

Across the Fence

Maple Recipes – April 2010

Lyn Jarvis' Recipes

Maple Pudding Cake

1 cup Vermont maple syrup	2 Tbsp. baking powder
2 Tbsp. oil	¼ tsp. salt
¾ cup sugar	1 cup milk
1½ cup flour	1 cup cream
1 egg	

Put maple syrup in buttered 9” deep dish pie plate or 8x8x2” baking pan. Cream oil, sugar, and egg together. Combine flour, baking powder, and salt. Add dry ingredients and milk to the oil and sugar mixture. Pour cake batter on top of the maple syrup. Pour the cream over the cake. Bake at 350°F for 30 minutes or until done.

Maple Cornbread

Mix these dry ingredients:

1⅛ cup cornmeal	3 tsp. baking powder
1⅛ cup whole wheat flour	½ tsp. salt

Then add the following:

1 egg, well beaten	¾ cup milk
½ cup Vermont maple syrup	3 Tbsp. melted shortening

Stir until well blended but do not beat. Pour into a shallow well-greased pan (9x9-inch or larger). Bake for 20 minutes in a 400°F oven. Cut in squares and serve hot with butter.

Maple Glazed Apple Muffins

1⅓ cups all purpose flour	⅓ cup butter, melted
1 cup old-fashioned oats, uncooked	¼ cup Vermont maple syrup
½ cup sugar	2 egg whites, slightly beaten
1 Tbsp. baking powder	1 cup apples, chopped
1½ tsp. ground cinnamon	Walnuts, lightly chopped (optional)
½ cup milk, low fat or skim	

Glaze:

3 Tbsp. powdered sugar	1 Tbsp. Vermont maple syrup
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Heat oven to 400°F. Grease muffin pan with cooking spray. Combine flour, old-fashioned oats, sugar, baking powder, and cinnamon; mix well. Add milk, melted butter, maple syrup, and egg whites, mixing just until moistened. Gently stir in apples. Fill muffin cups almost full. Top each with nuts, if desired. Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool slightly. Drizzle glaze over muffins. Yield: 10 to 12 muffins.

Vermont Salad

3 unpeeled apples diced	2 Tbsp. Vermont maple syrup
¾ cup seedless raisins	2 Tbsp. mayonnaise
½ cup broken walnuts (optional)	

Blend all these ingredients together until all fruit is well coated and chill for one hour. Serve on crisp lettuce.

Maple Pork Chops with Pineapple Mustard Sauce

6 pork chops (1-inch center-cut)	2 Tbsp. Kitchen Bouquet®
1 pint beef consommé	Salt and white pepper to taste
1 cup Vermont maple syrup	2 bay leaves

Brown pork chops on both sides in a greased skillet and simmer covered with remaining ingredients for one hour, or until tender. Remove chops and keep them hot. Reduce stock by one-third by boiling 15 minutes uncovered. Thicken stock with a little flour and water if desired; add more maple syrup to taste. Return chops to sauce to reheat. Serve with Pineapple Mustard Sauce.

Pineapple Mustard Sauce

1 cup drained crushed pineapple	1 tsp. hot mustard
1 cup applesauce	1 pinch dry mustard powder

Mix well and serve with pork chops.

Carolyn Peake's Recipes

Roast Chicken Breast with Red Wine-Blueberry Glaze

Red Wine-Blueberry Glaze:

1 pint fresh blueberries
1 cup red wine
1 cup Vermont maple syrup
¼ cup Dijon mustard

Roast chicken:

4 bone-in chicken breasts (1 lb. each)
4 Tbsp. chopped fresh parsley
Salt and freshly ground pepper (to taste)
Paprika (to taste)
Garlic powder (to taste)

Combine glaze ingredients in medium saucepan and bring to a boil. Reduce heat to low and simmer until reduced by one-third, about 1 hour 15 minutes.

To roast chicken:

Preheat oven to 400°F. Rinse the chicken breasts under cold water and pat dry. Split the chicken breasts in half. Place the chicken in a roasting pan and sprinkle with the parsley and as much salt, pepper, paprika, and garlic as you like. Roast chicken for 30 minutes. Remove the chicken from the oven and spread with glaze. Return to the oven and cook for 10 minutes longer, or until the meat is tender and the juices run clear when the meat is pierced with a fork.

Chewy Maple Cookies (from Cheryl Poor)

½ cup shortening	1½ cups flour
1 cup packed brown sugar	2 tsp baking powder
1 egg	1 tsp. salt (optional)
½ cup Vermont maple syrup	1 cup flaked coconut
½ tsp. vanilla	¼ cup chopped walnuts

Cream shortening and brown sugar until fluffy. Beat in egg, syrup, and vanilla. Combine flour, baking powder, and salt; add to creamed mixture. Stir in coconut and walnuts. Bake on greased baking sheet. Preheat oven to 375°F. Bake cookies for 12 to 15 minutes or until lightly browned.

Super Maple Salad Dressing (from Cheryl Poor)

¾ cup olive or salad oil	½ tsp. paprika
¼ cup cider vinegar	1 tsp. celery seed
3 Tbsp. Vermont maple syrup (use dark syrup for better flavor)	Pinch of salt (optional)
1 tsp. dry mustard	Pinch of horseradish (optional)

Blend until creamy in blender. Enjoy! For a little different flavor, use different flavored vinegars. This is also good on Three Bean Salad or on fresh tomato and cucumber slices.

Lemon-Maple Zucchini Bread

3 eggs	1½ cups all-purpose flour
1 cup Vermont maple syrup	1 cup whole-wheat flour
½ cup vegetable oil	1 tsp. baking powder
1 tsp. vanilla extract	½ tsp salt (optional)
Zest of 1 lemon, finely grated	
1½ cups grated zucchini or yellow summer squash	

Preheat oven to 350°F. Grease a 9x5-inch loaf pan. Beat eggs for two minutes. Gradually add maple syrup, oil, vanilla, and lemon zest. Stir in zucchini. Combine the all-purpose and wheat flours, baking powder, and salt in large bowl. Make a well in the center, then stir in zucchini mixture. Blend just until smooth, then turn into prepared pan. Bake for 50 to 60 minutes or until toothpick inserted into center comes out clean. Cool in the pan for 5 to 10 minutes, then remove and cool completely on a wire rack.

Spiced Maple Cider

2 quarts apple cider	1 small orange, sliced
1 cup Vermont maple syrup	3 cinnamon sticks
⅓ cup lemon juice	8 whole cloves

In large saucepan, combine all ingredients and bring to a boil. Reduce heat and simmer, uncovered, for 20 minutes. Remove orange slices and spices. Serve warm with cinnamon stick and orange slice for garnish. This can also be served chilled with 32 oz. ginger ale added just before serving.

Heather Fischer's Recipes

Rosemary Chicken with Orange-Maple Glaze

1 cup orange juice
½ cup dry white wine
½ cup Vermont maple syrup
2 tsp. chopped fresh rosemary
½ tsp. salt

½ tsp. freshly ground black pepper
4 skinless, boneless chicken
breast halves
2 Tbsp. butter
2 Tbsp. olive oil

Bring orange juice and wine to a boil in a small saucepan. Reduce heat slightly, but keep high enough to continue a low boil for 5 minutes, stirring occasionally. Stir in maple syrup and continue boiling for another 5 to 6 minutes, stirring frequently, until glossy and just slightly thickened. Set aside. In a small bowl mix together the rosemary, salt and pepper. Rub mixture on both sides of chicken breasts, and set aside. Melt butter and olive oil in a large skillet over medium high heat. Add chicken breasts, cover skillet and sauté for about 5 minutes on each side until lightly browned. Pour orange-maple mixture over chicken (mixture will boil and bubble). Reduce heat to simmer; cover and let cook for another 10 minutes, basting occasionally, until chicken is cooked through and sauce has turned into a rich, thick glaze.

Caramel Bread Pudding

8 slices cinnamon bread
2 eggs
1 egg white
⅓ cup white sugar
1½ cups milk

½ cup Vermont maple syrup
½ tsp. ground cinnamon
¼ tsp. ground nutmeg
¼ tsp. salt
6 Tbsp. caramel sauce

Preheat oven to 350°F. Cut bread into ¾-inch cubes. Arrange pieces in a baking dish. Whisk together the eggs, egg white, and sugar in a bowl. Stir in the milk, syrup, cinnamon, nutmeg, and salt. Pour mixture over bread. Bake in preheated oven until lightly browned on top and middle is set, about 40 minutes. Warm the caramel sauce; drizzle over the bread pudding before serving.

Maple Oatmeal Bread

¾ cup plus 2 Tbsp. hot water
½ cup old-fashioned rolled oats
¼ cup Vermont maple syrup
½ tsp. maple or vanilla flavor
¼ cup butter

1¼ tsp. salt
½ tsp. cinnamon
¾ cup white whole wheat flour
2 cups all-purpose flour
2¼ tsp. instant yeast

Topping:

Water, to brush on crust

2 to 3 tsp. maple sugar, for sprinkling

In a large mixing bowl, combine the water, oats, maple syrup, maple flavor, butter, salt, and cinnamon. Let cool to lukewarm; this will happen naturally as you stir. Add the flours and yeast, stirring to form a rough dough. Knead (about 10 minutes by hand, 7 minutes by machine, or on the dough cycle in the bread machine), enough to make a nice springy dough. Transfer the dough to a lightly greased bowl or large (8-cup) measuring cup, cover the bowl or cup with plastic wrap, and allow the dough to rise for 60 to 90 minutes. It should become very puffy, and just about double in bulk. Gently deflate the dough, and shape it into an 8-inch log. Place it in a lightly greased 8½x 4½-inch loaf pan. Cover the pan, and set the loaf

aside to rise until it is crowned about 1-inch over the rim of the pan, about 60 to 90 minutes. Towards the end of the rising time, preheat the oven to 350°F. Gently brush the top of the risen loaf with water, and sprinkle with maple sugar. Bake the bread for 35 to 40 minutes, tenting with foil after about 15 minutes to prevent over-browning. The interior of the fully baked loaf should read 190°F on an instant-read thermometer. Remove the bread from the oven, and after 5 minutes turn it out of the pan onto a rack to cool. Allow it to cool fully before slicing.

Viewer Recipes

Judy's Maple Dessert, Judy Morgan, Berlin, Vt.

1 Tbsp. gelatin (dissolved in ¼ cup cold water)	8 small crushed macaroon cookies
2 eggs, separated	¾ cup chopped walnuts
1 cup Vermont maple syrup	1 cup heavy cream, whipped
½ tsp. salt	12 lady fingers

Beat egg yolks, add maple syrup and cook until thick. Add gelatin and stir. Cool. Fold in stiffly beaten egg whites, macaroons, nuts, and whipped cream. Line trifle dish with lady fingers. Pour in mixture and chill. May decorate with more whipped cream and fresh berries.

Maple Rice Pudding, Joyce LaRow, Hyde Park, Vt.

½ cup raisins	⅔ cup Vermont maple syrup
2 cups milk, warmed	1 tsp. nutmeg
2 eggs	1½ cups cooked rice

Mix together raisins, milk, eggs, maple syrup, and nutmeg. Stir in cooked rice. Bake at 350°F for 45 to 60 minutes.

Maple Cheese Spoon Dessert, Debbie McGrath, Enosburg Falls, Vt.

3 apples	1½ cups Vermont maple syrup
2 cups sifted flour	3 tsp. baking powder
½ tsp. salt	½ cup American cheese, finely cut
1½ cups milk	

Peel apples and slice thinly in an even layer in buttered baking pan. Pour maple syrup over apples. Sift flour, add baking powder, and salt. Add cheese and milk, stir until just mixed. Drop by spoonfuls over apples. Bake at 425°F for about 30 minutes. Serve warm. Serve with sweetened whipped cream flavored with ¼ tsp. nutmeg.

Impossible Maple Custard Pie, Mariette Messier, Fairfield, Vt.

In blender add:

4 eggs	½ cup Bisquick®
1 tsp. vanilla	1 cup milk
1 cup dark Vermont maple syrup	

Blend on high for 1 minute. Pour into glass 9-inch pie plate. Sprinkle with approximately ½ cup chopped nuts. Bake 45 minutes in pre-heated 350°F oven. Delicious warm or cold.

Oatmeal Maple Cookies, Mrs. Lawrence Barker, Post Mills, Vt.

½ cup butter	2 tsp. baking powder
1 cup Vermont maple syrup	¼ cup milk
1 egg	1½ cups quick cooking oatmeal
1 tsp. vanilla	½ cup raisins
1½ cups flour	½ cup chopped walnuts
1 tsp. salt	

Mix all together and drop by teaspoons-full onto greased cookie sheet. Bake at 375°F for 15 minutes or until done.

Maple Walnut Pie, Donna Barcomb, Colchester, Vt.

3 eggs, slightly beaten	¼ tsp. salt
¼ cup Vermont maple syrup	½ cup milk
½ cup maple sugar, packed	⅓ cup butter, softened
¾ cup white sugar	1 cup broken walnut pieces
½ tsp. vanilla	Unbaked 9-inch pie shell

In double boiler top, beat maple sugar and butter until well blended. Add white sugar and mix well. Add eggs, beating constantly. Stir in salt, maple syrup, and milk. Cook over boiling water for 5 minutes, stirring constantly. Remove from heat, stir in vanilla and walnuts. Pour into unbaked pie shell. Bake at 350°F for 1 hour.

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