

Across the Fence

Maple Recipes – April 2016

Deb Plumley's Recipes

Maple Bacon Party Mix

6 cups Chex[®] cereal
1 cup roasted peanuts
½ lb. bacon, cooked extra crispy
and chopped
4 Tbsp. butter, melted

4 Tbsp. Vermont maple syrup
¼ to ½ tsp. cayenne (depending on how
spicy you like it)
1½ tsp. sea salt

Combine cereal, peanuts and cayenne in a large microwave safe bowl. In a small bowl combine the butter and maple syrup. Add the butter mixture to the cereal and stir very well. Microwave on HIGH for 3 minutes, stirring every minute to prevent sugars from scorching. Add the bacon and salt. Stir. Let cool and serve.

Maple Baked Beans

2 cups dried beans, soaked overnight
and drained
8 cups water
1 tsp. baking soda
1 large onion, thinly sliced

¾ cup Vermont maple syrup
½ cup ketchup
1 Tbsp. mustard
1 tsp. allspice
Salt and pepper

Combine soaked, drained beans with baking soda and place in a large pot with the 8 cups of water. Cover and bring to a boil. Reduce heat and simmer, partially covered until tender, 1 to 1½ hours. Skim off any foam that rises to the top of the pot. Preheat oven to 300°F. Combine beans, cooking liquid and remainder of ingredients in a bean pot or deep baking dish and mix well. Season with salt and pepper. Cover and bake for 2 to 3 hours. Uncover, return to oven and allow the liquid to evaporate until the beans are swimming in a thick sweet sauce, about 45 to 60 minutes.

Lyn Jarvis' Recipes

Maple-Pecan Chicken

¼ tsp. each salt and pepper
4 skinned chicken breast halves
8 chicken drumsticks, skinned
¼ cup Vermont maple syrup
2 Tbsp. Dijon mustard
¾ tsp. paprika

⅛ tsp. garlic powder
1¼ cups finely crushed cornflakes (about 4 cups
uncrushed cereal)
½ cup finely chopped pecans
Cooking spray

Sprinkle salt and pepper evenly over chicken; set aside. Combine maple syrup, mustard, paprika and garlic powder in a small bowl; stir well. Mix cornflakes and pecans in a shallow dish; stir well. Brush both sides of chicken with syrup mixture; dredge chicken in cornflake mixture. Place chicken pieces on a large baking sheet coated with cooking spray. Bake in preheated 400°F oven for 40 to 45 minutes or until done. **Yield:** 8 servings.

Pear and Maple Pork Chops

1 large pear, cored and sliced
¼ cup finely chopped onion
¾ cup Vermont maple syrup
1½ Tbsp. butter, melted

¼ tsp. ginger
4 boneless pork loin chops
Salt and pepper

In a medium bowl, combine pear slices, onion, maple syrup, butter, and ginger; mix well and set aside. Sprinkle both sides of pork chops with salt and pepper. In a lightly greased heavy skillet, over medium high heat, sauté chops for 2 to 3 minutes on each side or until browned. Pour pear mixture over chops. Reduce heat to medium-low heat and cover; cook for 12 to 15 minutes or until pork chops are no longer pink. Place pork chops on serving platter; cover to keep warm. Cook sauce over medium high heat for 3 to 4 minutes, or until sauce is thickened, stirring constantly. Spoon over chops. **Yield:** 4 servings.

Maple Mulled Cider

2 quarts apple cider
¼ cup Vermont maple syrup
¼ tsp. nutmeg

1 cinnamon stick
6 whole cloves

Combine all the ingredients in a medium saucepan and simmer for at least 30 minutes, stirring occasionally. Pour into mugs and serve, leaving the cinnamon stick and cloves in the pot, if possible. **Yield:** 8 servings

Carolyn Peake's Recipes

Turkey Fingers with Maple-Mustard Sauce

1 cup buttermilk
2 tsp. plus ½ cup whole-grain mustard,
divided
1 lb. turkey tenderloins, center tendons removed
and cut into finger-sized strips
½ cup yellow cornmeal

½ cup all-purpose flour
1 tsp. ground cumin
1 tsp. dried thyme leaves
2 Tbsp. canola oil
¼ cup Vermont maple syrup

Set oven rack at lowest level and preheat oven to 450°F. Whisk together buttermilk and 2 teaspoons of the mustard in a large bowl. Add turkey and toss to coat. Combine cornmeal, flour, cumin, and thyme in another large bowl. Roll the turkey strips in the cornmeal mixture. Brush oil on a rimmed cookie sheet and place in the oven for 5 minutes. Place turkey strips (using tongs) onto the hot cookie sheet and return to oven. Bake for 10 minutes, or until undersides of the strips are golden brown. Turn the strips over and bake until the turkey is golden brown on the outside and no longer pink in the center, about 8 to 10 minutes longer. Combine maple syrup and the remaining ½ cup of the mustard in a small bowl. Serve the sauce with the hot turkey fingers.

Maple-Bacon Mixed Nuts

1¼ cups Vermont maple syrup, divided	2 Tbsp. dark brown sugar
1 cup water	2 Tbsp. confectioner's sugar
1 can (11.5 oz.) favorite nuts (mixed, peanuts, cashews, etc.)	½ cup bacon bits

Preheat oven to 325°F. Bring 1 cup of maple syrup and water to a boil in a medium saucepan on medium heat. Add the nuts and cook for 3 minutes, stirring occasionally. Drain. Mix remaining maple syrup and sugars in a medium bowl. Add nuts and bacon bits and toss to coat. Spread onto parchment-lined cookie sheet. Bake 10 minutes, and then stir. Reduce oven temperature to 300°F. Bake an additional 18 to 20 minutes or until nuts are crisp and lightly browned, stirring after 10 minutes. Allow to cool and enjoy!

Maple Blueberry Syrup

3 cups water	Small handful of fresh mint leaves
1 lb. blueberries, fresh or frozen	½ cup Vermont maple syrup
Juice of half a lemon	Soda water

In a saucepan, combine the water, blueberries, lemon juice (toss in the entire half lemon if you wish), mint leaves, and maple syrup. Bring to a boil, 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, releasing all juices. Return the warm, strained liquid to the saucepan. Bring to a boil again, reduce heat and simmer for about 20 to 30 minutes or until syrup is reduced to 2 cups of liquid. Place in jar and allow to cool in the refrigerator. To make blueberry soda, add a few tablespoons of syrup to iced soda water. Enjoy!

Maple Cinnamon Applesauce

3 Gala apples, or any other sweet, red apple	1 Tbsp. ground cinnamon
3 Granny Smith or Pippin apples	1 Tbsp. fresh lemon juice
¼ cup plus 2 Tbsp. Vermont maple syrup	Dash of sea salt

Peel, core and chop the apples into 2-inch pieces. In a heavy, stainless steel Dutch oven or saucepan, over medium heat, combine the apples, syrup, cinnamon, and lemon juice. Cover and simmer for about 12 minutes or until the apples have softened up a bit. Remove cover and continue cooking, stirring occasionally to break up larger pieces, until the apples are soft but still have some texture to them, about 5 to 10 minutes. Remove from heat and add more syrup, cinnamon or lemon juice to taste. Serve warm or cold. Allow to cool to room temperature before storing in the refrigerator.

Brussels Sprouts with Maple Syrup

4 Tbsp. olive oil, divided, plus more for drizzling
2 lbs. Brussels sprouts, trimmed and halved lengthwise
Salt and pepper to taste
¼ cup Vermont maple syrup

2 Tbsp. unsalted butter, at room temperature
2 Tbsp. chopped flat-leaf parsley
1½ Tbsp. fresh chives, thinly sliced
1 Tbsp. fresh sage leaves, thinly sliced

Heat 2 tablespoons oil in a large fry pan over medium-high heat. Working in 2 batches and adding 2 more tablespoons oil between batches, cook sprouts, cut side down, in a single layer in fry pan until deep golden brown, 4 to 5 minutes. Season sprouts with salt and pepper and toss. Cook until tender, 3 to 4 minutes longer. Transfer to a large bowl. Remove pan from heat and add maple syrup, butter and herbs to pan. Once butter has melted, add sprouts to pan and toss to coat. Transfer sprouts to large serving platter and drizzle lightly with oil.

Viewer's Recipes

Maple Syrup Oatmeal Cookies

Mrs. Royal W. Smith, Brattleboro, Vt.

1 cup flour
¼ tsp. salt
1 tsp. baking powder
1 cup oatmeal
½ cup chopped nuts

½ cup butter, at room temperature
1 egg
¾ cup Vermont maple syrup
½ tsp. vanilla

Sift and measure flour, salt and baking powder. Add oats and nuts. In a separate bowl, cream butter and then add egg. Beat until light. Add maple syrup and vanilla. Combine all ingredients. Drop by teaspoonful's onto a greased cookie sheet. Bake at 375°F for 10 to 12 minutes or until brown on edges.
Yield: 2 dozen cookies.

Maple Fruit Bread

Irene Minor, South Hero, Vt.

2 Tbsp. butter, melted
1 cup Vermont maple syrup
1 egg, well beaten
grated rind of 1 orange
2½ cups flour

3 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
¾ cup nuts, chopped
¾ cup orange juice

Blend first 4 ingredients until creamy. Sift dry ingredients and add nuts. Add to first mixture alternately with orange juice. Bake in greased loaf pan at 350°F for 1 hour. Bread is better if “ripened” at least one day before using.

Vermont Maple Apple Upside-Down Cake

Carolina Anderson, Rutland, Vt.

3 Tbsp. butter	¼ tsp. nutmeg
½ cup Vermont maple syrup	¼ cup butter
2 medium red apples	¾ cup sugar, divided
10 maraschino cherry halves	2 eggs, separated
1½ cups sifted flour	½ cup milk
2 tsps. baking powder	½ cup grated apples
¼ tsp. salt	

Melt butter in 9-inch square pan, add maple syrup and remove from heat. Cut cored, unpeeled apples into ½-inch slices and arrange in syrup mixture with maraschino cherry halves. Sift flour, baking powder, salt, and nutmeg together. Cream butter with ½ cup sugar and unbeaten egg yolks until fluffy. Add sifted dry ingredients and milk alternately in small amounts, beating well after each addition. Add grated apple. Beat egg whites until stiff but not dry. Beat in remaining sugar and fold this into batter. Spread batter over apples and syrup mixture. Bake at oven 350° for 40 to 50 minutes. Serve warm with ice cream or whipped cream.

Maple Potato Rolls

Judy Perdue, Washington, Vt.

1 pkg. dry yeast	1 cup melted butter
½ cup lukewarm water	4 eggs, well beaten
1 cup potato boiled and mashed	2 tsp. salt
1 cup lukewarm potato water	8 cups flour or enough to form
1 cup Vermont maple syrup	soft dough

Combine the yeast, water, potato, potato water and maple syrup and let stand in a warm place until spongy, about ½ hour. Stir the melted butter, eggs, salt, and flour in the listed order. Mix thoroughly, cover and let rise until double in bulk (in front of a sunny window works well) about 2 to 3 hours. Turn onto a floured board and knead two minutes. The less flour used, the lighter the dough will be. Roll with a rolling pin to about an inch thick and cut with a 2½-inch cutter. Place on buttered baking sheets far enough apart to allow for expansion. Let rise until double in size about 1 hour depending on warmth of room. Preheat oven to 425°F. Bake for 12 to 14 minutes or until pale golden brown on top and bottom. Serve warm. Freeze well. **Yield:** 3½ dozen.

Delicious Maple Bars

Jeannette Harvey, Rochester, Vt.

½ cup sugar	1 cup walnuts or coconut, finely chopped
½ cup soft butter	1 cup rolled oats
½ cup Vermont maple syrup	½ tsp. baking powder
1 egg	1 tsp. vanilla
⅔ cup sifted flour	

Preheat oven to 350°F. Grease an 8x8x2-inch pan. Mix all ingredients well. Spread in prepared pan. Bake for 30 to 35 minutes. While warm, cut into squares.

Maple Cheese Spoon Dessert
Mrs. Arvin Bashaw, Richford Vt.

3 apples	½ tsp. salt
1½ cups Vermont maple syrup	½ cup shredded cheddar cheese
2 cups sifted flour	1½ cups milk
3 tsp. baking powder	

Pare apples and slice thinly in an even layer in buttered 9x9-inch baking pan. Pour maple syrup over apples. Sift flour and add baking powder, salt and cheese. Add milk and stir until just mixed. Drop by spoonful's over apples and bake at 425°F for 30 to 35 minutes. Serve warm. If desired, serve with whipped cream flavored with ¼ teaspoon nutmeg.

Maple Apple Cheddar Pie
Awilda Stowe, Colchester, Vt.

½ cup sugar	1½ cup shredded cheddar cheese
2 Tbsp. flour	6 Tbsp. Vermont maple syrup, divided
½ tsp. cinnamon	1 Tbsp. cream
Pinch nutmeg and salt	Pastry for double-crust pie (9-inch)
5 cups apples, peeled and thinly sliced (about 5)	½ cup chopped nuts

Preheat oven to 375°F. Mix sugar, flour, cinnamon, nutmeg and salt in a large bowl. Toss apples to coat. Add cheese, 4 tablespoons maple syrup and cream. Mix well. Pour apple mixture into bottom crust; distribute mixture evenly. Cover with top crust, seal and flute edges. Cut slits on top to allow steam to escape. Brush top of pie with remaining maple syrup and sprinkle with chopped nuts. Bake for 40 to 50 minutes until done. **Yield:** 6 to 8 servings.

How to store Vermont maple syrup: According to the Vermont Sugar Makers Association, always refrigerate after opening. To preserve maple's fresh flavor and prevent crystallization, it can be frozen. Freeze and thaw any number of times, just thaw completely, mixing in any condensation on the top before use. Pure maple syrup should keep for a year unopened in the pantry, a year opened in the refrigerator, and indefinitely in the freezer.

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