp. extra virgin olive oil  
Salt and pepper to taste

**For the vinaigrette:**  
2 Tbsp. Vermont maple syrup  
2 Tbsp. Dijon mustard

2 Tbsp. balsamic vinegar  
1 large garlic clove, minced\*  
Large pinch black pepper  
6 Tbsp. extra virgin olive oil

Preheat oven to 425°F. Cut off the root ends of Brussels sprouts before you slice. Line a rimmed baking sheet with aluminum foil. Place vegetables in a gallon plastic zipper bag and add olive oil and seasonings. Shake until vegetables are evenly coated, then spread into a single layer on the baking sheet. Roast for 12 minutes, until the vegetables are just beginning to show bits of browning on the edges. Remove from oven. While the vegetables are cooking, combine the vinaigrette ingredients in a jar with a tight fitting lid and shake vigorously to emulsify the dressing. Transfer the warm vegetables to a mixing bowl and add only as much dressing as you need to moisten them without drowning them. Serve warm, at room temperature or cold.

\* *Can substitute 1/2 tsp. garlic paste from a jar for the garlic clove.*

## **Maple Coconut Cookies**

2 cups all-purpose flour	1 large egg, lightly beaten
2 tsp. baking powder	½ cup Vermont maple syrup
½ tsp. salt	1 tsp. vanilla
½ cup shortening	1 cup packed sweetened coconut flakes
1 cup packed light brown sugar	½ cup chopped nuts, optional

In a small bowl, whisk together flour, baking powder and salt. Set aside. In a large bowl, cream shortening and brown sugar until light and fluffy. Add egg, maple syrup and vanilla extract. Beat on medium speed until well combined. Add flour, coconut and nuts. Stir together with a large fork just until combined. Refrigerate dough until firm, at least two hours (if you skip the step, the cookies will melt and run together). When you are ready to bake the cookies, preheat the oven to 375°F. Line cookie sheets with parchment paper. Scoop tablespoons of dough, roll into balls about the diameter of a quarter and place on baking sheets at least 2 inches apart. Do not try to make them larger, they spread out a lot. Bake 10 to 12 minutes or until golden brown. Let cool 5 minutes and remove to racks to cool completely. Store in a covered container. **Yield:** About 4 dozen.

## **Viewer's Recipes**

### **Maple Filled Cookies**

**Jocelyn Tedford, St. Albans, Vt.**

5 cups flour	1 tsp. vanilla
2 tsp. baking powder	1 cup maple sugar
1 tsp. soda	1 cup white sugar
½ tsp. salt	2 eggs
1 cup soft shortening	1 cup sour cream

Sift together 1st four ingredients, set aside. Cream sugars, shortening and vanilla. Blend in eggs and sour cream. Add flour mixture a little at a time until well blended. Refrigerate dough until easy to handle. Roll out dough to ⅛-inch thick. Cut with a round 3-inch cookie cutter. Place half of dough on greased cookie sheet. Place 1 full teaspoon of maple cookie filling on each dough circle. Place another dough circle on top. Press edges together. Bake at 400°F for 8 minutes or until light brown. Yield: 4 dozen.

### **Cookie Filling:**

2 cups Vermont maple syrup	1 tsp. vanilla
⅓ cup cornstarch	1 cup water
	2 eggs

Mix ½ cup water with cornstarch. Blend in well 2 eggs. Put remaining water and syrup in 2 quart saucepan, stir egg and cornstarch mixture into syrup. Heat on stove over low-medium heat and stir until thick. Add vanilla, mix well, let cool.

### **Maple Pecan Pie**

**Greta Crandall, Peru, Vt.**

1 cup Vermont maple syrup  
1 cup sugar  
4 eggs, lightly beaten  
¼ cup butter, melted  
2 tsp. vanilla

Dash of salt  
1 tsp. lemon juice and ½ tsp. zest,  
if desired  
1¼ cups pecan halves or chopped  
1 unbaked pie shell (9-inch)

Whisk together all ingredients except pecans; then stir in the pecans. Pour into shell and bake 10 minutes at 450°F. Reduce heat to 350°F and bake 35 minutes longer or until filling is just set. Serve with whipped cream. Yield: 6 to 8 servings.

### **Maple Blueberry Buckle**

**Deb Grennon, St. Albans, Vt.**

#### **For filling:**

⅓ cup Vermont maple syrup  
2 cups blueberries  
½ tsp. cinnamon

½ tsp. all-spice  
1 Tbsp. lemon zest

Combine filling ingredients in a saucepan and heat gently. Pour into a buttered 8x8-inch pan.

#### **For Topping:**

1 cup flour  
1½ tsp. baking powder

¼ tsp. salt  
3 Tbsp. butter  
2 Tbsp. each of Vermont maple syrup and milk

Sift the dry ingredients. Cut the butter into the dry ingredients until the pieces are about the size of small peas. Blend syrup and milk and add to the flour, tossing with a fork or hands. The dough should be neither too dry nor too wet. Roll out dough into a square 8x8-inches. Place dough on top of the fruit mixture and bake about 20 minutes in 400°F preheated oven. May top with whipped cream. Yield: 6 to 8 servings.

### **Maple Upside-Down Cake**

**Alycia Moore, Danville, Vt.**

1 cup Vermont maple syrup  
½ cup walnuts, chopped  
2 Tbsp. honey  
2 eggs

2 Tbsp. oil  
2 cups flour  
4 tsp. baking powder  
1 cup milk

Bring maple syrup to a boil in saucepan, remove from heat and pour into a 9x11 baking dish. Sprinkle walnuts evenly on top. Mix well all the remaining ingredients, pour over maple syrup and nuts, gently spreading it with spatula (don't worry about it too much, it spreads out more as it bakes). Bake at 350°F for 25 minutes or until toothpick inserted near center comes out clean.

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