

Across the Fence

Maple Recipes – April 2019

Carolyn Peake's Recipes

Whole Wheat and Oat Yeast Rolls

1¼ cup milk
¾ cup buttermilk
¾ cup old-fashioned oats
⅓ cup warm water (105°F to 115°F)
1 Tbsp. active dry yeast
3½ cups whole wheat flour
5 Tbsp. butter, softened
⅔ cup Vermont maple syrup
1 egg, lightly beaten
3 cups unbleached or all-purpose flour (approximately)

Lightly oil a large bowl and set aside. Warm milk and buttermilk in a saucepan until hot to the touch. Put the oats in a large bowl and pour the warm milk mixture over them. Set aside. Pour the water into a small bowl and sprinkle on the yeast. When the oat mixture has cooled to about body temperature, stir in the yeast. Using a wooden spoon, stir in 2 cups of the whole-wheat flour. Beat hard for 1 minute. Cover the bowl and let rise for an hour. Beat the soft butter into the mixture, then add maple syrup and egg.

Stir in the remaining 1½ cups whole wheat flour. Cover and let rise for 10 minutes. Now start adding the all-purpose flour about ½ cup at a time until the dough becomes too stiff to beat. Turn the dough onto a floured surface and begin kneading, gently at first, using flour as needed to prevent sticking. Knead for a good 10 minutes until the dough is smooth and fairly elastic. Place in the oiled bowl and turn to coat the entire surface. Cover and let rise until about double in size, about an hour. Break off golf-ball sized pieces of dough and shape into balls. Grease muffin pans and place a ball in each cup. These can also be placed, almost touching, on a buttered baking sheet. Let rise and bake for 25 to 30 minutes. **Yield:** about 2 dozen rolls.

Maple Glazed Squash

2 medium acorn squash
1 cup Vermont maple syrup
1 medium tart apple, peeled and chopped
2 Tbsp. raisins
1 tsp. ground cinnamon

Cut squash into 1-inch rings and remove seeds. Place the squash rings into a 9x13x2-inch pan that has been sprayed with non-stick cooking spray. In a bowl, combine the remaining ingredients and pour over squash. Cover and bake at 350°F for 50 to 60 minutes or until tender. **Yield:** 6 servings.

Maple Gingersnaps

1½ cups shortening (can use butter-flavored shortening, if desired)
1½ cups sugar
1 cup dark Vermont maple syrup
2 eggs
4½ cups all-purpose flour
2½ tsp. baking soda
2 tsp. cinnamon
2 tsp. ground cloves
4 tsp. ginger
½ cup sugar plus 1 Tbsp. cinnamon for rolling

Cream the shortening and sugar. Add the syrup and eggs. Sift together the dry ingredients (except the sugar and cinnamon for rolling). Add to syrup mixture. Chill batter well. Roll into balls about 1-inch in diameter, roll balls in the cinnamon and sugar mixture. Place them 2-inches apart on a greased cookie sheet (you can also use parchment paper to line the cookie sheet). Bake at 350°F for 15 minutes. Remove from oven, let rest for one minute, finish cooling on wire rack. If you want a smaller batch you can divide the recipe in half or wrap half the dough and freeze for later use. **Yield:** 6 to 7 dozen.

Marco Ayala's Recipes

Maple-Apple Chicken Breasts

4 skinless, boneless chicken breast halves (6 oz.)
½ cup apple juice
2 Tbsp. Vermont maple syrup
½ tsp. fresh thyme leaves
cooking spray
1 Tbsp. butter
2 large Granny Smith apples, peeled, cored, quartered, and sliced
¼ tsp. salt
¼ tsp. black pepper
⅛ tsp. cinnamon
thyme sprigs (optional)

Combine chicken and next 3 ingredients in a large zip-top plastic bag; seal bag, and marinate chicken in refrigerator 30 minutes. Remove chicken from marinade, reserving marinade. Heat a large skillet over medium-high heat; coat pan with cooking spray. Add chicken; cook 5 to 6 minutes on each side or until done. Remove chicken from pan, and set aside. Melt butter in pan over medium-high heat. Add apples; sauté 4 minutes. Add reserved marinade, salt, pepper, and cinnamon; bring to a boil, reduce heat, and simmer 4 minutes or until reduced slightly. Return chicken to pan; cook 2 minutes or until thoroughly heated. Garnish with thyme sprigs, if desired.

Maple Pulled Pork Buns

1 boneless pork shoulder butt roast (2½ lbs.)	½ cup water
1½ tsp. ground mustard	3 Tbsp. cider vinegar
1 tsp. salt	2 loaves (1 lb. each) frozen bread dough, thawed
½ tsp. cayenne pepper	1 cup barbecue sauce
½ tsp. ground ginger	1 cup (4 oz.) shredded pepper jack cheese
1 cup thinly sliced onion	green onions, chopped (optional)
2 garlic cloves, peeled	crushed red pepper flakes (optional)
1 cup Vermont maple syrup, divided	

For Pork: Season pork with mustard, salt, pepper and ginger; place in a 4-qt. slow cooker. Top with onion and garlic; pour in ½ cup maple syrup, water and cider vinegar. Cover and cook on LOW until meat is tender, 5 to 7 hours. Shred meat with two forks; discard cooking liquid and vegetables.

For bread: Thaw bread dough and let rise according to package directions. On a lightly floured surface, roll one loaf of dough into a 16x10-in. rectangle. Combine barbecue sauce with remaining syrup; brush ¼ cup sauce mixture to within ½-inch of edges of dough. Top with half of pork. Roll up jelly-roll style, starting with a long side; pinch seam to seal. Cut into eight slices. Place in a 9-inch pie plate, cut side down. Repeat with remaining dough and additional pie plate. Cover with kitchen towels; let rise in a warm place until doubled, about 1 hour. Reserve remaining sauce mixture. Preheat oven to 400°F. Bake until golden brown, about 20 minutes. Sprinkle with cheese and bake until melted, 5 to 10 minutes longer. Serve with reserved sauce mixture; sprinkle with green onions and red pepper flakes.

Apple Salad with Maple-Mustard Vinaigrette

¼ cup thawed frozen apple juice concentrate	Salad:
2 Tbsp. cider vinegar	9 cups torn mixed salad greens
2 Tbsp. canola oil	2 large tart apples, chopped
2 Tbsp. spicy brown mustard	1 small red onion, thinly sliced
4 Tbsp. Vermont maple syrup	⅓ cup chopped walnuts, toasted
¼ tsp. salt	
⅛ tsp. pepper	

In a small bowl, whisk the first seven ingredients. In a large bowl, combine salad greens, apples, onion and walnuts. Drizzle with vinaigrette; toss to coat. **Note:** To toast nuts, bake in a shallow pan in a 350°F oven for 5 to 10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.

What grade of maple syrup is best for cooking?

Generally, the darker the syrup, the stronger the maple flavor. If you're just looking for a subtle smidge of maple, use whatever is easy to get ahold of. But if you're making a recipe where you really want the most special nuanced maple flavors to shine through, darker grade is best.

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4 skinless, boneless chicken breast halves (6 oz. each)
½ cup apple juice
2 Tbsp. Vermont maple syrup
½ tsp. fresh thyme leaves
cooking spray
1 Tbsp. butter

2 large Granny Smith apples, peeled, cored, quartered, and sliced
¼ tsp. salt
¼ tsp. black pepper
⅛ tsp. cinnamon
thyme sprigs (optional)

Combine chicken and next 3 ingredients in a large zip-top plastic bag; seal bag, and marinate chicken in refrigerator 30 minutes. Remove chicken from marinade, reserving marinade. Heat a large skillet over medium-high heat; coat pan with cooking spray. Add chicken; cook 5 to 6 minutes on each side or until done. Remove chicken from pan, and set aside. Melt butter in pan over medium-high heat. Add apples; sauté 4 minutes. Add reserved marinade, salt, pepper, and cinnamon; bring to a boil, reduce heat, and simmer 4 minutes or until reduced slightly. Return chicken to pan; cook 2 minutes or until thoroughly heated. Garnish with thyme sprigs, if desired.

Michelle Poulin's Recipes **2018 Maple Ambassador**

Easy Grilled Maple Salmon

¼ cup Vermont maple syrup
2 Tbsp. soy sauce
1 clove garlic
¼ tsp. garlic powder

¼ tsp. black pepper
pinch sea salt
1 lb. salmon
olive oil

In a small bowl mix the maple syrup, soy sauce, garlic powder, pepper, and salt. Place salmon in a glass shallow glass dish and coat with the maple syrup mixture. Marinate for at least 30 minutes. Preheat the grill to medium-high heat. Brush the grates with the olive oil and then place the salmon on the grates. Cook for 4 to 5 minutes per side, brushing the remaining maple mixture on salmon. Serve warm.

The 53rd Vermont Maple Festival is a food and arts celebration held at St. Albans, Vt. The festival is a three-day event held annually over the last weekend in April. During the event, there are exhibits and demonstrations, entertainment, and a craft & antiques show all dedicated to maple syrup. The 2019 festival will be held on April 26 to 28.

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Maple Walnut Crepes with Caramelized Apples

Topping:

½ Tbsp. butter	1 Tbsp. chopped walnuts
2 apples thinly sliced	1 Tbsp. Vermont maple syrup
¼ tsp. cinnamon	whipped cream

Heat butter in a large skillet over medium heat. Once butter is melted, add apples, cinnamon and walnuts. Toss together gently in the pan. Reduce heat to medium-low, cover and cook for about 10 minutes. Gently mix ingredients every couple of minutes until the apples are tender. Once tender add maple syrup, toss and cook for 2 to 3 minutes. Remove from heat and set aside.

Crepes:

2 cups milk	1 tsp. vanilla extract
4 eggs	½ tsp. salt
3 Tbsp. melted butter (or oil)	1½ cups flour
1 Tbsp. Vermont maple syrup	pinch cinnamon

Mix all wet ingredients together until well combined (milk, eggs, butter, maple syrup, vanilla extract). Mix salt, flour and cinnamon together. Add the wet ingredient mixture and mix until the batter is smooth. Spray a large frying pan 8 to 10-inches with cooking spray and heat to medium-low heat. Add ¼ cup of the batter and move pan until the bottom of the pan is coated with the crepe batter. Cook for 1 to 2 minutes then flip and cook other side for 1 to 2 minutes.

Filling:

⅔ cup plain Greek yogurt	2 Tbsp. chopped walnuts
2 Tbsp. Vermont maple syrup	

Mix all ingredients and set aside. Take a cooked crepe and set on a plate. Take a large spoonful of filling and smooth out across the middle four inches of the crepe. Gently fold or roll the crepe. Top with apple-walnut topping, whipped cream and drizzle with maple syrup.

Viewer's Recipes

Maple Glazed Ham

Rebecca Reynolds – Lyndonville, Vt.

1½ lbs. ground ham	1 cup milk
1½ lbs. ground pork	½ tsp. ground cloves
2 eggs	1 tsp. dry mustard
1 cup bread crumbs	

Mix these all together and shape into a loaf. Place in baking dish and bake at 350°F for 1¼ hours. While loaf is baking, mix together:

1 cup Vermont maple syrup	¼ tsp. ground cloves
½ tsp. prepared mustard	

Remove loaf from oven, pour glaze over loaf and bake an additional 15 to 20 minutes.

Maple Whoopie Pies

Liz Pecor – Bristol, Vt.

1/3 cup butter, softened
3/4 cup sugar
1 large egg
1 tsp. vanilla
1 tsp. maple flavoring
2 1/4 cups all-purpose flour
1 1/4 tsp. baking powder
1 tsp. salt
1/2 cup heavy whipping cream

1/2 cup Vermont maple syrup
1/2 cup chopped pecans

Filling:

1/2 cup butter, softened
1/2 cup shortening
1 tsp. maple flavoring
4 cups confectioners' sugar
1/4 cup heavy whipping cream
2 Tbsp. Vermont maple syrup

Preheat oven to 375°F. In a large bowl, cream butter and sugar until light and fluffy. Beat in egg, vanilla and flavoring. In a separate bowl, whisk flour, baking powder and salt; add to creamed mixture alternately with cream and syrup, beating well after each addition. Stir in pecans. Drop dough by rounded tablespoonfuls 2 inches apart onto greased baking sheets. Bake 8 to 10 minutes or until edges are light brown and tops spring back when lightly touched. Remove from pans to wire racks to cool completely. For filling, in a large bowl, beat butter, shortening and flavoring until creamy. Beat in confectioners' sugar alternately with cream and syrup until smooth. Spread filling on bottoms of half of the cookies; cover with remaining cookies. Store in airtight containers.

Maple-Nut Topped Orange Coffee Cake

Rosalyn Moore – Danville, Vt.

Cake:

1 1/2 cups orange juice
1 cup rolled oats
1/4 cup oil
1/2 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:

1/2 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.

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