

Across the Fence

Maple Recipes – April 2017

Deb Plumley's Recipes

Baked Chicken with Maple Butter Glaze

1½ tsp. paprika	1 whole chicken, cut up
½ tsp. salt	2 Tbsp. Vermont maple syrup
¾ tsp. ground cinnamon	1½ Tbsp. butter
¾ tsp. ground cumin or chili powder	1½ Tbsp. Dijon mustard

Preheat the oven to 500°F. Line a baking sheet with aluminum foil and spray the foil with nonstick cooking spray. In a small bowl, combine the four dry spices. Place the chicken pieces skin side up on the baking sheet. Sprinkle and rub the spice mixture evenly over the chicken (leave the drumsticks without spices for picky eaters, if desired). Position the sheet in the upper third of the oven, about 4 inches from the heating element, and bake it, without turning it, for 15 minutes. Meanwhile, in a small saucepan combine the maple syrup, butter and mustard. Stir it over low heat until the butter melts. Remove it from the heat. After the chicken has baked for 15 minutes, remove it from the oven, brush it with the maple glaze, and bake it for 5 more minutes. Brush the chicken with the glaze again and bake 5 minutes more. Remove from the oven and serve immediately, or refrigerate for up to 3 days. **Note:** The chicken cooks quickly due to the high heat and the close proximity to the oven heating element. You may cook at a lower heat and adjust times accordingly. **Slow Cooker Directions:** Place the chicken in the slow cooker, then sprinkle and rub the spice mixture evenly over the chicken. (Placing the chicken in the slow cooker keeps the rub contained and also eliminates mess.) Melt the butter, and then combine it with the maple syrup and mustard. Brush the chicken with about half of the glaze. Cook on LOW for 6 to 8 hours, or HIGH for 3 to 4 hours until the chicken is cooked through. About half an hour before serving, brush the chicken with the remainder of the glaze. (Slow cooker cooking times may vary, get to know your slow cooker and, if necessary, adjust cooking times accordingly.)

Maple Cinnamon Cookies

2 cups flour	½ cup Vermont maple syrup, divided
½ cup sugar	1 egg
2 tsp. cinnamon	1 tsp. maple flavoring
1 cup salted butter, chilled and thinly sliced	

In a large mixing bowl, add flour, sugar, cinnamon, and butter. Mix with an electric mixer on medium speed until the dough begins to form pea-sized balls. Add ¼ cup maple syrup, egg, and maple flavoring and mix again just until combined and dough can be formed into a ball. Chill dough for 30 minutes to an hour. Roll chilled dough in small balls (about an inch to an inch-and-a-half). Drop in a mixture of 3 tablespoons sugar and 1 tablespoon cinnamon, and roll the cookie ball until fully coated in sugar*. Place 2 inches apart on a greased cookie sheet. Make a crisscross pattern on the cookies with a fork to flatten them. Lightly brush the cookies with the remaining maple syrup using a pastry brush. Bake at 325° for about 13 to 17 minutes. * **Note:** You may substitute maple sugar for the sugar/cinnamon mixture for even more of a maple flavor.

Maple Caramel Bacon Treats

1 lb. bacon
1 pkg. refrigerated crescent rolls

½ cup maple syrup
¾ cup brown sugar

Preheat oven to 325°F. Line a rimmed baking sheet (like a 15x10) with parchment paper and lightly grease the parchment with cooking spray. Unroll the crescent rolls into one single plane of dough and pinch any perforations together to seal. Stretch the dough out to fit the size of the pan with your hands so it's even. Prick the dough with a fork all over. Set aside. Meanwhile, cook your bacon. Cook it until it's technically safe enough to eat and just about done, but still lighter in color and not quite crispy. You don't want it fully cooked and crispy as it will continue to cook in the oven. I pulled mine out of the pan right when they were a medium-pink color. Drain the bacon on a paper towel-lined plate. Drizzle ¼ cup of the maple syrup over the crescent roll dough. Sprinkle with about ¼ cup of the brown sugar. Top with torn pieces of the cooked bacon. Drizzle the remaining maple syrup on top of the bacon pieces, and top with the remaining brown sugar. Bake for approx. 25 minutes or until bubbling and caramelized. Remove from the oven and allow the pan to come to room temperature or warm to the touch before cutting or breaking into pieces. You can serve this at room temperature or slightly warmed. It tastes best the day of, but can be eaten the next day if stored airtight.

**Do-ahead tip:* the bacon may be cooked ahead of time and refrigerated until ready to use.

Sour Cream-Maple Bread

1¾ cups all-purpose flour
2 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
1 stick unsalted butter, room temperature
¾ cup Vermont maple syrup

1 cup sour cream
1 egg
½ cup chopped pecans
2 tsp. ground cinnamon
¼ cup sugar

Preheat oven to 350°F. Grease and flour a 1-lb. loaf pan. In a small bowl, stir and toss together the flour, baking powder, baking soda and salt. Set aside. In a bowl, using a whisk, beat the butter until smooth, then slowly add the maple syrup, whisking constantly. Whisk in the sour cream and egg. Stir in the pecans. Add the flour mixture and stir until just blended. Mix cinnamon into sugar and stir into batter with flour mixture. Spoon the batter into the prepared pan and bake until a toothpick inserted into the center of the loaf comes out clean, 50 to 60 minutes. Transfer the pan to a wire rack and let cool for 15 minutes, then turn the loaf out onto the rack and let cool completely. **Yield:** 1 loaf.

Carolyn Peake's Recipes

Maple Sugared Walnuts (from Janet Miller)

4 to 6 cups walnuts (toast them a bit)
2 cups Grade A dark robust Vermont maple syrup

Heat maple syrup in a large, heavy-bottomed sauce pan to 245°F (this takes a while and yes, it **will** boil over if you don't keep an eye on it!). Pour syrup over walnuts and stir quickly. Spread out on a sheet pan and let cool.

French Maple Dressing (Aline Bouchard – Franklin, Vt.)

1 cup salad oil	1 Tbsp. lemon juice
$\frac{2}{3}$ cup ketchup	1 tsp. salt
$\frac{1}{2}$ cup apple cider vinegar	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ cup plus 1 Tbsp. grade A dark robust Vermont maple syrup	1 tsp. dry mustard
2 Tbsp. minced onion	1 tsp. paprika

Put all ingredients into a shaker and shake well. Refrigerate at least 3 hours to blend the flavors. Shake well before using.

Maple Pumpkin Bread (from Karen Fortin – Swanton, Vt.)

$1\frac{1}{2}$ cups grade A dark robust Vermont maple syrup	$\frac{3}{4}$ tsp. baking powder
$1\frac{1}{2}$ cups sugar	$1\frac{1}{2}$ tsp. cinnamon
4 eggs	$4\frac{1}{2}$ cups flour
1 cup oil	$1\frac{1}{2}$ tsp. baking soda
3 cups mashed pumpkin or squash	$1\frac{1}{2}$ tsp. cloves
$\frac{3}{4}$ tsp. salt	$1\frac{1}{2}$ tsp. nutmeg

Beat the maple syrup, sugar, eggs, and oil together then add pumpkin. Add dry ingredients and mix until blended (don't over mix). Pour into greased bread pans. Bake at 300°F for an hour and 20 minutes or until tester inserted in center comes out clean. Cool slightly then remove to rack to finish cooling. This freezes beautifully. **Yield:** 3 standard loaves or 5 to 6 small ones.

Pumpkin Maple Pecan Cheesecake (Rise Kingsbury – Topsham, Vt.)

Cheesecake:	3 Tbsp. grade A dark robust Vermont maple syrup
10 graham crackers, finely crushed	2 tsp. cinnamon
$\frac{1}{4}$ cup sugar	1 tsp. nutmeg
5 Tbsp. butter, melted	$\frac{1}{2}$ tsp. Sea salt
3 pkgs. (8 oz. each) cream cheese, room temperature	Maple pecan glaze:
3 large eggs, room temperature	1 cup heavy cream
1 can (15 oz.) pumpkin puree	$\frac{2}{3}$ cup grade A dark robust taste Vermont maple syrup
1 can (14 oz.) sweetened condensed milk	$\frac{3}{4}$ cup pecan pieces

Preheat oven 325°F. **For crust:** Combine sugar and graham crackers, pour into spring form pan, add butter; mix. Press into bottom of pan. **For cheesecake:** Beat cream cheese, mix at high speed until fluffy, reduce speed; add eggs, mix, add pumpkin, sweetened condensed milk and maple syrup. Next add cinnamon, nutmeg and salt. Beat well, until light and fluffy. Pour mix into the pan and tap to get air bubbles out. Bake until center is nearly set, jiggly when shaken, about 1 hour 15 minutes, allow cheesecake to cool. Chill for at least 4 hours or overnight. **For glaze:** In saucepan combine heavy cream and maple syrup, boil until slightly thickened (about 25 minutes), stirring occasionally. Stir in pecans. Cover and chill. Stir before spooning on the top of the cheesecake.

Lyn Jarvis' Recipes

Apple, Cherry and Walnut Salad with Maple Dressing

Maple Dressing:

¼ cup mayonnaise
¼ cup Vermont maple syrup
3 Tbsp. white wine vinegar
2 tsp. sugar
½ cup vegetable oil

Salad:

1 bag (5 oz.) mixed baby greens (about 10 cups lightly packed)
2 Granny Smith apples, peeled, cored, cut into matchstick-size strips
½ cup dried tart cherries
½ cup chopped walnuts, toasted

For dressing: Whisk mayonnaise, maple syrup, vinegar, and sugar in medium bowl to blend. Gradually whisk in oil until mixture thickens slightly. Season to taste with salt and pepper. Dressing can be prepared 3 days ahead. Cover and refrigerate. Re-whisk before using. **For salad:** Toss greens, apples, cherries, and ¼ cup walnuts in large bowl to combine. Toss with enough dressing to coat. Divide salad equally among plates. Sprinkle with remaining ¼ cup walnuts and serve. **Yield:** 6 servings.

Maple Kiwi Dessert

1 cup purple seedless grapes (halved)	1 cup green seedless grapes (halved)
1 cup chopped apples	1 cup chopped bananas
1 cup sliced strawberries	4 kiwi fruit, sliced, save a few slices for garnish
½ cup grade A robust Vermont maple syrup	

Mix above ingredients. Toss fruit in ⅛ cup cooking oil before adding maple syrup.

2 cups graham cracker crumbs	¾ cup Vermont maple syrup
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Mix graham cracker crumbs and maple syrup until well mixed.

½ pint whipping cream	¼ cup sugar
1 tsp. vanilla extract	½ tsp. maple extract

Combine ingredients and whip until thickened. Layer fruit mixture with graham cracker mixture in a serving dish. Top with whipped cream, garnish with reserved kiwi slices. Serve chilled.

Maple Cream Apple Pie

Brown Sugar Pastry:

1¾ cups all-purpose flour
¼ cup whole wheat flour
2 Tbsp. brown sugar or Vermont maple sugar
¼ cup cold water
11 Tbsp. butter

Maple Cream Apple Filling:

6 to 7 cups sliced, peeled and cored green apples
½ cup sugar
¼ tsp. cinnamon
1½ Tbsp. cornstarch
¼ cup Vermont maple syrup
2 Tbsp. whipping cream

Combine flours and brown (or maple) sugar. Remove ⅓ cup. Combine with cold water to form a paste. Into remaining flour mixture, cut in butter until mixture resembles coarse meal. Stir in paste. Form dough. Do not knead! Roll out half of dough to fit a 9-inch pie plate. In a bowl, combine apples with a combined mixture of sugar, cinnamon and cornstarch. Toss to coat evenly. Fill pie with apples. Combine the maple syrup and cream. Pour all but 2 tablespoons over apples. Place top crust over apples. Crimp edges. Cut a few slits in crust. Brush crust with remaining maple cream mixture. Bake at 450°F for 10 minutes. Lower heat to 350°F and continue baking for about 1 to 1½ hours until apples are tender. Cool on rack. Serve with Vermont cheddar cheese, if desired.

Vermont Maple Stew

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 (19 oz.) dark kidney beans, drained	

Cut bacon into 1-inch squares, brown them in frying pan. Remove and discard fat. Brown ground beef. Put all ingredients in a large, heavy sauce pan and simmer for about 45 minutes. Prepare a few hours ahead of time to let flavors develop.

Maple Streusel Bread

2 cups all-purpose flour	½ tsp. salt	⅔ cup Vermont maple sugar
1 cup whole-wheat flour	1½ cup milk	3 Tbsp. flour
1 cup Vermont maple sugar	1 egg	2 tsp. cinnamon
4 tsp. baking powder	1 tsp. vanilla	4 Tbsp. butter
1 tsp. baking soda	¼ cup butter, melted	½ cup walnuts, chopped

In a large bowl mix together flours, 1 cup maple sugar, baking powder, baking soda, and salt. In a separate bowl beat together the milk, egg, vanilla and butter. Add to dry ingredients and combine just until moistened. Grease 2 medium 8x4½-inch pans. Combine ⅔ cup maple sugar, flour, cinnamon, and butter. Divide batter in half. Pour half of batter into greased pan. Sprinkle with half of sugar mixture and cover with remaining batter. Repeat with second pan. Bake at 350°F for 45 to 50 minutes. **Yield:** 2 medium sized loaves.

Viewer's Recipes

Maple Oatmeal Cookies – Tammy Friedrich, Hyde Park, Vt.

1½ cups butter	2 tsp. vanilla	1 tsp. salt
1¾ cups Vermont maple syrup	6 cups old-fashioned rolled	2 tsp. soda
1 cup sugar	oats	
2 eggs	2 cups flour	

Preheat oven to 350°F. Beat together butter, maple syrup, sugar, eggs, and vanilla. Add oats and mix together; add flour, salt, and soda. Mix well. Drop by teaspoons full onto greased cookie sheet. Bake 12 minutes. For variety 1 cup coconut or raisins can be added.

Maple Mustard Chicken and Potatoes – Karin Gottlieb, Stowe, Vt.

4 skinless bone-in chicken thighs	⅓ cup brown mustard
1 to 1½ lbs. small potatoes, halved	1 Tbsp. yellow mustard
2 Tbsp. olive oil	¼ cup Vermont maple syrup
Salt & pepper to taste	Chopped fresh parsley for garnish

Preheat oven to 375°F. Season chicken and potatoes with olive oil, salt and pepper; transfer to a nonstick pan or 12-inch skillet that is oven safe. Set aside. In a small mixing bowl, combine mustard and maple syrup; whisk to combine. Pour the mustard mixture over the chicken and potatoes; toss to coat. Bake for 45 to 50 minutes, or until chicken is done cooking and potatoes are tender. Garnish with parsley. **Yield:** 4 servings.

Maple Raisin Pudding – Marco Ayala, South Hero, Vt.

2 Tbsp. butter	½ tsp. salt
¼ cup sugar	½ cup seedless raisins
2 eggs	1 cup milk
1½ cups flour	½ cup Vermont maple syrup
1 Tbsp. baking powder	Whipping cream or ice cream (optional)

In a mixing bowl cream sugar and butter. Add eggs, one at a time, beating well after each addition. Combine flour, baking powder, salt and raisins. Add alternately with milk to creamed mixture. In a small saucepan bring maple syrup to a boil. Pour into a greased 1½-quart baking dish. Pour batter over hot syrup; do not stir. Bake uncovered at 375°F for 35 minutes. Serve hot with whipped cream or ice cream, if desired. **Yield:** 6 to 8 servings.

Maple Crème Brulee – Greta Crandall, Peru, Vt.

1 qt. heavy cream	1 vanilla bean, split
10 egg yolks	¼ tsp. salt
⅓ cup Vermont maple syrup	

Heat cream and vanilla bean, do not scald. Whisk egg yolks and syrup together; pour these slowly into the cream mixture, whisking gently. Pour into custard cups or ramekins, set in a pan with hot water. Bake at 325°F for about an hour. After baking, let rest and cool. Remove from water, chill for several hours. Before serving, sprinkle sugar on top and caramelize sugar with chef's torch (or by placing under broiler for a few minutes) be careful not to burn. Decorate with strawberries or other fruit. Drizzle with additional maple syrup before serving.

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

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