

Across the Fence

Maple Recipes – April 2011

Lyn Jarvis' Recipes

Maple Orange Bread

2 Tbsp. butter, melted
1 cup Vermont maple syrup (dark)
1 egg, well beaten
Grated rind of an orange
2½ cups flour

½ tsp. baking soda
3 tsp. baking powder
¾ cup chopped nuts
Juice from an orange, plus enough
water to equal ¾ cup liquid

Blend butter, syrup, egg, and rind. Sift dry ingredients. Add dry ingredients to syrup mixture alternating with orange juice. Mix well after each addition. Add nuts. Pour into a 4½x8x2-inch pan and bake at 350°F for 60 minutes or until pick inserted in center comes out clean. Bread is best baked at least 24 hours before cutting.

Vermont Maple Pork Chops

6 pork chops
1 onion, sliced
3 large potatoes, sliced thick
2 Tbsp. vinegar
1 tsp. chili powder
¼ tsp. pepper

½ cup Vermont maple syrup
½ cup water
2 Tbsp. Worcestershire sauce
1½ tsp. salt
¼ cup flour to thicken gravy mixed
with a little water

Put the chops in the bottom of a crock pot. Add the potatoes and onions. Mix the rest of the ingredients and pour over all then add the flour and water mixture. Cover and cook on low 8-10 hours or high for 6-8 hours.

Maple Pudding Cake

1½ cups flour
¾ cup sugar (white or maple)
2 tsp. baking powder
¼ tsp. salt

¾ cup milk
1 ½ cups Vermont maple syrup
¾ cup water
2 Tbsp. butter

Combine flour, sugar, baking powder and salt in a bowl. Stir in milk. Spread batter in a greased 9-inch square dish. Combine maple syrup, water and butter in saucepan and heat until butter is melted. Pour this over batter and bake about 45 minutes in a 350°F oven. The maple syrup sinks to the bottom and forms a pudding-like mixture, with the plain cake on top.

Vermont Maple Cooler

1 can (6 oz.) frozen lemonade
2/3 cup Vermont maple syrup

1 quart ginger ale
ice cubes

Empty the lemonade into a large pitcher and stir in the maple syrup. At serving time, add the ginger ale and ice cubes. Mix well and serve immediately. Serves 8.

Judy Simpson's Recipe

Baked Maple Apples

Quarter and core how many firm apples you will need. Place on a foil covered cookie sheet and cover with Vermont maple syrup. Bake in 350°F oven until brown and tender. Serve warm with scoop of vanilla ice cream and drizzle with maple syrup.

Carolyn Peake's Recipes

Ontario Maple Chicken

3 lbs. chicken parts (legs, thighs,
breasts) in any combination
1 egg, beaten
1/4 cup milk
3/4 cup cornflake cereal crumbs

5 Tbsp. oil
1 cup light cream
1 cup milk
1/2 cup Vermont maple syrup

Whisk together egg and 1/4 cup milk. Dip the chicken pieces in this mixture, then roll in crumbs. Put oil in large skillet and heat. Brown the chicken in the oil, then place chicken in a baking dish. Mix milk, cream and maple syrup together and pour over chicken. Bake at 350°F until chicken is tender and juices run clear. Turn chicken over after 1/2 hour.

Maple Ham Peachies

1 egg, beaten
1/2 cup soft bread crumbs
1/2 cup Vermont maple syrup

1/8 tsp. ground cloves
1 lb. ground cooked ham
12 canned peach halves, drained

Combine egg, bread crumbs, maple syrup, cloves, and ham. Mix thoroughly and shape into 12 balls. Place peaches, hollow side up, in a greased baking dish. Place a ham ball into each hollow. Bake at 350°F for 25 minutes. Garnish with celery tops or parsley if desired.

Maple Popcorn Balls

Boil 2 cups of Vermont maple syrup in 2-quart saucepan to 260°F. Pour the syrup over a batch of popped corn. Mix well. Butter hands and shape popcorn into balls. This will make 12 to 15 popcorn balls.

Maple Rice Pudding

2½ cups cooked rice
2½ cups milk
½ tsp. nutmeg

3 eggs
½ cup raisins
1 cup Vermont maple sugar

Beat eggs and maple sugar well, then add other ingredients. Grease baking dish with non-stick cooking spray, add mixture and bake at 350°F until custard has set.

Maple Bran Muffins

1½ cups all-purpose flour
1 Tbsp. baking powder
1½ cups whole bran cereal
⅓ cup oil

½ cup Vermont maple syrup
1 cup milk
1 egg
½ cup raisins or other dried fruit

Combine cereal, milk and fruit in a large mixing bowl and let stand for 3 minutes until the bran softens and absorbs most of the liquid. In another bowl, mix flour and baking powder. Add the egg, syrup, and oil to cereal mixture and beat well. Add flour mixture and mix until all the ingredients are combined. Grease 12 muffin cups. Fill cups with batter ¾ full and bake at 400°F for 20 minutes or until done. Serve warm or cold.

Quick Maple Sticky Buns

1 lb. thawed frozen bread dough

Topping:

1 stick butter
¼ cup brown sugar

¾ cup Vermont maple syrup
½ cup chopped pecans or walnuts

Put butter, sugar, and maple syrup in saucepan and cook over moderate heat and allow butter to melt. Bring to a boil and boil for five minutes, stirring frequently. Pour into 10-inch round cake pan. Sprinkle nuts evenly over syrup.

Filling:

½ stick butter
1½ tsp. cinnamon

3 Tbsp. sugar
½ cup chopped pecans or walnuts

Roll dough out to a 14x9-inch rectangle. Soften butter and spread over dough. Mix cinnamon and sugar and sprinkle over butter. Sprinkle nuts over cinnamon and sugar. Starting from one long side, roll dough up like a jellyroll. Pinch to seal the outside edge. Cut into 12 slices and arrange evenly over topping in pan. Let rise in warm place for about an hour then bake in 325°F oven for about 30 minutes. Let stand five minutes and then turn out onto a platter or foil. These buns freeze very well.

Viewer's Recipes

Rich's Sweet Rolls

Pennie Chapman, Tunbridge, Vt.

1 egg	½ cup Vermont maple syrup
½ cup sugar	2 tsp. cream of tartar
½ cup milk	1½ cups flour
1 tsp. baking soda	2½ tsp. shortening, divided

Put ⅛ tsp. shortening into 24 muffin cups. Heat till tins are warm and shortening has melted. Don't overheat as butter will scorch. Mix first 7 ingredients. Pour into warm tins and bake at 450°F for 12 to 18 minutes or until pick inserted in center comes out clean. Yield: 24 small or 12 large sweet rolls.

Maple-Nut Topped Orange Coffee Cake

Rosalyn Moore, Danville, Vt.

Cake:

1½ cups orange juice
1 cup rolled oats
¼ cup oil
½ cup Vermont maple syrup
2 eggs
2 cups flour
1 tsp. baking powder

1 tsp. baking soda
1 tsp. cinnamon
1 tsp. grated orange rind

Topping:

½ cup chopped walnuts
1 cup dried coconut
6 Tbsp. Vermont maple syrup

Bring orange juice to a boil, add rolled oats and let stand 10 minutes. Add remaining ingredients and beat well. Pour into a greased Bundt pan. Mix together topping and sprinkle evenly over the top. Bake at 375°F for 25 to 35 minutes or until done. Remove from pan immediately.

Maple Pecan Squares-Dolores Letourneau

East Charleston, Vt.

1¼ cups flour	2 Tbsp. flour
⅓ cup sugar	¼ tsp. salt
½ cup butter, softened	2 Tbsp. butter, melted
2 eggs, beaten	1½ tsp. vanilla
⅔ cup sugar	1 cup chopped nuts
¾ cup Vermont maple syrup	

Combine flour and ⅓ cup sugar in medium bowl, cut in butter. Mix until it resembles coarse meal. Press mixture into a greased 9-inch square pan. Bake at 375°F for 15 minutes. Combine eggs, ⅔ cup sugar, syrup, flour, salt, 2 Tbsp. melted butter, and vanilla; beat well. Stir in nuts. Pour mixture over prepared crust and bake at 350°F for 25 to 30 minutes. Yield: about 2 dozen bars.

Maple-Orange Candied Carrots
Marilyn Benton, Shelburne, Vt.

salt and pepper to taste
½ cup orange marmalade
½ cup Vermont maple syrup
2 Tbsp. butter

½ tsp orange rind
8 medium carrots, cut lengthways
½ cup chopped pecans, optional

Cook carrots until tender, but firm. Combine first 5 ingredients and cook in saucepan until reduced to about ½ cup. Stir in ½ cup chopped pecans. Pour over carrots just before serving. If carrots are cold, put in baking dish and pour sauce over; heat in 350°F oven until warm. Yield: 4 to 6 servings.

Maple Parfait
Marco Ayala, So. Hero, Vt.

1 tsp. unflavored gelatin
1 cup milk
¾ cup Vermont maple syrup

3 egg whites
1 cup whipping cream
Pinch salt

Soften gelatin in milk, heat until gelatin dissolves. Cool. Add cream. Pour into freezing tray or automatic refrigerator with cold control set at point recommended by manufacturer for freezing ice cream. Freeze to mush. Boil syrup to 236°F (or when small quantity dropped from tip of spoon spins long thread). Beat egg whites until stiff. Gradually add syrup, beating constantly. Add salt and cool. Beat first mixture with rotary beater until light; fold in egg white mixture; freeze to mush. Place in chilled bowl, beat until smooth. Return to tray. Freeze until firm.

Maple Syrup Pie
Carole Partington, Northfield, Vt.

2 Tbsp. flour
1½ Tbsp. butter
2 egg yolks
⅛ tsp. salt
1½ cups Vermont maple syrup

1 cup chopped walnuts
1 tsp. vanilla
½ tsp white vinegar
1 cup whipped cream or
whipped topping

Cream butter and flour, add beaten egg yolks. Combine in double boiler with salt and maple syrup. Cook until thick. Add vinegar, walnuts and vanilla. Remove from double boiler bottom, cool. Pour into baked pie shell. Top with whipped cream or whipped topping.

Maple Apple Pie
Faith Racette, Fairfax, Vt

Crust:
2 cups flour
Pinch of salt

¾ cup shortening
½ to ¾ cup water

Filling:

6 to 8 apples, peeled and sliced
 2 Tbsp. flour (for thickening)

1 cup Vermont maple syrup

Peel and slice apples and soak in maple syrup. Mix 2 cups flour, salt, and shortening with fork until mixture is crumbly. Add water and mix until mixture forms a dough. Roll half of dough onto a board and place in a pie plate. Take apples out of maple syrup and put in plate, adding ½ cup of maple syrup and 2 Tbsp. flour to the pie. Roll out the rest of the dough and place on top of the pie. Seal the sides and cut air holes in the top with a sharp knife. Bake at 375° F for 1 hour or until golden brown.

Baked Bread Pudding

Edie Ackerman, Fairlee, Vt

Heat to scalding: ½ cup milk

Add warm: ½ cup Vermont maple syrup

Pour over: 4 slices of bread, cubed

Add:

2 eggs beaten

½ cup melted butter

¼ tsp. salt

1 tsp. nutmeg or cinnamon

½ cup raisins

Pour into buttered baking dish. Bake in 350°F oven for 40 to 50 minutes or until knife inserted into pudding comes out clean. Serve warm with ice cream.

Maple Pinwheels

Hazel Lewis, Strafford, Vt.

1 box pie crust mix

½ cup brown sugar

1½ cups Vermont maple syrup

1 stick butter, softened

¼ cup chopped nuts

⅔ cup water

Mix pie crust as directed, roll out as for pie crust using all the dough. Spread softened butter over the crust, sprinkle brown sugar and nuts over the buttered crust, roll into log shape and slice into ¾-inch slices. Place in a 9x9-inch pan. Combine maple syrup and water and pour over pinwheels. Bake at 350°F for 40 to 50 minutes.

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