

Across the Fence Maple Recipes – March 2012

Lyn Jarvis' Recipes

Maple Shredded Wheat Bread

2 shredded wheat biscuits	1 Tbsp. salt
2 cups boiling water	1 pkg. yeast
3 tbsp. shortening	Lukewarm water
½ cup Vermont dark amber maple syrup	About 5½ cups sifted flour
⅓ cup sugar	

Cover crumbled shredded wheat biscuits with the boiling water. Add shortening, syrup, sugar, and salt, stirring to melt shortening; cool to lukewarm. Add yeast to the lukewarm shredded wheat mixture. Add about 5½ cups sifted flour to make a firm dough. Knead until smooth. Put in a greased bowl, cover and let rise in a warm place until doubled; turn out on floured board and knead again. Shape into 2 loaves and place in greased, standard-sized bread tins. Cover and let rise until doubled. Bake at 375°F for about 50 minutes or until bread tests done. Cool on wire rack before slicing. Brush tops with melted butter while bread is still hot if a soft crust is desired. Note: I used a 4x8-inch and a 5x9-inch pan.

Maple Pound Cake with Apples

1½ cups cooking oil	Icing:
1½ cups Vermont maple syrup	½ cup butter
½ cup white sugar	1 cup Vermont maple syrup
3 eggs, beaten	¼ cup evaporated milk
1½ tsp. baking soda	
3 cups flour	
3 cups finely chopped apples	
2 tsp. vanilla	

Combine oil, syrup and sugar. Beat in eggs, add dry ingredients, fold in apples and add vanilla. Pour into a greased Bundt pan. Bake at 325°F for 1½ hours or until done. Cool, then top with icing. **For icing:** Boil syrup and butter until soft ball stage, add milk. Boil 2 minutes, let syrup cool, then stir until thickened. Drizzle icing over cake.

Maple Fried Corn

3 cups fresh, frozen or canned corn	¼ tsp. salt
½ cup onions, diced	3 Tbsp. Vermont maple syrup
⅛ tsp. cinnamon	3 Tbsp. milk

Spray a heavy skillet or use a tablespoon of butter; sauté corn and onion for about 5 minutes over medium heat. Add remaining ingredients; simmer gently for 20 minutes.

Maple Chicken Stir Fry Over Rice

½ cup butter	1 cup fresh mushrooms, sliced
1 medium onion, sliced	1 pkg. (1.1 oz.) Asisan stir fry seasoning
1 medium green pepper, cut in chunks	½ cup Vermont maple syrup, grade B
3 lbs. chicken, boiled and deboned	1 Tbsp. cornstarch
reserve 1 cup chicken broth	Fresh parsley for decoration
1 can (6 oz.) water chestnuts, drained	Salt and pepper to taste
1 can (6 oz.) bamboo shoots, drained	

In large wok or skillet melt butter and stir fry onion and green pepper until tender. Add remaining ingredients, except maple syrup, chicken broth, cornstarch, and parsley. Cook about 10 minutes. Mix together cornstarch and reserved chicken broth. Add to mixture along with maple syrup, cook 10 to 15 minutes. Serve over white or long grain rice. Top stir fried mixture with parsley. Note: pre-cooked chicken and canned broth can be used. Recipe can be halved.

Maple Bread Pudding

1 cup maple sugar	3 eggs, lightly beaten into :
3 slices buttered bread	½ cup milk
½ to 1 cup raisins	½ tsp. nutmeg
	Dash salt

Place maple sugar in the top of double boiler. Add buttered bread broken into bite size pieces mixed with raisins. Add milk, eggs, nutmeg and salt that have been mixed thoroughly together. Cook for 45 minutes in double boiler. Run knife around edge and flip out onto a 2-inch deep dish, pudding will have a wonderful maple sauce over it. Delicious with or without ice cream or whipped cream.

Sweet Rolls Maple Twist

Place in mixing bowl:

1 cup lukewarm milk	1 pkg. yeast
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Let stand for 5 minutes, stir. Add:

¼ cup sugar	¼ cup butter, softened
1 tsp. salt	2 eggs

Beat thoroughly with mixer. Beat in 1½ cups flour. Let dough rise about 40 minutes. Mix in about 1 cup of flour, use enough flour to make dough just firm enough to handle. Cover and chill ½ hour in refrigerator. Add enough flour to make dough firm enough to roll into a long cylinder about 1-inch in diameter. Add nutmeats as you roll, about 1 cup of pecans. Place in 9-inch cake pan. Let rise till double in bulk. Bake at 400°F for 20 minutes. While still warm, pour on maple glaze.

To make glaze: Boil 1 cup Vermont maple syrup until it spins thread.

Maple Syrup Cornbread

Mix these dry ingredients:

1/8 cup cornmeal

1 1/8 cup whole wheat flour

3 tsp. baking powder

1/2 tsp. salt

Then add the following:

1 egg, well beaten

1/2 cup Vermont maple syrup

3/4 cup milk

3 Tbsp. melted butter

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

Maple Syrup Banana Sauce

1/4 cup butter

1/4 cup brown sugar

1/2 cup Vermont maple syrup

2 dashes cinnamon

2 bananas, sliced

1/2 cup pecans

Melt the butter in a skillet over medium heat; stir the brown sugar, syrup, and cinnamon into the butter until the sugar dissolves, 2 to 3 minutes. Add the banana slices and pecans and stir to coat; simmer until hot, 1 to 2 minutes. Yield: about 2 cups.

Carolyn Peake's Recipes

Maple Syrup Muffins

1/4 cup milk

1 egg

1 3/4 cup flour

2 1/2 tsp. baking powder

1 cup Vermont maple syrup

1/4 cup butter, melted

Beat the egg and milk together. Sift the dry ingredients together, then add to the egg mixture a little at a time alternating with the syrup. Fold in melted butter. Put into greased muffin pan. Bake at 325°F for about 25 minutes.

Maple-Plum Glazed Turkey Breast

1 cup red plum jam

1 cup Vermont maple syrup

1 tsp. dry mustard

1/4 cup lemon juice

1 bone-in turkey breast (5 lb.)

Combine first four ingredients in a saucepan and bring to a boil. Lower heat and simmer about 20 minutes or until thick. Reserve one cup. Place turkey breast in baking pan and pour the remaining glaze over it. Bake as directed on the turkey package. When done, slice turkey and serve with reserved glaze that has been warmed up.

Maple Salad Dressing

½ cup salad oil
½ cup vinegar
½ cup Vermont maple syrup

⅓ cup ketchup
1 medium onion, finely chopped
2 tsp. salt

Combine all ingredients and blend well. Keep the dressing refrigerated until serving time. Make your favorite green salad (especially good with a spinach salad). Yield: about 2 cups of dressing.

Maple-Roasted Root Vegetables

3 medium carrots, peeled and cut
into 1¼-inch chunks
3 medium parsnips, peeled and cut
into 1¼-inch chunks

1 small yellow turnip, sliced
4 Tbsp. butter
½ cup Vermont maple syrup
Salt and pepper to taste

Heat oven to 350°F and arrange vegetables in a single layer in a shallow roasting pan. Heat the butter and syrup in a small pan until the butter is melted and remove from heat. Pour the maple mixture over the vegetables and toss to coat thoroughly. Sprinkle with salt and pepper. Cover the pan with aluminum foil and bake for 25 minutes. Remove pan from oven and stir the vegetables, then return to the oven, uncovered, and bake 20 to 25 minutes longer, or until tender.

Maple-Spice Cookies

1 cup vegetable shortening
1 cup firmly packed brown sugar
½ cup granulated sugar
½ cup dark (grade B) Vermont
maple syrup
2 eggs

4 cups all-purpose flour
2¼ tsp. baking soda
2 tsp. ground ginger
1½ tsp. cinnamon
Granulated sugar or maple sugar

Preheat oven to 350°F and grease a baking sheet. Cream the shortening, brown sugar and granulated sugar in a large bowl, beating until fluffy. Beat in the maple syrup and eggs, one at a time. Combine the flour, baking soda, ginger, and cinnamon in medium-sized bowl and add to the maple mixture a little at a time, mixing until well blended. The dough will be sticky. Sprinkle granulated or maple sugar onto a sheet of wax paper. Roll dough into 1½-inch balls and dip the tops into the sugar. Place 2-inches apart on the baking sheet. Bake for 12 to 13 minutes, or until light golden brown and center is set. Do not over bake. Let cool on baking sheet for 1 minute then transfer to a wire rack to finish cooling. Makes about 4 dozen cookies.

Viewer's Recipes

Maple Oatmeal Bread for Bread Machine

Elaine L. Place, Hinesburg, Vt.

1¼ cup plus 1 Tbsp. very warm water	1 tsp. salt
1 Tbsp. cooking oil	1 cup quick cooking oats
⅓ cup dark maple syrup	1 pkg. yeast
3 cups bread flour	

Put into pan in this order or as your machine directs. Follow directions as for white bread. Enjoy! **This recipe may also be done manually:** Combine and mix together flour, oats and salt and set aside. Pour ¼ cup of the warm water into heavy, large bowl and stir in yeast till dissolved. Stir in remaining warm liquid ingredients to mix. Stir in combined dry ingredients about a cup at a time and beat until dough is very smooth and elastic. Dough should be stiff. Mix at least 5 to 10 minutes. Turn onto floured surface and knead to form an even elastic consistency. If sticky, add sprinkles of flour or if dry a few sprinkles of water. This should be done for 10 to 15 minutes for a light bread. Let rise in lightly greased bowl, lightly greasing top of dough. Cover and let rise to double (about 1½ hours). Turn out and punch down and knead for a few seconds. Divide into 2 portions and shape into loaves. Put into 2 greased 8x4x2-inch pans. Cover and let rise to double (about 45 minutes.) Bake 40-45 minutes or until done in a preheated 350°F oven. After 5 minutes remove from pans to rack to cool.

Maple-Apple Pudding Cake

Carol Craft, Coventry, Vt.

1 cup all-purpose flour	1 tsp. vanilla
1½ tsp. baking powder	1 medium apple, such as Braeburn, peeled and chopped (½-inch) (1 cup)
½ tsp. salt	1 cup fresh or dried cranberries, coarsely chopped
½ tsp. ground cinnamon	1¼ cups Vermont maple syrup, grade B
1 egg	½ cup apple juice
½ cup packed dark brown sugar	⅓ cup chopped walnuts
½ cup whole milk	
¼ cup unsalted butter, melted	

Heat oven to 350°F. Spray 8-inch square glass baking dish with cooking spray. Whisk flour, baking powder, salt, and cinnamon in large bowl. Whisk egg and brown sugar in medium bowl until smooth. Whisk in milk, butter and vanilla. Stir into flour mixture just until dry ingredients are moistened. Fold in apple and cranberries. Pour into baking dish. Bring syrup and apple juice to a boil in small saucepan. Gently pour over batter; sprinkle with walnuts. Bake 35 to 45 minutes or until top of pudding springs back when lightly touched and sauce forms on bottom (do not over-bake). Cool 20 minutes on wire rack; serve warm. Yield: 8 servings.

Phyllis' Maple Dessert

Phyllis Wood, Concord, Vt.

In 8x8x2-inch dish pour about ½-inch of Vermont maple syrup. Add 2 Tbsp. butter. Place mixture in 400°F oven to warm while making biscuits. **For biscuits:** mix 3 cups biscuit mix and ⅔ cup milk, or your favorite recipe. Place out onto lightly floured board and roll into rectangle for 12 sliced biscuits, about 10x10-inches. Spread with butter, cinnamon, nutmeg (your choice). Then cover with a can of apple pie filling and some apricot jam (amount up to you). Roll up jelly roll style and cut into 12 slices. Remove dish from oven and place slices on hot syrup. Bake for 18 to 20 minutes until biscuits are done and have absorbed syrup. Serve warm with whipped topping or ice cream.

Maple Cream Pie

Majel Herold, Brookfield, Vt.

8-inch baked pie shell

Filling:

$\frac{3}{4}$ cup Vermont maple syrup, grade B

3 Tbsp. cornstarch

$\frac{1}{4}$ tsp. salt

1 cup milk

1 cup heavy cream

3 egg yolks, slightly beaten

1 Tbsp. butter

1 Tbsp. vanilla, optional

Topping of choice

Mix first 3 ingredients, gradually add milk and cream. Cook over medium heat, stirring constantly until mixture thickens and boils. Boil for 1 minute. Slowly pour half of mixture into beaten eggs. Stir. Return egg mixture to saucepan. Boil one minute more, stirring constantly. Remove from heat. Add butter and vanilla (if desired). Pour into prepared pie shell. top with whipped cream or topping and sprinkle with chopped nuts. **Note:** Egg white can be used to make meringue for topping.

Maple Bars

Marco Avala, South Hero, Vt.

First Layer

Combine 2 cups flour, a cup of chopped nuts and 2 sticks of melted butter. Pat mixture into bottom of 9x13x2-inch pan. Bake 20 minutes at 350°F and cool completely.

Second Layer

Combine 1 cup confectioners sugar, a pkg. cream cheese (8 oz.) at room temperature, 2 cups cool whip. Spread on top of cooled first layer.

Third Layer

3 cups of Vermont maple syrup

$\frac{1}{2}$ cup water

$\frac{1}{2}$ tsp. salt

3 eggs

$\frac{2}{3}$ cup flour

2 Tbsp. butter

Put syrup in a 2-quart saucepan and warm. Combine and heat thoroughly eggs, water, flour, and salt. Mix into syrup and cook in double boiler, until it boils (beating all the time to prevent sticking). Remove from heat and add butter. Let cool, spread on 2nd layer. Top with whipped topping.

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