

Across the Fence

Maple Recipes – April 2018

Lyn Jarvis' Recipes

Apple-Blueberry Maple Crisp

6 cups peeled sliced firm apples
1½ cups blueberries
⅓ cup Vermont maple syrup
¼ cup sugar
2 Tbsp. flour
1 Tbsp. lemon juice
¼ tsp. cinnamon

Topping:

½ cup packed brown sugar
½ cup flour
½ to ¾ cup rolled oats
½ tsp. cinnamon
½ tsp. nutmeg
¼ cup Vermont maple syrup
2 Tbsp. butter, melted

In a large bowl, combine the apples and blueberries, toss with maple syrup. Add sugar, flour, lemon juice, and cinnamon. Spread in 8-inch square baking dish. **Topping:** In bowl combine brown sugar, flour, rolled oats, cinnamon, and nutmeg. Pour in maple syrup and butter; toss until moistened. Sprinkle over fruit. Bake in 350°F oven for one hour or until golden brown and fruit is fork tender. Let cool on rack for 15 minutes. Top with whipped cream. **Yield:** 6 servings.

Maple Pralines

2 cups sugar
⅔ cup milk

1 cup Vermont maple syrup
2 cups pecans or walnuts, chopped

In a saucepan, combine sugar, milk, and maple syrup and bring to a boil until soft ball forms when a bit of mixture is dropped in dish of water. Remove from heat and cool. When lukewarm, beat until smooth and creamy. Stir in nuts and drop by teaspoonful on sheet of aluminum foil. When cool, about 15 minutes, remove from foil with spatula.

Maple Syrup Dressing

⅓ cup apple cider vinegar
⅔ cup olive oil (extra virgin is ok)
3 Tbsp. Vermont maple syrup

1 Tbsp. Dijon mustard
½ tsp. salt
black pepper, to taste

Place ingredients in a jar. Shake until well combined and creamy. Keep in the refrigerator for 2 to 3 weeks. **Yield:** about 1 cup

Carolyn Peake's Recipes

Slow Cooker Cranberry Sauce

4 cups fresh or frozen cranberries*
zest of 1 orange*
zest of 1 lemon

¾ cup orange juice
4 Tbsp. Vermont maple syrup
1 cinnamon stick, optional

Combine all the ingredients in a slow cooker and mix well. Cook on low for 3 to 4 hours, and then stir with a wooden spoon to break up and mash the cranberries. Sauce will thicken as it cools. ***Note:** Fresh cranberries can be substituted for 3 cups dried cranberries that have been warmed up in saucepan with 12 oz. orange juice, let dried cranberries sit and absorb liquid; about 10 minutes, then add to slow cooker and follow recipe. **Yield:** 8 to 10 servings.

Roasted Sweet-and-Sour Beets, Carrots and Parsnips

1 lb. small beets, trimmed, peeled and cut in wedges	1 lb. carrots, cut in 2-inch slices	2 Tbsp. olive oil
1 lb. parsnips, cut into 2-inch thick slices	¼ cup Vermont maple syrup	2 tsp. coriander seeds, crushed
	3 Tbsp. cider vinegar	½ tsp. dried tarragon
	1 lemon	12 fresh thyme sprigs
		½ tsp. ground pepper

Preheat oven to 400°F. Coat shallow roasting pan with cooking spray. Steam vegetables for five minutes, covered. Place the vegetables in the roasting pan. Combine syrup and vinegar and set aside. Squeeze lemon juice into a bowl and add the lemon halves to the vegetables. Combine juice, oil, coriander, tarragon and thyme sprigs. Pour over the vegetables and toss well to coat. Sprinkle with pepper. Bake for 30 minutes. Pour syrup mixture over vegetables and stir to coat well. Bake 30 minutes more or until beets are tender. Discard lemon halves and garnish with more thyme sprigs, if desired. **Yield:** about 7 servings (1 cup per servings).

Banana Bread with Maple Crumble

Crumble:

¾ cup pecans, lightly toasted and finely chopped	¼ cup unbleached all-purpose flour
½ cup Vermont maple sugar	¼ tsp. ground cinnamon
	¼ cup unsalted butter, softened

Bread:

1¼ cups very ripe mashed bananas (about 3)	2 eggs
¾ cup Vermont maple syrup	2 cups unbleached all-purpose flour
½ cup butter, melted and cooled	1 tsp. baking soda

Crumble: With the rack in the middle position, preheat oven to 350°F. Butter a 10x4-inch loaf pan and line with a sheet of parchment paper, letting it hang over sides. In a bowl, combine the pecans, maple sugar, flour, and cinnamon. Add the butter and mix with hands until dough is just moistened. Set aside. **Bread:** In a bowl, whisk together the bananas, maple syrup, butter, and eggs. Set aside. In a large bowl, combine flour and baking soda. With a wooden spoon, stir in the banana mixture until the batter is just moistened. Spread half the batter in the prepared pan. Sprinkle with half the crumb mixture. Pour in the rest of the batter and sprinkle with remaining crumb mixture. Bake for about an hour and 15 minutes or until a toothpick inserted in the center of the loaf comes out clean. Let cool completely on a wire rack before removing from pan.

Maple-Apple Chicken Breasts

4 boneless skinless chicken breast halves	2 large Granny Smith apples, peeled, cored and sliced
½ cup apple juice	¼ tsp. black pepper
2 Tbsp. Vermont maple syrup	⅛ tsp. cinnamon
½ tsp. fresh thyme leaves	
1 Tbsp. butter	

Combine chicken, apple juice, maple syrup and thyme in a large zip-top bag, seal and marinate chicken in refrigerator for 30 minutes. Remove chicken from marinade, reserving the marinade. Over medium-high heat, place a large skillet that has been coated with cooking spray. Add chicken and cook for 5 to 6 minutes on each side or until cooked through. Remove the chicken from the pan and set aside. Melt the butter in the pan. Add apples and sauté about 4 minutes. Add reserved marinade, pepper and cinnamon and bring to a boil. Reduce heat and simmer 4 minutes or until slightly reduced. Return chicken to pan and cook additional 2 minutes or until heated through. **Yield:** 4 servings.

Deb Plumley's Recipes

Glazed Apple-Maple Blondies

1½ cups packed brown sugar
½ cup butter, melted and cooled
½ cup maple syrup
2 tsp. vanilla
2 large eggs

2 cups all-purpose flour
¾ tsp. salt
¼ tsp. baking soda
3 cups chopped peeled apples (about
3 medium)

Glaze:

¼ cup butter, cubed
½ cup Vermont maple syrup

¼ cup packed brown sugar

Preheat oven to 350°F. Line a 13x9x2-inch baking pan with parchment paper, letting ends extend up sides. In a large bowl, beat brown sugar, melted butter, syrup, and vanilla until blended. Beat in eggs. In another bowl, whisk flour, salt, and baking soda; gradually beat into brown sugar mixture. Stir in apples (batter will be thick). Transfer to prepared pan. Bake 25 to 30 minutes or until golden brown and a toothpick inserted in center comes out with moist crumbs. Meanwhile, in a small saucepan, melt butter over medium-low heat; stir in syrup and brown sugar. Bring to a boil over medium heat; cook and stir 2 to 3 minutes or until slightly thickened. Remove from heat; cool slightly. Pour glaze over warm blondies. Cool completely in pan on a wire rack. Cut into bars. **Yield:** 2 dozen.

New England Maple and Blueberry Cornbread

1¼ cups flour
1 cup cornmeal, yellow, blue, or white
1 Tbsp. baking powder
½ tsp. salt
2 large eggs

¾ cup milk
¼ cup butter, melted
¼ cup Vermont maple syrup
1½ cups fresh or individually frozen
blueberries, unthawed

Preheat the oven to 400°F. In a medium bowl, mix the dry ingredients together, flour, cornmeal, baking powder, and salt. In another bowl, whisk two large eggs. Add milk and melted butter. With a [spatula](#), mix dry ingredients into the liquid mixture. Stir until just combined. Carefully fold the berries into batter. Do not mix enough to spread blue juice throughout the batter. Spoon the batter into a well-greased 9-inch pan. Bake for 23 to 27 minutes or until done. If you remove the bread from the pan by inverting the pan, the crust will be crunchier. Serve warm.

Viewer's Recipes

Hot Maple Cake

Rita Langlois – Fairfax, Vt.

1½ cups flour
¾ cup sugar
2 tsp. baking powder
½ tsp. salt
¾ cup milk

½ cup chopped walnuts
1½ cups dark Vermont maple syrup
¾ cups water
2 Tbsp. butter
whipped cream or ice cream for topping

Mix together first 6 ingredients (through walnuts). Pour into a greased 8x8x2-inch pan. Combine the maple syrup, water and butter in a small pan. Heat just until butter melts. Pour the warm sauce over the cake batter; do not stir. Bake in a preheated 350°F oven for 45 minutes. Serve warm with whipped cream or ice cream. **Yield:** 6 servings.

Vermont Maple Cheesecake
Elma Prior – Essex Junction, Vt.

Graham Cracker Crust:

1¾ cups graham cracker crumbs
⅓ cup butter, melted
¼ cup sugar

Mix all together. Press firmly onto bottom and 2½-inches up side of 8 or 9-inch spring form pan. Set aside.

Maple Cheesecake:

½ cup flour	1 cup Vermont maple syrup
¼ tsp. salt	1 tsp. vanilla
¼ tsp. baking soda	
3 eggs	Topping:
¾ cup sugar	1 cup heavy cream
8 oz. cream cheese	½ cup Vermont maple syrup
1¼ cups heavy cream	pecans for garnish

Sift together flour, salt and baking soda. Beat eggs. Add sugar and blend well. Cream the cream cheese until fluffy. Add heavy cream slowly and beat until smooth. Blend in the cup of maple syrup, egg mixture and dry ingredients. Add vanilla and mix well. Pour filling into prepared graham cracker crust. Bake at 350°F degrees if using a silver spring form pan (or 325°F if using a dark pan) for 1 hour to 1 hour and 10 minutes or until center is almost set when tested with a knife. Turn oven off. Open oven door slightly. Let cheesecake set in oven for 45 minutes or until firm. Remove from oven and cool completely. Refrigerate for at least 4 hours. Loosen cheesecake from rim of pan and remove rim. When ready to serve whip 1 cup heavy cream with ½ cup maple syrup. Spread over cake and garnish with pecans.

Maple Cream Meltaway
Karin Gottlieb – Stowe, Vt.

1 Tbsp. plain gelatin	3 eggs, separated
2 cups milk	¼ tsp. salt
⅔ cup Vermont maple syrup	½ cup heavy cream
1 tsp. vanilla	toasted almonds, slivered

Combine milk and gelatin in saucepan; stir over medium heat until gelatin is dissolved. Beat part of the hot mixture into beaten egg yolks. Return to saucepan and cook and stir until custard coats the spoon. Remove from heat and cool. Slowly stir in maple syrup and vanilla. Beat egg whites with salt until stiff. Fold into maple mixture. Fold into maple mixture. Pour into 1½-quart mold or 8 individual cup molds. Chill. Unmold and serve with sweetened whipped cream and toasted almonds. **Yield:** 8 servings.

Maple Salad
Virginia Frye – Danville, Vt.

1 pkg. (8 oz.) cream cheese	1 cup chopped walnuts
1 cup Vermont maple syrup	1 cup chopped dates
1 can (16 oz.) crushed pineapple, drained	1 container (8 oz.) whipped topping

Blend cream cheese and maple syrup by mashing cream cheese bit by bit with a spoon. Stir and mix in last 4 ingredients until smooth and place in serving dish. Refrigerate until ready to serve.

Maple-Nut Pie

Anita Laroche – Highgate Center, Vt.

1 cup coarsely chopped walnuts
2 eggs beaten
½ cup sugar
2 Tbsp. butter

1 cup Vermont maple syrup
1 cup cream or evaporated milk
⅛ tsp. salt
crust for bottom of pie

Place crust in 9-inch plate and flute edges. Arrange nuts on bottom of crust. Cream the butter, sugar and salt together. Add beaten eggs, maple syrup and cream. Pour over nuts. Bake at 450°F for 10 minutes. Reduce heat to 350°F and bake about 30 minutes longer until a knife inserted in center comes out clean. Serve with whipped cream and sprinkle nuts on each plate.

Vermont Maple Stew

Betty Ann Lockhart – Charlotte, Vt.

2 lbs. beef stew meat
2 cups carrots
1 envelope onion soup mix
1 can (28 oz.) tomatoes, crushed or diced
2 cloves garlic

½ cup onions, chopped or more
¼ cup Vermont dark maple syrup
2 Tbsp. tapioca
2 Tbsp. tomato paste

Put all ingredients in slow cooker and cook on HIGH for 6 to 8 hours, until meat is tender. Recipe maybe halved.

Maple Syrup Pie

Misty Chase – Montpelier, Vt.

1 cup Vermont maple syrup
1 egg
1 Tbsp. butter, room temperature
2 tsp. lemon juice

2 Tbsp. all-purpose flour
½ cup chopped walnuts, optional
favorite recipe for double crust pie

Preheat oven to 350°F. Mix together maple syrup, egg, butter, lemon juice and flour; beat until smooth. Fold in walnuts, if desired. Pour mixture into pie crust, cover with remaining crust; seal and flute edges. Bake for 45 minutes or until golden brown.

*Editor's Note: In the recipes for March 2017, **5 Ingredients or Less**, on page 3 we omitted an ingredient in the recipe for **Chocolate Mayonnaise Cake**. Please add **1 cup mayonnaise**. Sorry for the inconvenience this may have caused.*

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