

*Across the Fence*  
**Maple Recipes – April 2013**

**Lyn Jarvis' Recipes**

**Vermont Maple-Pumpkin Pie**

40 vanilla wafers, finely crushed (About 1¼ cups)	1¼ cups canned pumpkin
¼ cup butter, melted	1 cup evaporated milk
1 pkg. (8 oz.) cream cheese, softened	1½ tsp. pumpkin pie spice
¾ cup sugar, divided	¾ cup thawed whipped topping
3 eggs, divided	3 Tbsp. chopped walnuts
	¼ cup Vermont maple syrup

Heat oven to 350°F. Mix crumbs and butter; press onto bottom and up side of 9-inch pie plate. Beat cream cheese, ¼ cup sugar and 1 egg with mixer until well blended. Spread onto bottom of crust. Mix remaining sugar, eggs, pumpkin, milk, and spice; carefully pour over cream cheese mixture (note: crust will be full). Bake 1 hour to 1 hour 5 min. or until center is set. Cool completely. Serve topped with remaining ingredients. **Yield:** 8 servings.

**Maple Cranberry Sauce**

12 oz. fresh cranberries (1 bag), well-washed	1 cup cranberry-raspberry juice
1 cup Vermont maple syrup	Grated zest of 1 orange
	1 cup walnut halves

Combine cranberries, maple syrup, juice and orange zest in a heavy saucepan. Bring to a boil, lower heat to medium and cook for about 10 minutes, or until cranberries pop open. Carefully skim off any foam that forms on the surface. Stir in the walnuts. Cool. Refrigerate until use. This recipe may be doubled. **Yield:** 10 to 12 servings.

**Vermont Maple Nut 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 or walnuts
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 syrup and buttermilk. Stir in dry ingredients just until moistened. Stir in pecans. Pour into a greased 9x11-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 maple syrup if desired or allow to cool.

## **Maple-Cinnamon Chip Bars**

1 cup butter, softened  
2 cups packed brown sugar  
2 eggs  
2 tsp. vanilla extract  
2 $\frac{2}{3}$  cups all-purpose flour  
2 tsp. baking powder  
1 tsp. salt  
 $\frac{3}{4}$  cup cinnamon baking chips

1 Tbsp. cinnamon  
1 Tbsp. sugar

### **Glaze**

$\frac{1}{2}$  cup confectioner's sugar  
3 Tbsp. Vermont maple syrup  
 $\frac{1}{2}$  tsp. vanilla

In a large bowl, cream butter and brown sugar until well blended. Beat in eggs and vanilla. In another bowl, mix the flour, baking powder and salt; gradually beat into creamed mixture. Stir in cinnamon chips. Spread into a greased 13x9-inch baking pan. Sprinkle with cinnamon and sugar. Bake at 350°F for 30 to 35 minutes or until golden brown and a toothpick inserted in center comes out clean. Cool completely in pan on a wire rack. In a small bowl mix all glaze ingredients until smooth; drizzle over top. Cut into bars. Store in an airtight container. **Yield:** 2 dozen bars.

## **Deb Plumley's Recipes**

### **Maple Bacon Sticky Buns**

#### **Syrup**

$\frac{1}{2}$  lb. bacon, cooked until medium-brown  
 $\frac{1}{3}$  cup brown sugar  
 $\frac{1}{4}$  cup all-purpose flour  
 $\frac{1}{4}$  cup Vermont maple syrup  
2 Tbsp. butter, melted

#### **Biscuits**

2 cups all-purpose flour  
2 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  cup (4 Tbsp.) cold butter  
1 cup cold milk

Preheat the oven to 475°F. Lightly grease an 8-inch square or 9-inch round pan; whichever size you choose, make sure it's at least 2-inches deep, to prevent any boil-over.

**Syrup:** Chop the cooked bacon into  $\frac{1}{2}$ -inch pieces. Combine the bacon with the remaining syrup ingredients, stirring until well combined. Spread in the bottom of the prepared pan.

**Biscuits:** Whisk the dry ingredients together in a bowl. Work in the butter until the mixture is crumbly; some larger, pea-sized pieces of butter may remain intact. Add the milk, stirring to make a sticky dough. Drop the dough in heaping tablespoonfuls atop the syrup in the pan. A tablespoon cookie scoop, slightly overfilled, works well here. Bake the biscuits for 10 minutes. Turn the oven off, and leave them in the oven for an additional 5 to 10 minutes, until they're golden brown. Remove the biscuits from the oven, and immediately turn the pan over onto a serving plate. Lift off the pan, and scrape any syrup left in the pan onto the biscuits. Pull biscuits apart to serve. **Yield:** 16 small biscuits.

## **Maple Doodles**

2 cups all-purpose flour	1 cup brown sugar
1½ tsp. baking powder	3 Tbsp. Vermont maple syrup
¼ tsp. baking soda	1 egg
1½ tsp. ground cinnamon	2 Tbsp. white sugar
½ cup butter, softened	2 Tbsp. maple sugar

Preheat oven to 350°F. Stir together the flour, baking powder, baking soda and cinnamon. Set aside. In a large bowl, cream together the butter and the brown sugar until light and fluffy. Beat in the egg and maple syrup. Gradually blend in the dry ingredients until just mixed. In a small bowl, mix together the white sugar and maple sugar. Roll dough into 1 inch balls, and roll the balls in the sugar mixture. Place cookies 2 inches apart on parchment paper lined cookie sheets. Bake 8 to 10 minutes in the preheated oven. Cookies will be crackly on top and look wet in the middle. Remove from cookie sheets to cool on wire racks. **Yield:** 2 dozen.

## **Carolyn Peake's Recipes** **Quick Maple Syrup Cake**

1 pkg. yellow cake mix  
⅓ cup sugar (white or maple)  
1 tsp. cinnamon  
1 cup Vermont maple syrup  
½ cup chopped nuts

Bake cake in 13x9-inch pan as directed on package. Cool 5 minutes. Cut cake into large diamond shapes. Remove from pan and place on serving plate. Mix sugar and cinnamon and sprinkle over top of cake mixing into the sugar to form a glaze and let excess sink to bottom of cake. Heat syrup slightly and pour over cake. Sprinkle with nuts. Serve warm or cool.

## **Maple Roasted Vegetables**

2 lbs. baby-cut carrots  
2 red, orange or yellow bell peppers (or combination of colors) cut into 1-inch chunks  
1 large onion cut into wedges  
2 lbs. sweet potatoes, peeled and cut into 1-inch chunks  
2 lbs. winter squash, peeled and cut into 1-inch chunks  
½ cup Vermont maple syrup  
3 Tbsp. olive oil  
1 Tbsp. kosher or sea salt

Heat oven to 400°F and spray two 15x10x1-inch pans with cooking spray. In a large bowl, toss all ingredients. Spread evenly into pans. Roast uncovered for 1 hour until vegetables are tender and golden. **Yield:** 12 servings. Recipe may be halved.

### **Vermont Spring Chicken**

2½ to 3 lbs. cut up chicken (or equivalent chicken breasts)	2 tsp. lemon juice
2½ tsp. grated lemon rind	¼ cup butter, melted
Dash of pepper	½ cup Vermont maple syrup
	¼ cup chopped almonds

Place chicken in a shallow greased baking dish. Combine remaining ingredients and pour over chicken. Bake uncovered, at 400°F for 50 to 60 minutes, or until juices run clear. Baste occasionally while cooking.

### **Vermont Mulled Cider**

2 quarts apple juice	Whole cloves (a few)
1 cup Vermont maple syrup	Lemon slices cut in half for garnish
1 stick cinnamon	

Combine cider, syrup, cinnamon and cloves and heat thoroughly, but do not boil. Remove cloves and serve hot with lemon slices in cup.

### **Bread Machine Maple Oatmeal Bread**

1 cup very hot water	¼ cup sugar (maple or white)
½ cup rolled oats	1 tsp. salt
3 Tbsp. softened butter	1 pkg. yeast
¼ cup Vermont maple syrup	1 large egg, unbeaten
3 cups bread flour	

Combine hot water, oats, butter, maple syrup and salt. Let this mixture cool to lukewarm. Add egg. Follow your bread machine directions for order of wet and dry ingredients and yeast. Use white bread setting.

### **Viewer's Recipes**

#### **Vermont Maple Stew**

**Jan Hall, Lake Elmore, Vt.**

1½ lbs. ground beef	2 medium onions, thickly sliced
½ lb. bacon	½ cup Vermont maple syrup
1 can (28 oz.) whole tomatoes	Salt and pepper to taste
1 can (15 oz.) dark kidney beans, drained	

Cut bacon into 1-inch squares and brown them in a frying pan; remove bacon, drain, and discard grease. Brown ground beef, drain, then put all ingredients into a large, heavy saucepan and simmer for 45 minutes. Stew should be prepared a few hours before serving.

### **Frosted Maple Pecan Cake**

**Bunchie Angell, Tunbridge, Vt.**

1 cup Vermont maple syrup  
1 cup reduced-fat sour cream  
¼ cup butter, melted  
1 tsp. vanilla  
1 large egg  
2½ cups flour  
1 tsp. baking soda  
¼ cup chopped pecans, toasted  
½ tsp. salt

#### **Frosting:**

1 ½ cups confectioner's sugar  
2 ½ Tbsp. Vermont maple syrup  
1 Tbsp. whipping cream  
⅛ tsp. salt  
¼ cup pecans or walnuts, chopped

Preheat oven to 350°F. In medium bowl, whisk together maple syrup, sour cream, butter, vanilla, and egg. Combine dry ingredients and pecans in large bowl, mix well then add syrup mixture, stirring until the batter is well blended. Pour into 9-inch square pan coated with cooking spray, bake 30 minutes or until cake test done with toothpick. Let cool on wire rack before frosting. **Frosting:** combine in bowl all ingredients, except pecans or walnuts. Beat with mixer on medium speed until smooth. Spread evenly over completely cooled cake, and sprinkle with nuts. More syrup and/or cream may be used to make the frosting easier to spread.

### **Jan's Maple-Sausage Quiche Pie**

**Jan Ford, Colchester, Vt.**

1½ cups cooked maple flavored sausage,  
cut into small pieces\*\*  
1 cup carrots, coarsely grated  
¼ cup Vermont maple syrup  
1½ cups oven roasted potatoes (baked  
ahead of time)\*

2 cups shredded cheddar cheese, divided  
1 cup milk  
3 eggs  
¾ cup biscuit mix  
salt and pepper to taste

Preheat oven to 400°F. Butter a large deep dish glass pie plate (or comparable baking dish). Mix cooked sausage and carrots in bottom of dish, cover with the maple syrup and mix. Season potatoes with butter, salt and pepper to taste. Add in the potatoes and 1½ cups cheese and mix well, place in baking dish. In a separate bowl, beat together the milk, eggs, biscuit mix, salt, and pepper until almost smooth. Pour biscuit mixture over sausage-carrot mixture and bake until thin butter knife inserted near the center comes out clean, about 35 minutes. Remove from oven and top with remaining ½ cup cheese. Bake for an additional 5 to 10 minutes or until cheese has melted and turns light golden brown. Cool for 5 to 10 minutes before serving. **Yield:** 6 to 8 servings. **\*Note:** Cooked sweet potatoes or tater tots can be used instead of oven roasted potatoes. \*\* A 6.49 oz. pkg. of brown and serve Banquet® maple sausage works well.

### **Best Ever Ham Loaf**

**Betty Carr, Waterbury, Vt.**

1 lb. fresh pork, ground  
1 lb. ham, ground  
¼ cup Vermont maple syrup  
¼ tsp. mustard  
1 cup bread crumbs  
1 cup milk  
Whole cloves

#### **Basting:**

6 Tbsp. Vermont maple syrup  
½ tsp. mustard  
½ tsp. cloves  
3 Tbsp. water  
4 Tbsp. vinegar

Combine the first six ingredients. Pack in a large loaf pan. Stick with cloves to taste. Bake at 350°F for 50 to 55 minutes. Combine all the basting ingredients together. Baste every 15 minutes with the basting syrup. A small can of crushed pineapple may be poured over the loaf during the last 15 minutes of baking. **Yield:** 8 servings.

## **Maple Bread Pudding**

**Catherine Marshall, Waterbury, Vt.**

7 slices bread	1 tsp. salt
3 cups milk, scalded*	1 tsp. cinnamon
2/3 cup Vermont maple syrup	1/2 cup raisins
2 eggs, well beaten	

Break bread in pieces in buttered baking dish and pour scalded milk over it. Mix in the remaining ingredients and bake for 1 hour at 350°F. Serve hot with whipped cream. **Yield:** 8 servings. **\*Note:** Scalded milk can make a slight difference in the texture of baked items and custards. Heat the milk to 180°F. At this temperature, the milk should just begin to come to a light froth: you will see around the edges of the pan, where tiny bubbles will form. This point can be determined visually or with a thermometer.

## **Maple Apricot Date Bread**

**Ruth Nash, Andover, Vt.**

1/2 cup dried apricots	1 1/2 tsp. salt
1/2 cup chopped dates	1 cup brown sugar
1 cup chopped walnuts	1 egg, well beaten
3 cups flour, sifted	1/2 cup Vermont maple syrup
3 tsp. baking powder	1 cup milk
1/4 tsp. baking soda	3 oz. cream cheese

Preheat oven to 350°F. Cover dried apricots with boiling water and let stand about 15 minutes. Drain and cut into small pieces. Mix apricots with chopped dates and nuts. Combine flour, baking powder, salt, and soda; add brown sugar, apricots, dates and nuts and mix well. Combine egg and milk and stir into the flour mixture. Add the maple syrup and stir well. Pour into a well-greased 9x5-inch loaf pan, and let stand about 20 min. before baking. Bake at 350° F. for 1 1/2 hours. Frost with cream cheese and decorate with nuts. **Yield:** 1 loaf

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