

# Vermont Agency Of Agriculture, Food & Markets



## Maple Recipes from Vermont Processors and Restaurants

Recipe from Sally Gilbert-Smith  
Sinclair Inn Bed and Breakfast, Jericho, Vt.

### Broiled Grapefruit

Slice a grapefruit in half and section. Pour maple syrup over grapefruit sections. Add chopped fresh mint on top. Broil for a few minutes until starting to color. Serve hot.

Recipes from Ginger Isham  
Maple Grove Farm, Williston, Vt.

### Maple Butter Icing

3 tbsp. butter  
1/4 c. maple syrup – dark amber or B  
1 1/2 c. confectioner's sugar

Beat all the ingredients together until smooth. Makes enough frosting for a small 8" layer cake.

### Maple Syrup Pudding

Mix together:

1 c. flour  
1/2 tsp. salt  
1 1/2 tsp. baking powder  
1/4 c. dark brown sugar  
1/2 c. milk  
1 tsp. vanilla  
1/4 c. melted butter

Place batter in 1-quart casserole. Sprinkle with raisins or chopped nuts. In a saucepan, bring 3/4 c. maple syrup and 1/3 c. water to a boil. Pour this over the batter and bake in 350 degree oven for 35-40 minutes. Serve warm with light cream.

## Maple Pecan Sundae Sauce

1/2 c. heavy cream  
2 tbsp. butter  
1 c. maple syrup, medium grade  
2 tbsp. corn starch  
2 tbsp. water  
1/2 c. chopped pecans

Heat cream, butter and syrup to warm. Mix together cornstarch and water. Add to cream mixture. Cook over medium heat, stirring constantly until mixture thickens. Remove from heat and add nuts. Serve over vanilla ice cream.

## Brown Betty

*Serves 10 - 12*

This dessert was made for the workers at Ground Zero.

### Topping:

4 c. whole oats  
4 c. brown-rice flour  
1 c. canola oil  
1 c. dark maple syrup  
1 c. apple juice  
2 tsp. cinnamon  
dash of almond extract  
dash of vanilla flavoring

Peel and slice 15 apples, and put them in an 8x11" baking pan. Add extra apple juice to fill pan half-way. Sprinkle 6 tbsp. arrowroot over apples and toss together. Mix all ingredients of topping and spoon evenly over apple mixture. Bake in 350 degree oven for 30 minutes.

Recipe from Paul Greco  
Two Old Saps Sugar Works, Bristol, Vt.

## Maple Mud Slide (drink)

In a blender, combine:

ice  
4 oz. Kahlua  
4 oz. maple syrup  
milk

Chop then blend on high.

Recipes from Fred and Betty Smith  
Smith's Sugar Shack, Westford, Vt.

## Maple Bars (Country Journal)

Mix together:

1 c. unsalted butter, softened  
1 c. sugar  
2 tsp. vanilla  
1 c. maple syrup  
2 large eggs

Add:

1  $\frac{1}{3}$  c. flour  
1 tsp. baking powder  
2 c. rolled oats (not instant)  
1 c. flaked coconut  
1 c. finely chopped walnuts

Spread mixture in a greased 9x13" pan. Cook at 350 degrees about 30 minutes. Cool and cut into bars.

I have cut back on the amount of butter and found there was no difference.

## Maple Corn

3 batches of air popcorn  
1 $\frac{1}{2}$  - 2 c. cooking or dark amber maple syrup  
 $\frac{1}{2}$  c. light Karo syrup

1/4 c. butter or margarine  
1 tsp. baking soda

Cook maple syrup and Karo till mixture reaches soft ball stage. Remove from heat; add butter and baking soda. Add popcorn and mix well. Spread on 2 lightly greased jelly roll pans and bake 30 minutes at 250 degrees, stirring half way through. Spread on wax paper until cool and store in air tight containers or zip lock bags. Keeps well.

Recipes from King Arthur Flour  
Norwich, Vt.

## Maple Granola

7 c. thick oat flakes (rolled oats), uncooked  
1 c. flaked coconut  
1 c. wheat germ  
1 c. almonds, sliced or broken up  
1 c. pecans or walnuts, chopped or broken up  
1 c. sunflower seeds, raw or toasted  
1 tsp. salt  
1 c. vegetable oil  
1 c. maple syrup  
1 tbsp. vanilla  
1 c. raisins  
additional dried fruit/nuts as desired

In a very large bowl, combine the oats, coconut, wheat germ, nuts, seeds and salt. Mix well. In a separate bowl, whisk together the oil, maple syrup and vanilla. Pour over dry mixture in bowl, stirring and tossing till everything is very well combined (your bare hands are the best tools for this step).

Spread granola on a couple of large, ungreased baking sheets. Bake in a preheated 250 degree oven for 2 hours, tossing mixture every 15 minutes or so. Remove pans from oven and cool

completely. Transfer granola to a large bowl, and mix in raisins and any additional dried fruit desired – dates, figs, currants, dried cranberries or blueberries, etc. Store in a tightly closed container at room temperature.

This recipe reprinted from King Arthur Flour's Baking Sheet,  
Vol. III, No. 4, March-April 1992.

## Cindy's Vermont Oatmeal Maple-Honey Bread

*Yields 2 sandwich loaves*

2 c. boiling water  
1 c. thick oat flakes (rolled oats)

1/2 c. maple sugar (or brown sugar)  
1/2 tsp. maple flavor (optional)  
1 tbsp. honey  
1/4 c. (1/2 stick) butter  
1 tbsp. salt  
1 tsp. cinnamon  
1 tbsp. instant active dry yeast  
1 1/2 c. King Arthur 100% white whole-wheat flour  
4 c. King Arthur unbleached all-purpose flour

In a large mixing bowl, combine the water, oats, maple or brown sugar, maple flavor (if you're using it), honey, butter, salt and cinnamon. Let cool to lukewarm.

Add the yeast and flours, stirring to form a rough dough.

Knead (about 10 minutes by hand, 5-7 minutes by machine)

until the dough is smooth and satiny. Transfer the dough to a lightly greased bowl, cover the bowl with lightly greased plastic wrap, and allow the dough to rise for 1 hour.

Divide the dough in half, and shape each half into a loaf. Place the loaves in 2 greased 8 1/2 x 4 1/2" bread pans. Cover the pans with lightly greased plastic wrap (or an acrylic dough cover), and allow the loaves to rise till they've crowned about 1 inch over the rim of the pan, about 1 hour.

Bake the loaves in a preheated 360 degree oven for 33 minutes.\* Remove them from the oven when they're golden brown and the interior registers 190 degrees on an instant-read thermometer.

\*If your oven can't be set at 360 degrees, set it at 350 degrees and bake the bread for 35 - 40 minutes.

Recipe from Karen Fortin  
Carman Brook Maple and Dairy Farm, Swanton, Vt.

## Maple Pumpkin Bread

*Yields 3 standard loaves or 5 - 6 small loaves*

1 1/2 c. grade B maple syrup  
1 1/2 c. sugar  
4 eggs  
1 c. oil  
3 c. mashed pumpkin (I often use squash)  
3/4 tsp. salt  
3/4 tsp. baking powder  
1 1/2 tsp. cinnamon  
4 1/2 c. flour  
1 1/2 tsp. baking soda  
1 1/2 tsp. cloves  
1 1/2 tsp. nutmeg

Beat maple syrup, sugar, eggs and oil together; add pumpkin. Add dry ingredients. Bake at 300 degrees for 1 hour and 20 minutes. Test with cake tester.

This bread freezes excellently.

Recipe from Lorin Streim  
The Inn at Quail Run, Wilmington, Vt.

## Maple Glazed Bacon

Lay bacon out on a cookie sheet. Drizzle with pure maple syrup. Bake at 350 degrees for 30 minutes. Yum. Yum.

Recipe from Joyce and Frank Stewart, Innkeepers  
The Richmond Victorian Inn, Richmond, Vt.

## Chef Stewart's Stuffed French Toast

*Serves 4*

8 slices white or wheat sandwich bread

Filling:

3 oz. cream cheese, softened

1/4 c. Vermont maple syrup

1/4 c. ground pecans

1/2 - 3/4 tsp. cinnamon

1/4 tsp. ground cloves (optional)

For dipping custard:

3 eggs

1 c. milk or heavy cream

2 tsp. vanilla

dash of cinnamon

1/2 tsp. sugar

butter for frying

powdered sugar and fruit for garnish

additional maple syrup for serving

In a small mixing bowl, combine filling ingredients and mix thoroughly with a fork or hand mixer. Spread 4 slices of bread generously with filling and top with remaining slices to make "sandwiches." Depending on your generosity, there may be filling left over. Do not discard, it keeps well in the fridge. Stuffed French Toast sandwiches work best with bread that is a couple days old; otherwise, bread may tear if it's too soft. Set sandwiches aside.

In another flat dish, combine dipping custard ingredients. Beat well with a fork or whisk.

Heat a griddle or frying pan over medium-high heat until it sizzles when drops of water are sprinkled on it. While griddle is heating, dip sandwiches into custard, turning once to coat both sides. Drain each slightly and place on the hot, buttered griddle or frying pan. Fry sandwiches over a moderate heat until they are golden brown on both sides, adding more butter as necessary when you turn the sandwiches.

To serve, cut each sandwich in half diagonally. Place both pieces on a warmed plate and sprinkle Stuffed French Toast with powdered sugar. Place fruit on side of plate and serve. Serve with additional warm maple syrup and Harrington's bacon and/or sausage. Bon appetite!

(And what to do with that leftover filling? Spread on wheat bread and add smoked ham for a delicious tea sandwich – also served occasionally at the Richmond Victorian Inn during afternoon tea!)

Recipes from Cecile Branon  
Branon Family Maple Orchards, Fairfield, Vt.

## Maple Barbecue Chicken

boneless chicken breast  
barbecue sauce  
maple syrup

Slice chicken into strips. Mix barbecue sauce and some maple syrup together; add to frying pan. Place chicken in sauce and cook at medium heat. Great for a sandwich or sub, or as a supper with rice.

## Easy Maple Dip

1 oz. softened cream cheese  
 $\frac{1}{3}$  c. maple syrup

With a mixer, beat the two together and serve with your favorite fruits or veggies. Excellent to use with sliced green apples, but make sure you have enough!

Recipe from Sugarbush Farm  
Woodstock, Vt.

## Mrs. Ayres's Fritters With Maple Syrup

Serves 4

4 c. flour  
2 tsp. baking powder  
1/2 tsp. salt  
2 c. milk  
3 eggs, well beaten  
1 c. maple syrup

Mix dry ingredients together. Add milk and eggs; stir well. Drop by the heaping tsp. into hot deep fat and fry until brown. Drain on paper towel. Serve with hot maple syrup poured over the fritter. For variation, add 1 c. canned corn to the batter and call it a vegetable.

Recipe from Lee Light  
Hollister Hill Farm, Marshfield, Vt.

## Special Vermont Maple Barbecue Marinade

2 lbs. spareribs or chicken  
1/2 c. Vermont maple syrup (the darker, the better)  
1/2 c. cider vinegar  
1/3 c. soy sauce (I like Tamari soy sauce)  
2 tsp. of cinnamon  
2-3 cloves of finely chopped garlic

For ribs, par-boil for 30-45 minutes or until fork tender. Chicken does not need to be precooked. Mix remaining ingredients together for marinade. Marinate the meat for at least 2-3 hours, turning frequently. Grill until well browned on all sides. Enjoy!

Recipe from Andy Aldrich  
Brass Lantern Inn, Stowe, Vt.

## Maple Apple Crepes

Crepes:

2 eggs  
1 1/2 c. milk  
1/4 tsp. salt  
1 c. flour  
2 tbsp. melted butter

Mix above ingredients in a bowl and let rest for 30 minutes.  
To cook, pour 1/3 c. of batter into a hot crepe pan, flipping the crepe when the first side is done.

## Filling:

5 Granny Smith apples, peeled, cored and sliced  
3 tbsp. melted butter  
 $\frac{2}{3}$  c. brown sugar  
grated zest from 1 orange  
 $\frac{1}{4}$  c. raisins  
 $\frac{1}{3}$  c. dark maple syrup

Combine butter, brown sugar, orange zest, raisins and maple syrup. Saute apples in this mixture until they start to soften. Remove apples. Reserve liquid and, while stirring, mix in cornstarch a little at a time until the liquid thickens.

Stuff crepes with apples and spoon thickened liquid over them. Serve with your choice of accompaniments.

Recipes from the New England Culinary Institute

## Maple Cider Gastrique (as demonstrated on VPT Cooks)

*Yields 1 pint*

1 qt. apple cider vinegar  
1 cinnamon stick  
1 fresh sprig thyme  
1 juniper berry  
8 oz. maple syrup  
salt and pepper to taste

In a saucepan, combine cider, cinnamon, thyme and juniper. Heat and reduce the liquid by half. Add maple syrup and bring to a simmer until it reaches a thick consistency that coats a spoon. Pass through chinois. Season to taste. Extra may be frozen.

## Maple Creme Brulee

*Yields 2 quarts*

2 qt. heavy cream  
2 c. maple syrup  
 $\frac{1}{2}$  vanilla bean, split  
3 egg yolks  
 $\frac{1}{2}$  tsp. salt  
2 tsp. vanilla extract

Combine cream, maple syrup and vanilla bean in a saucepan and bring to a simmer. Combine egg yolks and salt. Temper cream mixture into the yolks.

Strain the custard through a fine mesh chinois; add vanilla extract, cool and refrigerate or bake. Bake at 325 degrees in a water bath.

## Maple Mousse

*Yields 2 quarts*

4 egg yolks  
2 tbsp. brown sugar  
1 c. maple syrup  
2 tbsp. Knox gelatin  
1 $\frac{1}{2}$  c. heavy cream, whipped to soft peaks  
4 egg whites, whipped to medium peaks  
4 tbsp. pecans

Whip the yolks, sugar and maple syrup together to a ribbon consistency. Bloom the gelatin. Melt. Temper into the yolk mixture. Fold in the whipped cream. Fold in the whipped egg whites. Fold in the chopped nuts.

Note: The gelatin will set up very quickly once added to the yolk mixture. Make sure it is very warm when tempering in. Also, quickly fold in the cream before it sets.

## Maple Roasted Pecans

4 c. pecan halves  
1 c. powdered sugar  
2 oz. maple syrup

Heat pecans and powdered sugar in a saute pan over low-medium heat until caramelized, folding constantly. When the sugar has almost completely caramelized, stir in the maple syrup. Cook for 3 more minutes, stirring constantly. Spread evenly on a sheetpan lined with parchment paper and separate the pecans.

Garnish the maple mousse with the pecans.

## Maple Pecan Baklava

*Yields 12 slices*

1 box phyllo dough  
2 c. clarified butter

### Filling:

3 c. ground pecans

1 c. dried cranberries, chopped  
maple sugar, as needed

## Syrup:

1<sup>1</sup>/<sub>2</sub> c. simple syrup  
1<sup>1</sup>/<sub>2</sub> c. honey  
1 orange, juiced  
1 lemon, juiced  
1/2 c. apple cider

On a piece of parchment, lay down 1 sheet of phyllo dough. Brush with butter and top with another layer of dough. Repeat until you have 6 layers. Top with half the nuts and cranberries. Sprinkle with maple sugar. Top with 6 more layers of buttered phyllo. Top with remaining pecans and cranberries; sprinkle with maple sugar. Top with 6 more layers of buttered phyllo.

Carefully roll up the phyllo layers into a roulade-shaped roll. Cut into 12 equal slices and lay flat on a papered sheetpan. Bake at 350 degrees until golden brown.

Meanwhile, bring all syrup ingredients to a simmer. Immediately out of the oven, pour the hot liquid over the baklava. It should sizzle.

Recipes from Pauline Couture

Couture's Maple Shop Bed and Breakfast, Westfield, Vt.

## Maple Crunch Chicken

Melt 1/2 c. butter in a pan in a 350 degree oven. Beat 2 eggs and 1/4 c. maple syrup together. Coat chicken with egg mixture and then roll in instant oatmeal and salt. Bake until tender, turning 2-3 times.

## Maple Krispies

Boil 1 c. maple syrup to 235 degrees. Remove from heat; add 2 tbsp. butter and beat until it begins to thicken. Add 3 c. Rice Krispies cereal and 1/2 c. chopped nuts. Mix well. Put into a 9x9" buttered pan and let stand until cool.

## Maple Raisin Pudding

*Serves 6*

1<sup>1</sup>/<sub>2</sub> c. pastry flour  
3 tsp. baking powder  
1/2 tsp. salt  
1/2 c. raisins  
2 eggs  
1/4 c. butter  
1/4 c. maple sugar

1½ c. dark maple syrup  
1 c. milk

Preheat oven to 350 degrees. Mix together flour, baking powder and salt; add raisins. Bring maple syrup to a boil. Pour into 1½ qt. casserole dish. Cream butter; add sugar and 1 egg at a time. Stir in flour mixture and milk until smooth. Pour over hot syrup. Bake 30-35 minutes. Serve hot.

Recipe from Martin's Maple Farm  
Chester, Vt.

## Vermont Baklava

### Pastry:

1 lb. phyllo leaves  
melted butter  
1 lb. walnuts, chopped  
sugar  
cinnamon  
cloves, ground

### Syrup:

1 lb. sugar  
12 oz. water  
6 oz. maple syrup  
2 lemon peel strips  
1 oz. lemon juice  
1 cinnamon stick

Unfold the phyllo leaves; keep them covered with damp cloth.

Butter bottom and sides of 11½ x 16½" cookie sheet.

Lay one of the phyllo sheets in the bottom of the pan, letting the ends of the dough fold upwards at sides of pan. Brush dough with butter. Repeat until 10 layers are in the pan.

Sprinkle walnuts, sugar, cinnamon and cloves over pan in even layers. Add 2 more phyllo layers, buttering each one. Repeat layers 4 and 5. Repeat layers 4 and 5 once more.

Finally, lay each of the remaining leaves in the pan, buttering each leaf, including the top layer. Trim any excess dough from around the pan so that it's level with the top layer of the pastry. Chill pastry to congeal butter making it easier to cut.

Cut the pastry into 4 rows of 6 squares, each about 2½" per side. Then cut squares diagonally to make triangles.

(A traditional method is to cut baklava into diamond shapes). Bake at 350 degrees for 50-60 minutes, until golden brown.

While baklava is baking, combine the syrup ingredients and bring to a boil. Simmer for 10 minutes, then cool to lukewarm. Remove the cinnamon stick and lemon peel. When pastry is baked, pour warm syrup over the hot baklava. Let baklava stand overnight so the syrup can be absorbed.

Recipe from Jeff Scott, Executive Chef  
Arlington's West Mountain Inn

## Seared Sea Scallops in a Smoked Bacon and Maple Cream Sauce

*Serves 2*

2 oz. vegetable oil  
1 lb. sea scallops  
1/4 lb. bacon, diced and rendered  
3 oz. maple syrup  
3 oz. heavy cream  
salt and pepper

Heat pan with oil in it. Place scallops in pan and brown on both sides. Drain off oil. Add bacon and syrup, and cook about 1 minute. Add cream, and cook about another minute. Season to taste with salt and pepper. Serve immediately with rice or pasta, although my favorite is with a nice risotto.

Recipe from Aline Bouchard  
Franklin, Vt.

Winner : Preserves, Sauces, Dressings  
Vermont Maple Festival 2003

## French Maple Dressing

1 c. salad oil  
2/3 c. ketchup  
1/2 c. apple cider vinegar  
1/2 c. + 1 tbsp. dark maple syrup  
2 tbsp. minced onions  
1 tbsp. lemon juice  
1 tsp. salt  
1/2 tsp. pepper  
1 tsp. dry mustard  
1 tsp. paprika

Put all ingredients in a shaker and shake well. Refrigerate 3 hours to blend flavors. Shake well before using.

Recipes from Nicki Paquette  
St. Albans, Vt.

## Homestyle Maple Barbecue Sauce

(as demonstrated on VPT Cooks)

1 c. ketchup  
1 c. pure Vermont maple syrup  
1/4 c. soy sauce  
1/4 c. vinegar  
1/4 c. finely chopped onion  
1/4 c. finely chopped Granny Smith apple  
1/4 c. minced garlic  
2 tbsp. pepper  
2 tsp. ginger  
2 tsp. cajun seasoning

Mix all ingredients well. Coat your choice of chicken, steak or pork and grill. Also may be used as a condiment.

## Old-time Maple Gingerbread

2 c. King Arthur flour  
1 egg  
1 c. sour cream  
1 c. dark maple syrup  
1 tsp. cinnamon  
1/2 tsp. salt  
1 tsp. baking soda  
1 tsp. baking powder

Mix all ingredients together, and pour into greased bread pan. Bake at 350 degrees for approximately 1 hour or until toothpick test comes clean. Serve with maple cream or butter.

Recipe from Helen S. Parent  
Enosburg Falls, Vt.

## Maple Bran Muffins

1 c. King Arthur flour

1 tsp. baking soda  
1 c. bran flakes  
1/3 c. raisins  
1/2 c. chopped walnuts  
1 c. maple syrup  
1 c. sour cream  
2 eggs

### Topping:

2 tbsp. maple syrup  
2 tbsp. butter, melted

Preheat oven to 400 degrees. Grease a jumbo 6-muffin tin and set aside. Put the flour and baking soda into a medium-size bowl. Add the bran flakes, raisins and walnuts. Combine the maple syrup, sour cream and eggs in a small bowl; add to the dry ingredients and stir until just blended. Fill the muffin cups with the mixture. Bake for 20-22 minutes, or until the muffins are golden brown.

Mix melted butter and maple syrup, brush over warm muffins, dust with confectionary sugar.

Recipe from Carol Tamburo  
Highgate, Vt.

## Maple Cake

2 c. flour  
1/2 c. sugar  
3 1/2 tsp. baking powder  
1 tsp. salt  
1/2 c. shortening  
3/4 c. maple syrup  
3/4 c. milk  
1 tsp. vanilla  
4 egg whites  
2 maple sugar candy leaves

Mix together flour, sugar, baking powder, salt and shortening. Mix in maple syrup, milk and vanilla. Beat for about a minute; scrape down bowl. Add egg whites; beat for another minute. Cut maple sugar candy into tiny pieces and mix in. Bake at 350 degrees for 30-35 minutes.

### Frosting:

1 c. shortening  
8 tbsp. maple syrup  
4 c. powdered sugar

2 tbsp. water

Beat shortening; add maple syrup and powdered sugar. Beat till smooth. Add just enough water for frosting to reach spreading consistency.

## Decorations:

Break up maple candy into small pieces and tint with food coloring.

Recipes from Armande Tremblay

St. Albans, Vt.

Winner: Breads

Vermont Maple Festival 2003

# Maple Sticky Buns

(as demonstrated on VPT Cooks)

1 tsp. yeast  
2 c. warm water  
2 tbsp. grade B maple syrup  
2 tbsp. light oil  
2 tsp. salt  
5 - 6 c. unbleached white flour or bread flour  
1/2 c. nonfat dry milk  
2 tbsp. wheat germ

Dissolve the yeast in the warm water and maple syrup. Leave alone for a few minutes. When frothy, add oil, salt and 2 c. flour; beat well. Add dry milk and wheat germ, and mix in. Then, add

2 - 3 c. more flour, a little at a time. Knead about 10 minutes. Let rise until double.

Punch down; roll dough to about 1/4 - 1/2" thick. Spread some soft butter on the dough and sprinkle with

1/2 c. maple sugar or maple sprinkles. Roll up like a jelly roll. Slice into slices about 1" thick. In an 8 or 9" pan, melt about

1 tbsp. butter; add 3/4 c. medium or dark maple syrup and 1 c. chopped nuts. Arrange slices in the pan; rise again, then bake at 375 degrees.

# Maple Carrot Cake

1 c. sugar  
1 c. grade B maple syrup  
3 eggs  
2 c. grated carrots  
1 c. crushed pineapple  
1 c. cooking oil

2 c. flour  
1 tsp. cinnamon  
1 tsp. baking soda  
1/2 tsp. salt  
1 c. chopped nuts

Cream sugar, syrup and eggs together; add carrots, then pineapple and oil. Add dry ingredients. Add nuts. Bake at 350 degrees for 35 minutes. If it is not baked enough, it is too moist.

## Butter Cream Frosting:

Cream together 1/2 c. butter and 1 tsp. maple syrup, grade A or B, with enough 10X powdered sugar to be able to spread the frosting. Garnish with maple sprinkles.

Recipe from Keren Wheeler  
Swanton, Vt.

Winner: Best Youth Cook  
Vermont Maple Festival 2003

## Maple Coffee Cake

2 c. soft butter  
3/4 c. pure maple sugar  
1/4 c. white sugar  
1/2 c. pure maple syrup  
4 eggs  
4 c. all-purpose flour  
2 tsp. baking powder  
2 1/2 tsp. baking soda  
2 c. sour cream  
1/2 c. pure maple cream

Preheat oven to 350 degrees. Cream together first four 48

ingredients until light and fluffy. Add the eggs and beat in well. Mix dry ingredients in separate bowl. Add flour mixture and sour cream alternately into bowl with the cream mixture.

Butter and flour a large tube or bundt pan well. Put half the batter into bunt pan. Sprinkle evenly 1/2 c. maple sugar over batter. Put the rest of the batter on top of the layer of the sugar. Bake for 1-1 1/2 hours, until brown on top and cake tester comes out

clean. Let cool for 10 minutes before turning onto a plate.  
When completely cool, drizzle with maple cream.

Recipe from Mapled Nut Company  
Montgomery, Vt.

## Mapled Nut Company Butter Tart

1 c. maple sugar coated pecans or walnuts, chopped coarsely  
1/3 c. melted butter  
1 egg, beaten  
1 tsp. vanilla extract  
1/2 c. Vermont maple syrup  
2 tbsp. milk  
1 9" unbaked tart shell or pie shell

Preheat oven to 350 degrees. Combine butter, egg, milk and vanilla. Add chopped nuts and gently pour into tart shell.

Garnish with extra nuts if you would like. Bake at 350 degrees for 25-30 minutes, until top of tart is puffed and bubbly and crust is starting to brown. Cool 20 minutes before removing from tart pan. Can be served warm or at room temperature. Add a dollop of whipped cream for an extra special treat.

Recipe from Mary Reynolds  
St. Albans, Vt.

## Maple Pecan Tarts

### Tart:

1 1/3 c. all-purpose flour  
5 tbsp. sugar  
pinch salt  
6 tbsp. butter  
3 egg yolks

Mix all dry ingredients together. Chop butter and blend with dry ingredients until it looks like fine bread crumbs. Mix in egg yolks until you have a firm dough. Chill for 30 minutes. Roll out and cut according to tart pan size and line pans.

### Filling:

3 eggs  
1/2 c. sugar  
1 c. maple syrup  
1/8 tsp. salt

1 tsp. pure vanilla  
1/4 c. melted butter  
1 c. pecans

Beat eggs; add sugar, maple syrup, salt, vanilla and butter.  
Line prepared shells with a layer of pecans, and divide prepared syrup mixture evenly between shells. Bake in moderate oven, 350 degrees, till a thin knife inserted in center comes clean. Remove tarts from oven, and decorate as desired.

Recipe from Tommy Martin  
Chester, Vt.

## Maple Popcorn

1 c. unpopped popcorn  
1<sup>1</sup>/<sub>2</sub> sticks butter  
1<sup>1</sup>/<sub>2</sub> c. sugar  
1 c. maple syrup  
vegetable oil

Pour vegetable oil into bottom of large pot and pop the corn.  
Put popped corn in a large roasting pan. In a separate pot, combine butter, sugar and maple syrup. Boil for 5 minutes.  
Pour over popped corn. Bake in 250 degree oven for 1 hour, stirring every 15 minutes.

Recipe from Betty Ann Lockhart  
Charlotte, Vt.

## Maple Sweet and Sour Salad Dressing

1 c. dark amber maple syrup  
1/2 c. catsup  
1/2 c. apple cider vinegar  
1/2 c. canola oil  
1 tsp. minced garlic  
2 tsp. horseradish

Combine all ingredients well. Refrigerate. Shake before serving. Use for green salads.

Recipe from Nancy Cain and Alex Cain  
Marlboro, Vt.

# Springtime in Vermont

In Mississippi, they have the "Mud Pie," named after their clay-like mud. Here in Vermont, we have "Springtime," a cookie confection that celebrates our own glorious mud. A bright spot during mud season is the maple sap that flows and flows. "Springtime" is meant to capture the essence of spring... and mud season – lots of mud with a sweet maple surprise.

*Makes 48 cookies*

12 oz. semi-sweet chocolate chips  
1/4 c. butter  
1 can (12 oz.) sweetened condensed milk  
1 tsp. vanilla  
2 c. flour  
48 Vermont maple candies  
1 c. finely chopped walnuts

Preheat oven to 350 degrees. Melt the chocolate chips and butter; stir until smooth. Add sweetened condensed milk and vanilla. Stir until fully blended.

Fold in flour – when dough becomes stiff, it is easiest to work with your hands.

Form the dough into balls approximately 1" in diameter. Flatten each ball and wrap the dough around each piece of maple candy. Form the cookie into a ball, making sure to seal all seams. Lightly dampen each completed ball and roll in chopped walnuts. Place on ungreased cookie sheet, approximately 1" apart, and bake for 8 minutes.

Recipe from Executive Chef Christoph Wingensiefen  
Trellis Restaurant at Inn on the Common  
Craftsbury Common, Vt.

# Maple Cider Vinaigrette

*Yields 1 gallon*

1 c. dijon mustard  
1 qt. Vermont apple cider  
1/2 qt. pure Vermont maple syrup  
1 c. apple cider vinegar  
1 tbsp. salt  
1 tsp. white pepper  
1/2 gallon salad oil

Mix all ingredients together.

Recipe from The Lilac Inn  
Brandon, Vt.

# Macadamia Nut-crusted Double-thick Pork Chop With Smokey Vermont Maple and Carmelized Onions

16 oz. double-thick pork chop  
2 oz. ground macadamia nuts  
1 tsp. extra virgin olive oil  
pinch of kosher salt  
fresh ground pepper to taste

Rub pork chop with olive oil, kosher salt and ground pepper. Marinate for 1 hour. Coat outside edges of pork with crushed macadamia nuts. Grill on high for 2 minutes; turn pork over. Cook for additional 2 minutes. Reduce heat to medium.

## Carmelized Onions:

1 large Spanish onion  
3 tbsp. pure Vermont maple syrup  
1 tsp. olive oil  
2 tsp. balsamic vinegar  
pinch of kosher salt  
2 tbsp. granulated sugar

Heat pan on medium heat; add oil and onions. Saute onions until clear. Turn heat to low; let cook for 15-20 minutes. Add balsamic vinegar and sugar. Cook for 15 minutes until vinegar reduces by half. Add Vermont maple syrup and cook additional 5 minutes. Remove from heat and top pork chop.

Recipe from Chef Doug Mack  
The Inn at Baldwin Creek, Bristol, Vt.

# Lamb and Eggplant Maple Curry

(as demonstrated on VPT Cooks)

20 oz. leg of lamb, cut into cubes  
2 c. eggplant, peeled and diced  
1/2 c. red onion, chopped finely  
2 tbsp. oil

## For the sauce:

2 tbsp. all-purpose flour  
4 oz. butter

1/2 c. light soy sauce  
1/4 c. maple syrup  
1 c. ketchup  
1 c. red wine  
1/4 c. brandy  
1 tsp. dijon mustard  
1 tbsp. curry powder

## Make the sauce:

In a medium sauce pan, heat the butter; when melted add flour, stirring constantly for 3-4 minutes. Add the remaining ingredients. Simmer for 15 minutes. Transfer to a blender and puree until smooth.

## To assemble:

In a medium sauce pan, heat the oil. Add the onion and lamb; saute until the meat is browned and the onion is clear, about 5 minutes. Add the eggplant and then the sauce. Simmer over low heat for another 15 minutes. Serve over rice with a fruit chutney on the side.

Recipes from Catherine Stevens  
Jericho, Vt.

# Maple Teriyaki Salmon

1/3 c. apple juice  
1/3 c. pure Vermont maple syrup  
3 tbsp. soy sauce  
2 tbsp. finely chopped onion  
1-2 minced garlic cloves  
4 salmon fillets

In a bowl, combine the first five ingredients; remove 1/2 c. for basting (cover and refrigerate). Pour remaining marinade into a large resealable plastic bag. Add salmon, seal bag and turn to coat both sides. Refrigerate for 1-3 hours.

Drain and discard marinade. Broil salmon 4" from heat for 5 minutes. Baste with reserved marinade and broil 10 minutes longer or until fish flakes easily with a fork, basting frequently.

# Maple and Orange Glazed Chicken

4 boneless, skinless chicken breasts  
3 tbsp. Vermont maple syrup  
1 tbsp. wholegrain mustard  
grated zest of 1 orange

1 tbsp. soy sauce

Make several diagonal slashes across each chicken breast with a knife. Put the other ingredients into a wide, shallow bowl and mix. Add chicken, turning to coat; cover and chill for up to 24 hours or cook right away. Preheat grill. Cook the chicken 5-6 minutes each side, brushing or spooning over the marinade, until the chicken is browned and glossy, and the juices run clear.

Recipe from Jeff's Maine Seafood  
St. Albans, Vt.

## Grilled Maple and Soy Marinated Wild King Salmon Over Garden Greens With a Fresh Blackberry Vinaigrette (as demonstrated on VPT Cooks)

4 6-oz. wild King salmon fillets

### Maple and Soy Marinade:

Mix together:

1/4 c. soy sauce

2 tbsp. maple syrup

1 tsp. garlic, chopped

Marinate salmon for 2-3 hours and grill until done (4-6 minutes per side).

### Blackberry Vinaigrette:

2 qt. blackberries

1/2 c. sugar

Combine blackberries and sugar in a saucepan. Simmer on medium heat for 10-15 minutes. Remove from heat; add 1/4 c. balsamic vinegar and stir.

Place salmon on bed of fresh greens and top with warm blackberry vinaigrette.

Recipe from Diane Reilly  
Georgia, Vt.

## Maple Apple Cake

(as demonstrated on VPT Cooks)

Beat together:

1 egg  
3/4 c. maple syrup  
1/4 c. margarine

Add:

1 1/2 c. King Arthur unbleached, self-rising flour  
1/2 tsp. cinnamon

Fold in:

2 1/2 c. chopped apples

Batter will be thick. Turn into a 9x9" cake pan and add topping.

**Topping:**

Mix together:

1/2 c. maple syrup  
2 tbsp. flour  
1/2 stick margarine  
1/2 c. chopped nuts

Bake at 375 degrees for 45 minutes.

Recipes from Executive Pastry Chef Marshall Faye  
Trapp Family Lodge, Stowe, Vt.

## Marshall's Vermont Maple Cream Pie

(as demonstrated on VPT Cooks)

*Serves 8*

**Crust:**

1 c. shortening  
1 1/2 c. all-purpose flour  
1/2 tsp. salt  
1/2 c. ice water

**Filling:**

3 eggs  
2 c. Vermont maple syrup  
1 c. heavy cream  
3 tbsp. flour, sifted

Preheat oven to 375 degrees. In a mixing bowl, cut the shortening and flour together until the mixture is crumbly. Add the ice water and salt, and work into a dough. Do not over mix. You can use a food processor and prepare it the way you would any basic pie crust. Roll out to  $\frac{1}{8}$ " thickness and form a shell in a 9" pie plate or fluted tart pan.

For the filling, break the eggs into a bowl and whisk slightly. Add maple syrup, cream and flour. Whisk again for a minute.

Pour filling into pie shell and bake for 30 minutes. The pie should puff up and be a golden color. The filling will settle as it cools. Serve cool with a dollop of whipped cream or a wedge of Vermont cheddar cheese.

## Mt. Mansfield Maple Pecan Drop Cookies

2 c. Vermont maple syrup  
2 whole eggs  
1 c. (2 sticks) melted butter  
2 tsp. baking powder  
4 c. all-purpose flour  
1 c. chopped pecans

Preheat oven to 375 degrees. Place all ingredients into a bowl and mix together. Scoop or drop cookie dough onto a greased baking sheet. Bake cookies for about 12 minutes. Cool and serve.

## Maple Scones (as demonstrated on VPT Cooks)

### Scones:

2 c. all-purpose flour  
1 tbsp. baking powder  
4 tbsp. butter  
 $\frac{3}{4}$  c. heavy cream  
 $\frac{1}{4}$  c. maple syrup

### Maple Glaze:

1 c. maple syrup  
 $1\frac{1}{2}$  c. confectionary sugar

Preheat oven to 375 degrees. For the scones, melt butter and combine with remaining ingredients in a bowl. Mix to a light dough, approximately 2 minutes. Roll out to  $\frac{1}{2}$ " thick on a

generously floured board and cut into desired shape. Place on a cookie sheet and brush with 1 beaten egg. Bake until firm – approximately 15 minutes. Combine the glaze ingredients and mix. Glaze scones while hot.