
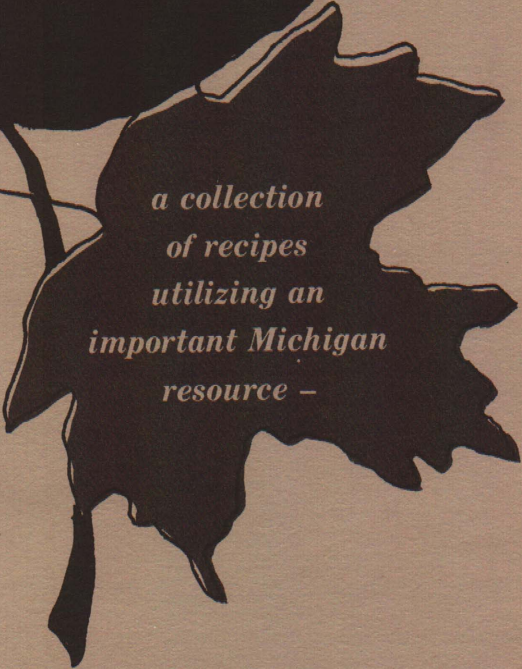


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# *Make It with Maple*



*a collection  
of recipes  
utilizing an  
important Michigan  
resource –*



*Cooperative Extension Service  
Michigan State University*



# Make It With Maple

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**M**APLE SYRUP IS one of nature's most flavorful sweets. Each spring approximately one million gallons are produced in the northeastern United States. Much more is produced in eastern Canada. Until the middle 1800's this native North American farm product was a principal source of syrup and sugar for Americans. National production reached more than four million gallons in the 1800's prior to introduction of cane syrups and sugar. Since that time, production has declined to the present level. Originally, the greater portion of the annual crop was processed into sugar. Today, most is marketed as syrup.

This specialty product is a 100 percent natural food. While perfect with hotcakes, waffles and french toast, it is not necessarily economically competitive with artificially flavored cane or corn syrups used for this purpose. As a sweetening and flavoring agent, maple syrup is well suited for a variety of purposes. Its flavor enhances the taste of many other food products from meats to vegetables to a variety of desserts and confections.

To help users of pure maple syrup enjoy this natural food product, this collection of recipes using maple syrup has been assembled. While no effort has been made to evaluate or endorse all or any recipes listed, any product made with maple "can't be all bad."

A variety of sugar and confection products can be made from maple syrup simply by following additional heating, stirring and cooling procedures. The more common products include maple sugar (hard and soft), granulated (stirred) sugar, maple cream and maple-on-snow. Preparation procedures for each are described as follows.



**Hard maple sugar** — Darker grades of syrup are suitable for making maple sugar. Heat a quantity of maple syrup until the temperature is approximately 40° F above the boiling point of water (to 252° F). Remove from heat and begin stirring immediately. When the syrup begins to thicken and sugar crystals form, pour the partially crystallized syrup into molds to harden.



**Soft maple sugar candy** — Heat pure maple syrup to a temperature of 27° F above the boiling point of water (to 239° F). Allow to cool slowly, preferably by setting the pan on a wooden surface for even distribution of heat. When the temperature of the syrup solution reaches 155° F, stir with a wooden spoon. When crystallization begins (syrup will be soft and plastic) pour into molds to allow to harden.



**Granulated (stirred) sugar** — Heat the syrup to a temperature between 40° F and 45° F above the boiling point of water (to 252° F to 257° F). Immediately pour the hot syrup into a large tray or wooden trough for stirring. Continue stirring until all moisture has evaporated and granulation is completed.



**Maple cream** — Use light colored grades of syrup for best results. Heat the syrup 22° F to 24° F above the boiling point of water (to 234° F to 236° F). Remove from heat and cool rapidly to 70° F or below (50° F is preferable). Stir the stiffened, cooled syrup with a wooden spoon until creaming is completed. While still in a pourable condition, transfer to storage jars or containers. Store under refrigeration.



**Other maple products** — Maple syrup is widely used as an ingredient in a variety of other food products. Because of its high sugar content, it can be substituted for sugar in many rec-

ipes. When substituting, use 1½ cups of pure maple syrup for each cup of granulated sugar, and add ¼ teaspoon baking soda for each cup of maple syrup used. When maple syrup is substituted for all sugar in a recipe, reduce the amount of liquid used by one half. If maple syrup is substituted for half the sugar, reduce liquid amounts by one-fourth.

The following recipes have been collected from many sources and are offered only as suggestions to enhance the enjoyment of pure maple syrup.



**Maple-on-snow** — A favorite product for parties, this taffy-like product is simple to produce. Heat the desired amount of syrup to a temperature of 18° F to 23° F above the boiling point of water (to 230° F to 235° F). Without stirring, pour immediately over clean, fresh snow or shaved ice. Since the cooling is rapid, the supersaturated solution does not have time to crystallize, and thus forms a glassy taffy-like sheet. Serve with fresh unsweetened doughnuts and dill or sour pickles.

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## MAIN DISHES

### Mapled Pork Chops

Preheat oven to 400°F. Lightly brown 6 pork chops (1" thick). Arrange in flat baking dish.

Mix together:

- ¼ cup chopped onion
- 1 Tbsp. vinegar
- 1 Tbsp. Worcestershire sauce
- 1½ tsps. salt
- ½ tsp. chili powder
- ½ tsp. pepper
- ¼ cup maple syrup
- ¼ cup water

Pour over pork chops. Cover. Bake 45 minutes, basting occasionally. Uncover. Bake 15 minutes more. Remove chops to platter. Thicken sauce with flour. Pour over chops.

### Maple-Barbecued Spareribs

- ¾ cup maple syrup
- ¾ cup chopped onion
- ¾ cup chopped celery
- ½ chopped pepper
- ¾ cup vinegar
- 1 cup water
- 1½ cups catsup
- 3 bouillon cubes
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. soy sauce
- 1 tsp. Tabasco sauce
- 1 tsp. salt
- Juice and grated rind of 1 lemon
- 4 or 5 lb. spareribs, cut in serving pieces (Country-style ribs best)

Combine all ingredients except spareribs. Simmer together until sauce is relatively thick and vegetables are transparent. Cook spareribs until partially done. Drain off fat. Brush barbecue sauce on spareribs, which are single-layered in shallow pan. Cook slowly. Turn meat occasionally, and brush with the sauce to develop an even glaze.

### Maple-Barbecued Spareribs

- 3 lb. spareribs
- 1 cup maple syrup
- 2 Tbsp. chili sauce
- 2 Tbsp. vinegar
- ½ tsp. pepper
- 1 small onion, peeled and minced
- 2 tsp. Worcestershire sauce
- 1 tsp. salt
- ½ tsp. dry mustard

Cut spareribs into serving-size pieces. Combine remaining ingredients and brush mixture on all sides of ribs. Arrange in single layer in baking pan, and

bake in 375°F oven until ribs are very tender (1½ to 2 hours). Brush meat with the sauce often and turn pieces frequently so all portions will be coated with this wonderful sauce. Serves 4 to 6.

### Maple-Baked Ham

- 1 ham for baking
- 1 cup maple syrup for each 5 lb. ham (dark preferred)

Sauce:

- 1 cup maple drippings
- ¼ cup flour
- 1 cup water

Bake ham according to usual method, until half done. Remove half the drippings from pan for gravy. Add maple syrup to pan and continue baking ham, covered, until done. Remove cover a few minutes to brown if desired. You may use an uncovered pan and baste the ham with maple.

Stir flour into maple drippings; add water and bring to a boil, stirring constantly. Serve hot as ham sauce in bowl or pitcher.

### Maple-Glazed Ham

(Total baking time about 2 hours)

Bake 6 to 8 lb. fully-cooked ham about half the usual time. Drain off the drippings. Score fat diagonally into diamonds. Center with cloves.

Pour ½ cup maple syrup over ham. Bake 15 minutes. Repeat twice more. An additional 30-minutes baking time produces a golden brown glaze.

### Baked Ham Slice With Pineapple

- 1-inch thick slice of ham
- Several slices canned pineapple
- ½ cup maple syrup
- ½ cup dry bread crumbs
- 1 tsp. prepared mustard
- ½ cup pineapple juice

Have slice of ham cut about 1 inch thick. Trim off rind. Brown ham on both sides. Put in shallow baking dish. Cover with sliced pineapple. Mix syrup, bread crumbs, mustard and pineapple juice. Spread over pineapple-topped ham slice. Bake at 375°F about 1 hour. Serve on hot platter with syrupy juices poured over.

### Ham Loaf

- 2 lb. ground ham (Daisy roll may be used)
- 1 lb. fresh pork

- 1 cup bread crumbs
- 1 cup milk
- 2 eggs, beaten

Mix thoroughly and bake in covered pan at 350°F about one hour, basting at least four times with the following mixture:

- ¾ cup maple syrup
- 1 tsp. dry mustard
- 1 tsp. ground cloves
- ½ cup water
- ½ cup vinegar
- ¼ cup brown sugar

### Maple Chicken

- 1 chicken, 2½ to 3 lb. cut up
- ¼ cup butter or margarine, melted
- ½ cup maple syrup
- ½ tsp. grated lemon rind
- 1 tsp. salt
- Dash of pepper
- ¼ cup chopped almonds
- 2 tsp. lemon juice

Place chicken pieces in shallow greased baking dish. Mix remaining ingredients and pour evenly over chicken. Bake uncovered 50 to 60 minutes at 400° F. Baste occasionally.

### Crispy Maple Chicken

- 1 egg, beaten
- ¼ cup milk
- 1 broiler-fryer, 3 lb. (cut in serving pieces)
- ¾ cup corn flake crumbs
- ½ cup oil or shortening
- 1 cup milk
- 1 cup light cream
- ½ cup maple syrup

Combine egg and milk. Roll chicken pieces in egg and milk mixture, then in crumbs. Brown chicken pieces in oil, then place in a shallow baking pan. Pour milk, cream and maple syrup into baking pan. Bake in preheated oven (350°F). Turn chicken at end of ½ hour. Bake another 30 to 45 minutes or until done. Makes 4 servings. Serve with boiled rice or sweet potatoes.

### Tasty Franks

- 1 lb. frankfurters
- 1 Tbsp. melted butter or margarine
- 1 Tbsp. soy sauce
- 1 Tbsp. maple syrup

Combine all ingredients in a frying pan. Stir and simmer about 15 minutes. These may also be served as a party appetizer if franks are cut into small pieces.



### Maple Ham Peachies

- 1 egg, beaten
- 1/2 cup soft bread crumbs (crushed cereal may be substituted)
- 1/2 cup maple syrup
- 1/8 tsp. ground cloves
- 1 tsp. prepared mustard
- 1 lb. cooked ham, ground
- 12 peach halves, drained if canned
- Parsley to garnish
- Maple syrup

Preheat oven to 350°F. Combine egg, crumbs, syrup, cloves, mustard and ham. Shape into 12 balls. Drain peach halves and place a ham ball in the center of each. Bake at 350°F for 25 minutes in a greased, shallow baking pan. Baste once or twice with the additional maple syrup to prevent drying. Five minutes before baking time is up, garnish with chopped parsley. These make a delicious luncheon main dish.

## SIDE DISHES

### Maple Baked Beans

- 2 lb beans, par boiled (red kidney, yelloweye, etc.)
- 1/4 lb salt pork or bacon
- 1 cup maple syrup
- 1/4 cup catsup
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/2 tsp. dry mustard
- 1 small onion (optional)
- 1 tsp. ginger (optional)

Place half the beans in a bean pot. Score salt pork and place on beans. Add remaining beans. Mix remaining ingredients and pour over beans. Fill the pot with boiling water. Cover and bake at 300°F for 4 hours or until beans are soft. Remove cover the last half hour and let beans brown. (It may be necessary to add water during baking).

### Baked Beans a la Vegetarian

- 1 lb dry beans
- Soak until double in size. Boil until skin wrinkles when blown upon. Place in bean pot or heavy baking dish.

Add:

- 1 cup dark amber maple syrup
- 1/4 cup olive oil
- 1/4 tsp. ginger
- 1/4 tsp. dry mustard
- 1 tsp. salt
- Shake of pepper

Cover with water and bake until tender at 325°F, about 4 hours.

### Maple Lima Beans

- 1 pound dried lima beans
- 1 tsp. salt
- 1/2 to 3/4 cup butter or margarine
- 1 cup maple syrup
- 2 Tbsp. finely chopped onion

Soak lima beans in water several hours. Cook in boiling water until just tender. Place beans in 3-quart casserole or 9x13x1 1/2-inch pan. Add remaining ingredients and enough water to almost cover the lima beans. Bake at 325°F about 3 hours. If necessary, add water.

### Candied Sweet Potatoes

- 6 medium-sized sweet potatoes
- 3/4 cup maple syrup
- Butter or margarine
- 1/4 cup water
- Salt and pepper

Cook sweet potatoes until tender. Peel and slice lengthwise. Cover with 3/4 cup maple syrup and dot with butter. Add water and salt and pepper. Bake about 35 minutes at 350°F. Serves 6.

### Stuffed Squash

- 4 buttercup or acorn squash
- 1 large apple, chopped
- 1/3 cup walnuts, chopped
- 1/4 cup sugar
- 1/4 cup raisins
- 2 Tbsp. butter or margarine
- 1/4 cup maple syrup

Preheat oven to 400°F. Wash squash. Cut tops off and scrape out seeds and strings. Place cut side down on baking sheet and bake at 400°F until squash is tender when pricked with fork. Combine remaining ingredients in saucepan and heat gently until well blended and soft. When squash is done, remove from oven and fill cavities with filling. Pour a little maple syrup over each top just to moisten tops, and return to oven to heat through.

### Maple-Apple-Sweets

- 4 or 5 medium apples
- 1 cup maple syrup
- 1/4 cup butter
- Salt
- 4 or 5 medium sweet potatoes, boiled in their jackets
- Buttered crumbs

Pare and slice apples into syrup. Add butter and salt. Cook over low heat until apples are tender. Pare potatoes and slice half into a well-buttered 1 1/2-quart baking dish. Pour or spoon over them half the apple-syrup mixture. Repeat with remainder of potatoes and apples and top generously with but-

tered crumbs. Bake at 400°F just long enough to reheat through and brown crumbs. Serves 6.

## BREADS

### Maple Nut Bread

- 1 cup chopped walnuts
- 1/2 cup maple syrup
- 1/2 cup sugar
- 1 egg
- 1 1/4 cups milk
- 3 cups biscuit mix

Mix together walnuts and maple; let stand at least one hour. Heat oven to 350°F. Mix remaining ingredients together and beat until smooth. Stir in nut mixture. Pour into well-greased loaf pan, 9x5x3-inches. Bake 45 to 50 minutes until toothpick inserted into center comes out clean. Crack in top is typical. Cool before slicing.

### Maple Date Nut Bread

- 1 cup boiling water
- 1 cup chopped dates
- 1 Tbsp. butter or margarine
- 1 egg, beaten
- 1/2 cup maple syrup
- 1/2 cup chopped pecans
- 1 cup sifted white flour
- 1 tsp. baking powder
- 1 tsp. salt
- 3/4 tsp. baking soda
- 1 cup stirred whole wheat flour

Pour boiling water over dates and butter. Stir until butter melts. Add egg, maple syrup and nuts. Sift together white flour, baking powder, salt and soda. Combine with the whole wheat flour. Pour the liquid mixture into the dry ingredients. Stir until just dampened. Pour into a greased loaf pan, 9x5x3-inches, and bake at 350°F for 1 hour. Let cool thoroughly before slicing. Makes 1 loaf.

### Maple Bran Bread

- 3/4 cup maple syrup
- 1 Tbsp. oil or melted shortening
- 1 egg, beaten
- 1 1/4 cups milk
- 1/2 cup chopped butternuts or walnuts
- 3 cups sifted flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup boiling water, poured over 1 cup bran cereal

Preheat oven to 325°F. Mix together maple syrup, oil, beaten egg, milk and nuts. Sift together flour, soda and salt. Add to syrup mixture together with bran and water. Mix well. Pour into well-greased and floured 9x5x3-inch



loaf pan. Bake 1½ hours. It may be necessary to lightly cover with foil the last half hour to prevent over-browning and a hard crust.

### Swedish Rye Bread

- 2 cups milk, scalded and cooled
- 2 tsps. salt
- 1 to 2 Tbsp. caraway seed
- ¼ cup maple syrup
- 2 Tbsp. mild molasses
- 1 package active dry yeast dissolved in ¼ cup warm water
- 2 cups rye flour
- 3 Tbsp. oil or melted shortening
- 3 to 4 cups white flour

Combine milk, salt, caraway and molasses in mixing bowl. Add yeast and the rye flour. Beat until smooth, about 75 strokes. Cover, and let stand until bubbly and foamy — 1 to 2 hours or even overnight. Stir down; add oil. Gradually work in white flour until a stiff dough is formed. Knead thoroughly until smooth. Let rise until doubled in bulk. Punch down, let rise again until doubled. Shape into loaves; let rise until almost doubled. Bake at 375°F about 35 to 40 minutes. Remove from pans and cool on rack. Makes 2 medium-size loaves.

### Maple Syrup Bread

- 1 cup white flour
- 2 tsps. baking soda
- 1 tsp. salt
- 1 tsp. cinnamon
- 2 cups rye flour
- 1 cup corn meal
- 1 cup maple syrup
- 2½ cups buttermilk or soured milk

Sift flour, soda, salt and cinnamon together. Stir in remaining ingredients; mix well. Fill greased cans or molds ¾ full of batter. Steam 3 hours or until done.

### Maple Fruit Bread

- 2 Tbsp. oil or melted shortening
- 1 cup maple syrup
- 1 egg, well beaten
- Grated rind of 1 orange
- 2½ cups sifted flour
- 3 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ¾ cup nuts, chopped
- ¾ cup orange juice

Blend shortening, maple syrup, egg and rind until creamy. Sift dry ingredients and add nuts. Add to first mixture alternately with orange juice. Bake in greased loaf pan, 9x5x3-inches at 350°F for 1 hour. (Bread is better if "ripened" at least one day before using.)

### Brown Bread

- ¾ cup maple syrup
- ¼ cup maple sugar
- 1 cup water
- 1 egg, lightly beaten
- 1 cup white flour
- 1 tsp. salt
- ¼ tsp. baking soda
- ½ tsp. salt
- 2½ cups graham or whole wheat flour

Mix together maple syrup and sugar. Add water and beaten egg. Sift white flour with baking powder, baking soda and salt. (Do not sift graham or whole wheat flour.) Add flours. Mix well. Bake in greased 9x5x3-inch loaf pan in preheated 325°F oven about 1 hour.

### Apricot-Date-Nut Bread

- ½ cup dried apricots
- ½ cup dates, chopped
- 1 cup butternuts or walnuts, chopped
- 3 cups sifted flour
- 3 tsps. baking powder
- 1½ tsp. salt
- ¼ tsp. baking soda
- 1 cup brown sugar, firmly packed
- 1 egg, well beaten
- ½ cup maple syrup
- 1 cup milk

Cover dried apricots with boiling water and let stand about 15 minutes. Drain and cut into small pieces. Mix apricots with dates and nuts. Sift flour, baking powder, salt and soda; add brown sugar, apricots, dates and nuts, and mix well. Stir in egg, maple syrup and milk. Pour into a well-greased loaf pan, 9x5x3-inches. Bake in a moderate oven, 350°F, for 1¼ hours or until done. Frost with cream cheese. Decorate with nuts.

### Maple Oatmeal Bread

- ¾ cup boiling water
- 1 cup hot coffee
- 1 cup rolled oats
- ½ cup shortening
- ½ cup maple syrup
- About 5½ cups sifted flour
- ½ cup sugar
- 2 tsps. salt
- 2 packages dry yeast
- ¼ cup lukewarm water
- 2 eggs

Combine boiling water, coffee, rolled oats, shortening, maple syrup, sugar and salt. Let this mixture cool until lukewarm. Dissolve yeast in ¼ cup lukewarm water and add to the first mixture. Blend in the eggs. Gradually add the sifted flour and mix until smooth. Add enough more flour to make a stiff dough. Place in a greased bowl, cover, and let rise until double in size. Knead a very little and divide into two loaves. Place in two well-

greased loaf pans, 9x5x3-inches. Let rise again until doubled. Bake in moderate oven (350°F) for one hour.

### Maple Syrup Cornbread

- 1 cup cornmeal
- 1¼ cups whole wheat flour
- 3 tsps. baking powder
- ½ tsp. salt
- 1 egg, well beaten
- ½ cup maple syrup
- ¾ cup milk
- 3 Tbsp. oil or melted shortening

Mix dry ingredients together. Add remaining ingredients and stir until well blended. Pour into well-greased pan, 9x9 inches. Bake for 20 minutes at 400°F. Cut into squares and serve hot with butter.

### Maple Breakfast Cake

- 1½ cups white flour
- 4 tsps. baking powder
- 1 tsp. salt
- ¼ tsp. cinnamon
- ¼ tsp. nutmeg
- ½ cup whole wheat flour
- 1 egg, beaten
- ¾ cup maple syrup
- ¾ cup milk
- 1½ tsps. melted butter

Sift flour with baking powder and spices. Stir in whole wheat flour. Combine egg, syrup, milk and melted butter with dry ingredients. Pour into greased 9-inch pan and sprinkle top with more cinnamon and maple sugar. Bake 35 minutes at 400°F.

### Maple Pecan Rolls

Roll half the recipe for plain roll dough on lightly floured surface to ¼-inch thickness. Brush with melted butter and sprinkle ¼ cup maple sugar and 1 tsp. cinnamon. Roll as for jelly roll, seal edge, and cut in 1-inch pieces.

Combine:

- 1 cup maple syrup
- 1 Tbsp. butter

Boil in saucepan to 230°F. Cool and pour into cake pan with 1 cup broken pecans. Place rolls, cut side down, on mixture. Cover. Let rise until double in bulk. Bake at 375°F for 25 minutes. Invert pan immediately and let rolls cool.

### Maple Muffins

- 2 cups sifted flour
- ¼ cup sugar
- 3 tsps. baking powder
- ½ tsp. salt
- ¼ cup oil
- 1 egg
- ½ cup maple syrup
- ½ cup milk



Sift flour, sugar, baking powder and salt together into mixing bowl. Mix remaining ingredients and add to dry ingredients. Stir just until blended. Fill greased muffin cups  $\frac{2}{3}$  full. Bake until golden brown in moderately hot oven, 400°F, about 20 to 25 minutes. Makes 12 medium-sized muffins.

### Maple Oatmeal Muffins

Mix together:

- 1 cup rolled oats
- 1 cup flour
- 4 tsps. baking powder
- $\frac{3}{4}$  tsp. salt

Stir in:

- $\frac{1}{2}$  cup cream
- $\frac{1}{2}$  cup maple syrup
- $\frac{1}{3}$  cup melted butter
- $\frac{1}{4}$  cup chopped nuts if desired

Fill greased muffin cups  $\frac{2}{3}$  full. Bake at 350°F about 20 minutes.

### Maple Bran Muffins

- 1 cup bran cereal
- $\frac{3}{4}$  cup milk
- 2 Tbsp. melted shortening or oil
- 1 egg, beaten
- $\frac{1}{3}$  cup maple syrup
- 1 cup flour
- 3 tsps. baking powder
- 1 tsp. salt

Soak bran cereal in milk until soft. Beat in shortening, egg and syrup. Sift dry ingredients together and add to bran mixture. Stir just until combined. Fill greased muffin cups  $\frac{2}{3}$  full. Bake at 400°F about 15 minutes.

### Maple Corn Muffins

- 1 $\frac{1}{2}$  cups sifted flour
- $\frac{2}{3}$  cup cornmeal
- 3 tsps. baking powder
- $\frac{1}{2}$  tsp. salt
- 2 eggs
- $\frac{2}{3}$  cup milk
- $\frac{1}{3}$  cup maple syrup
- $\frac{1}{2}$  cup melted shortening

Sift dry ingredients together. Beat eggs in bowl; add milk and melted shortening. Blend dry ingredients in quickly to just moisten flour. Fill muffin pans  $\frac{2}{3}$  full, and bake at 425°F for about 20 minutes.

### Maple-Glazed Coconut Buns

- $\frac{3}{4}$  cup maple syrup
- $\frac{1}{3}$  cup butter or margarine, melted
- $\frac{2}{3}$  cup sweetened flaked coconut
- $\frac{1}{2}$  cup chopped nuts
- 1 package (1 dozen) brown-and-serve rolls

Preheat oven to 400°F. Combine  $\frac{1}{2}$  cup of the syrup and 2 Tbsp. of the melted butter or margarine and pour into an 8-inch square pan. Place the

pan in a 400°F oven for 5-8 minutes until the syrup-butter mixture bubbles. Sprinkle coconut and nuts over syrup mixture. Combine remaining syrup and butter or margarine and dip rolls into the mixture, coating on all sides. Arrange rolls upside down on the coconut mixture. Return pan to oven and bake 20 to 25 minutes or until brown. To serve, turn pan upside down on plate.



## PUDDINGS

### Maple Bread Pudding

- 1 cup maple syrup
- 8 slices bread ( $\frac{1}{4}$  to  $\frac{1}{2}$  inch thick)
- 3 Tbsp. butter
- 3 eggs, beaten
- $1\frac{1}{2}$  cups milk
- Few grains salt

Boil syrup 5 minutes. Butter one side of each slice of bread. Dip whole slices in syrup and arrange 2 slices, buttered side up, in bottom of buttered loaf pan. Place remaining slices on top in layers. Make a custard mixture by combining the eggs, any remaining syrup, the salt and milk. Pour over top of bread. Bake in a moderately slow oven (325°F) until custard is set and top is golden brown, about 50 minutes. 6 to 8 servings.

### Maple Cream Pudding

- 2 cups milk
- 1 cup maple syrup
- 3 Tbsp. cornstarch
- $\frac{1}{4}$  tsp. salt
- 3 egg yolks, slightly beaten
- 3 Tbsp. butter

Heat  $1\frac{1}{2}$  cups milk and maple syrup in top of double boiler. Mix cornstarch and salt in saucepan; stir in  $\frac{1}{4}$  cup cold milk. Gradually add hot milk and syrup, stirring constantly. Continue stirring gently and constantly; bring mixture rapidly to a boil over direct heat. Cook 3 minutes. Place over simmering water. Cook, covered, about 12 minutes, stirring 3 or 4 times. Vigorously stir 3 tablespoons hot mixture into 3 egg yolks; immediately add to mixture in boiler. Cook 3 to 5 minutes, stirring slowly. Remove from heat and add butter. Cool slightly. Pour into serving dishes. Chill. Approximately 6 servings.

### Maple Cottage Pudding

- 1 cup maple syrup
- 2 Tbsp. butter
- 3 Tbsp. sugar
- $\frac{1}{2}$  cup milk
- 1 cup sifted flour
- 2 tsps. baking powder
- $\frac{1}{2}$  tsp. salt
- Nuts

Heat syrup to boiling point. Put in 10x6-inch baking dish. Mix other ingredients in order. Pour batter onto syrup. Bake at 350°F about 25 to 30 minutes until brown. Turn upside down and sprinkle with nuts. Serve with whipped cream. Serves 6.

### Harriet's Maple Biscuits

Prepare favorite biscuit recipe. Pour  $\frac{1}{2}$  inch of maple syrup into baking pan. Arrange unbaked biscuits over syrup and bake as usual. Invert pan immediately; serve biscuits hot.

### Upside-Down Raised Rolls

- 1 yeast cake or 1 envelope dry yeast
  - $\frac{1}{4}$  cup lukewarm water
  - 2 cups milk
  - 1 tsp. salt
  - $\frac{1}{2}$  cup granulated maple sugar
  - $\frac{1}{2}$  cup shortening
- Place in bottom of each muffin cup:
- 1 Tbsp. maple syrup
  - 1 tsp. chopped nuts
  - 1 tsp. raisins

Dissolve yeast cake in warm water. Scald milk; while hot pour over salt, sugar and shortening. Add 2 cups flour to milk mixture. Stir well. Add dissolved yeast; stir well. Add enough flour to make smooth, stiff batter. Cover and let rise at room temperature until double in bulk. Punch down, knead, shape into rolls and divide mixture into muffin cups. Let rise. Bake at 400°F for 15 to 18 minutes. Makes 3 dozen.

### Maple Cake Pudding with Cream Topping

- 2 cups maple syrup
- 2 Tbsp. shortening
- $\frac{3}{4}$  cup sugar
- 1 egg
- $1\frac{1}{2}$  cups sifted flour
- 2 tsps. baking powder
- $\frac{1}{4}$  tsp. salt
- 1 cup milk
- $\frac{1}{2}$  tsp. vanilla
- 2 cups cream

Put maple syrup in greased 8x8-inch baking pan. Cream shortening and sugar together. Add egg and beat. Sift flour, baking powder and salt. Add dry ingredients and milk alternately to the shortening and sugar mixture. Stir in vanilla. Pour cake batter on the maple syrup. Pour the cream over the cake. Bake at 350°F about 30 minutes.



### Maple Indian Pudding

- 4½ cups milk
- 6 Tbsps. corn meal
- 3 Tbsps. flour
- 1 egg
- ½ cup sugar
- ½ cup maple syrup
- 2 Tbsps. butter
- ½ tsp. salt

Scald 2 cups milk. Mix corn meal and flour with ½ cup cold milk. Add to scalded milk and cook until mixture thickens. To slightly beaten egg in bowl, add sugar, maple syrup, salt and 1 cup cold milk. Add this to first mixture and put in 1½-quart baking dish. With another cup of milk, rinse out all bowls and add to pudding. Dot with butter. Bake at 300°F for 2 hours or until firm. Serve hot or cold with cream.

### Hasty Maple Pudding

*Combine in saucepan and bring to boil:*

- ¾ cup maple syrup
- ½ cup water

*Mix until smooth:*

- 1 cup flour
- 1½ tsps. baking powder
- ½ tsp. salt
- ¼ cup dark brown sugar
- ½ cup milk
- 1 tsp. vanilla
- ¼ cup melted butter

Pour in greased 1-quart casserole. Sprinkly with ¼ cup raisins or chopped nuts. Pour boiling syrup over batter. This makes a sauce in bottom of pan after pudding is baked. Bake at 350°F for 35 to 40 minutes. Serve warm with light cream.

### Maple Rice Pudding

- ¾ cup uncooked rice
- 2 eggs, slightly beaten
- ¾ cup maple syrup
- 1½ cups milk
- Few grains nutmeg
- ¼ tsp. salt
- ½ to ½ cup seedless raisins

Cook rice in boiling salted water until tender. Drain thoroughly. Combine eggs and maple syrup and blend well. Stir in milk, nutmeg, salt and raisins. Pour into a buttered 1½-quart baking dish and bake at 350°F until set, 60 to 70 minutes. 6 to 8 servings.

### Maple Rice Meringue Pudding

- ½ cup uncooked rice
- 2 cups milk
- ¼ tsp. salt
- 2 egg yolks, slightly beaten
- ½ cup maple syrup

- 2 egg whites
- ¼ cup maple syrup

Cook rice, milk and salt in double boiler until rice is tender, about 45 minutes. Combine egg yolks and the ½-cup maple syrup. Stir in a little of the hot mixture, then combine with the remaining mixture in the double boiler. Cook, stirring gently, until mixture thickens, about 5 minutes. Pour into a buttered 1½-quart baking dish. Beat egg whites until fairly stiff. Gradually add the ¼ cup maple syrup, beating until meringue stands in glossy peaks. Spread over top of pudding. Bake at 325°F until delicately brown, about 20 minutes. 6 servings.

### Maple Tapioca Pudding

- 2 cups milk
- 2 Tbsps. "quick" tapioca
- ¼ tsp. salt
- 1 Tbsp. butter
- ½ cup maple syrup
- ½ cup light cream

Scald milk; add tapioca and salt. Cook gently until tapioca is transparent; stir frequently. Add butter and maple syrup, mixing well. Pour into greased 1-quart casserole, and cover top of pudding with cream. Bake at 350°F for 40 minutes. Serve warm or cold. Serves 6.

### Maple Walnut Cream Pudding

- 2 cups milk
- 1 cup maple syrup
- 2 Tbsps. cornstarch
- 2 eggs, slightly beaten
- ½ cup chopped walnuts
- 1 cup heavy cream, whipped

Scald 1-¾ cups milk with the maple syrup in the top of a double boiler. Combine the remaining milk with the cornstarch and salt, and add gradually, stirring constantly, to the hot mixture. Cook 25 minutes. Add this mixture to eggs. Cook 5 minutes longer. Pour into serving dish and sprinkle with chopped nuts while the pudding is still hot. When cold, cover with whipped cream.

- 1 cup maple syrup
- ½ cup hot water
- 2 Tbsps. chopped walnuts

Sift together the dry ingredients. Cream butter. Gradually add sugar, creaming well. Add eggs, one at a time, beating well after each addition. Blend in maple syrup. Add dry ingredients alternately with hot water, beginning and ending with dry ingredients. Blend thoroughly after each addition, using an electric mixer at low speed.

Pour into two well-greased and lightly floured 8-inch round layer pans at least 1½ inches deep. Bake in a moderate oven at 350°F for 30 to 35 minutes. Cool and frost with maple icing. Garnish with nuts.

### Maple Apple Upside-Down Cake

- 3 Tbsps. butter
- ½ cup maple syrup
- 2 medium red apples
- 10 maraschino cherry halves
- 1½ cups sifted flour
- 2 tsps. baking powder
- ¼ tsp. mace
- ¼ cup butter
- ¾ cup sugar
- 2 eggs, separated
- ½ cup milk
- ½ cup grated apples

Melt butter in 9-inch square pan. Add maple syrup and remove from heat. Cut cored, unpeeled apples into ½-inch slices and arrange in syrup mixture with maraschino cherry halves. Sift flour, baking powder, salt and mace together. Cream butter with ½ cup sugar and unbeaten egg yolks until fluffy. Add sifted dry ingredients and milk alternately in small amounts, beating well after each addition. Add grated apple. Beat egg whites until stiff but not dry. Beat in remaining sugar and fold whites into batter. Spread batter over the apples and syrup mixture, and bake at 350°F 40 to 50 minutes. Serve warm.

### Maple Syrup Cake

- ½ cup sugar
- ½ cup shortening
- ¾ cup maple syrup
- 2¼ cups sifted flour
- 3 tsps. baking powder
- ¼ tsp. salt
- ½ cup milk
- 3 egg whites, stiffly beaten

Cream sugar and shortening together. Add maple syrup and mix well. Sift dry ingredients together. Add milk and flour alternately. Fold in beaten egg whites. Bake in greased 13x9-inch pan at 375°F 30 to 35 minutes. Cool. Frost with maple frosting.

## CAKES

### Maple Layer Cake

- 2½ cups sifted flour
- 2 tsps. baking powder
- ¾ tsp. soda
- ¼ tsp. ginger
- ½ tsp. salt
- ½ cup butter or margarine
- ¼ cup sugar
- 2 eggs



### Maple Nut Cake

- 2¼ cups sifted cake flour
- ½ cup sugar
- 3 tsp. baking powder
- 1 tsp. salt
- ½ cup shortening
- ½ cup milk
- 1 cup maple syrup
- 2 eggs
- ½ cup chopped nuts (butternuts, walnuts or others)

Sift flour, sugar, baking powder and salt into mixing bowl. Add shortening, milk and about ¼ cup of the maple syrup. Beat the mixture for 2 minutes; if using an electric mixer, beat at medium speed. Scrape bowl; add the remaining maple syrup and eggs. Continue to beat for 2 minutes. Blend in nuts. Pour batter into greased 9x13x2-inch oblong pan or two 9-inch layer pans, lined with wax paper. Bake at 350°F for 25 to 30 minutes for layers; 35 to 40 minutes for an oblong cake. Cool, then frost with maple frosting.

### Maple Spice Cake

- 2¼ cups sifted flour
- 2 tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- ¼ tsp. each cloves, nutmeg, ginger and cinnamon
- ½ cup shortening
- ½ cup maple sugar
- 2 eggs, slightly beaten
- ½ cup maple syrup
- ½ cup buttermilk
- 1 cup raisins

Sift dry ingredients and set aside. Cream shortening and maple sugar. Add eggs one at a time. Cream well. Add dry ingredients alternately with buttermilk and syrup. Stir in raisins with last amount of flour. Bake in greased loaf pan 9x5x3-inches at 350°F 1 hour or until done.

### Maple Ginger Glow Cake

- 2 Tbsps. butter
- 1 cup water
- 1 package (14 oz.) gingerbread mix
- 1 egg, separated
- ¾ cup flaked coconut
- ¾ cup maple syrup
- ½ tsp. salt
- ½ tsp. cream of tartar
- 1 tsp. lemon juice

Add butter and ½ cup water to mix. Blend. Beat ½ minute on low speed of mixer. Add remaining water and egg yolk; beat ½ minute on low speed. Fold in ½ cup coconut. Pour into greased 1½-quart ring mold or bowl with funnel in center. Bake at 350°F 40 to 45 minutes or until done. Cool in

pan 10 minutes. Turn out onto rack; cool completely.

Cook maple syrup over medium heat without stirring to soft ball stage (238°F). This takes about 10 minutes. Meanwhile, add salt and cream of tartar to egg white and beat until stiff. Add hot syrup, pouring in a thin stream while beating at high speed. Continue beating until thick, pale and fluffy. Beat in lemon juice. Spread over cake. Toast remaining ¼ cup coconut and sprinkle over cake.

## PIES

### Maple Syrup Pie

- 2 cups maple syrup
- 1 egg
- 2 egg yolks
- ½ cup water
- ¾ cup flour
- ½ tsp. salt
- 2 Tbsps. butter
- Nut meats (pecans, butternuts, or walnuts) if preferred
- Baked 9-inch pie shell
- 2 egg whites
- ¼ cup maple syrup

Put syrup in 2-quart saucepan and warm. Combine egg, egg yolks, water, flour and salt, and beat well. Mix into syrup and cook until it boils, beating all the time to prevent sticking. Remove from heat; add butter and nut meats. (If desired, add 1 tsp. vinegar. It cuts sweetness and brings out maple flavor.) Pour into baked shell and top with meringue made of 2 egg whites beaten with ¼ cup syrup. Brown meringue in oven if desired.

### Maple Chiffon Pie

- 1 envelope unflavored gelatin
- 3 Tbsp. cold water
- 1 cup coffee cream
- 1 cup maple syrup
- ¼ tsp. salt
- 2 eggs, separated and beaten
- 1½ cups whipping cream
- 1 baked 9-inch pie shell

Soak gelatin in cold water. Heat cream, maple syrup and salt in top of double boiler. Pour slowly over beaten egg yolks. Return mixture to double boiler, add gelatin and cook until it thickens. Chill, and then fold in stiffly beaten egg whites and 1 cup of cream, whipped. Pour into baked pie shell. Chill and top with remaining ½ cup of cream, whipped.

### Sour Cream Maple Pie

- 1 cup maple sugar
- 1 Tbsp. flour

- 1 tsp. cinnamon
- 1 tsp. allspice
- 1 egg, beaten
- 1 cup sour cream
- 1 unbaked 9-inch pie shell

Combine sugar, flour and spices. Mix egg and sour cream; then stir into sugar mixture. Pour into unbaked pie shell. Bake at 325°F until just firm.

### Maple Pie

- 1 cup maple syrup
- 1 Tbsp. flour
- 1 cup milk
- 1 egg

Combine ingredients in heavy saucepan; cook and stir over low heat until thick. Pour into a baked 9-inch pie shell and chill. Top with whipped cream before serving.

### Maple Raisin Pie

- ½ cup water
- 1½ Tbsp. cornstarch
- 1 cup maple syrup
- 1 cup raisins
- Pastry for 8-inch pie

Combine water and cornstarch in a saucepan. Add maple syrup and blend well. Add raisins and bring to a boil, stirring constantly until mixture thickens; then continue cooking until transparent, about 5 minutes. Remove from heat and cool. Pour into pastry-lined 8-inch pie plate. Cover with a lattice top made with strips of pastry. Bake at 425°F until crust is golden brown, about 20 minutes. Makes one 8-inch pie.

### Maple-Nut Cream Pie

- 1 cup coarsely chopped pecan or walnut meats
- Unbaked 9-inch pie shell
- 2 Tbsp. butter
- ½ cup sugar
- ½ tsp. salt
- 2 eggs, beaten
- 1 cup maple syrup
- 1 cup cream or evaporated milk

Arrange nut meats on bottom of crust. Cream butter, sugar and salt together. Add eggs, syrup and cream. Pour over nuts in shell. Bake at 450°F for 10 minutes; then reduce heat to 350°F and bake about 30 minutes longer or until a knife inserted in center comes out clean. May be served with whipped cream and sprinkle of nuts on each piece.

### Nutty Maple Pie

- 1 cup milk
- 1 cup maple syrup
- 1 Tbsp. butter



- 3 eggs
- 1 Tbsp. flour
- 1 Tbsp. cornstarch
- 1/4 tsp. salt
- 1 baked 9-inch pie shell

Place milk and syrup in top of double boiler. Heat until mixture looks curdled. Add butter. Separate eggs. Beat yolks and add dry ingredients. Then add to syrup and milk. Cook until thick. Add nut meats; cool and pour into crust. Make meringue of egg whites.

### Maple Pecan Pie

- 3 eggs
- 1/2 cup sugar
- 1/4 tsp. salt
- 1/2 cup melted butter
- 1 1/2 cups maple syrup
- 3/4 cup pecan halves

Beat together eggs, sugar, salt, butter and syrup. Pour filling into a 9-inch pastry-lined pie pan. Bake at 375°F about 40 minutes. Add pecans to top of pie during last 10 minutes of baking. Serve cooled, topped with whipped cream.

### Maple Cream Pie

#### CRUST:

- 1 1/2 cups crushed rice cereal
- 1/4 cup sugar
- 1/4 cup finely chopped, salted peanuts
- 1/4 cup soft butter or margarine
- 2 tsp. hot water

Preheat oven to 350°F. Butter a 9-inch pie plate. Combine crumbs, sugar and peanuts. Add butter or margarine and water, and blend until uniform. Pat mixture into pie plate. Bake at 350°F for 10 minutes. Cool.

#### FILLING:

- 2 cups milk, scalded
- 1 cup maple cream
- 3 Tbsp. cornstarch
- 1/4 cup milk
- 2 eggs slightly beaten
- 1/2 tsp. salt
- 1 Tbsp. butter or margarine
- 1 tsp. vanilla
- 1 9-inch baked rice cereal shell
- Whipped cream

Heat milk in top of double boiler and gradually add the maple cream. Stir until cream is dissolved. Dissolve cornstarch in cold milk and add this to milk and cream mixture, stirring with a wire whisk. Cool 1/2 hour, stirring occasionally with whisk. Beat eggs. After mixture has cooked 1/2 hour, add to beaten eggs, slowly at first. Return mixture to double boiler and cook 1 minute. Remove from heat; add salt, butter or margarine and vanilla. Cool.

Pour into pie shell and chill either in freezer or refrigerator. Cover with whipped cream just before serving.

### Maple Walnut Pie

#### Beat together:

- 1 cup maple syrup
- 4 eggs
- 1/4 tsp. salt

Pour into unbaked 8-inch pie shell. Top with 1 cup coarsely chopped walnuts. Bake at 375°F 30 to 35 minutes.

### Pumpkin Pecan Pie

- 3 eggs
- 1 cup mashed pumpkin
- 1/2 cup sugar
- 3/4 cup maple syrup
- 1 unbaked 9-inch pie shell
- 1 tsp. vanilla
- 1/2 tsp. cinnamon
- 1/4 tsp. salt
- 1 cup chopped pecans

Beat eggs slightly; add remaining ingredients and pour into pastry-lined pan. Bake at 350°F about 40 minutes. If desired, serve with whipped cream.

### Maple Scotch Pie

- 1 1/4 cups maple syrup
- 2 1/4 cups milk, scalded
- 1/2 tsp. salt
- 1 cup sifted cake flour
- 1/4 cup sugar
- 1 baked pie shell
- 2 egg yolks, well beaten
- 6 Tbsp. butter
- 1 tsp. vanilla
- 1/4 cup sugar
- 2 egg whites, stiffly beaten

Add syrup to milk. Combine salt, flour and sugar. Add syrup mixture gradually; return to double boiler and cook until thickened, stirring constantly. Pour small amount of mixture over egg yolks, stirring vigorously. Return to double boiler and cook 3 to 4 minutes longer. Add butter and vanilla; cool. Pour filling into pie shell. Top with meringue made by folding sugar into egg whites. Bake at 350°F 12 to 13 minutes or until delicate brown.

### Maple Custard Pie

- 3 cups milk
- 3 eggs separated
- 1 cup maple syrup
- 1/4 cup sugar
- 1 Tbsp. flour
- 1/4 tsp. salt
- 1 tsp. vanilla
- 1 9-inch unbaked pie shell

Scald milk. Mix well-beaten egg yolks, maple syrup, sugar, flour and salt. Add to milk. Cook, stirring constantly until it thickens slightly. Fold in stiffly

beaten egg whites and vanilla. Pour into pie shell. Bake at 325°F until the custard is firm and a knife comes out clean.

### Maple Pumpkin or Squash Pie

- 1 cup pumpkin or squash
- 1 Tbsp. cornstarch
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/3 cup sugar
- 1/4 tsp. salt
- 1 Tbsp. butter or margarine (melted)
- 1/2 cup milk
- 1 1/3 cup maple syrup
- 2 eggs beaten

Beat pumpkin or squash smooth. Add cornstarch, cinnamon, nutmeg, sugar and salt. Mix thoroughly. Add melted butter or margarine, milk and maple syrup, and mix. Stir eggs into the filling. Pour into 9-inch pie shell and bake 15 minutes at 450°F and then lower to 325°F. Continue baking for 40 minutes or until done.

## COOKIES

### Maple Syrup Oatmeal Cookies

- 1 cup sifted flour
- 1/4 tsp. salt
- 1 tsp. baking powder
- 1 cup uncooked oatmeal
- 1/2 cup chopped walnuts
- 1/2 cup shortening
- 1 egg
- 3/4 cup maple syrup
- 1/2 tsp. vanilla

Sift flour with salt and baking powder. Add oats and chopped nuts. Mix well and set aside. Cream shortening; add egg and beat until light and fluffy. Add maple syrup and vanilla, and mix well. Combine all ingredients. Drop by teaspoonfuls onto greased cookie sheet. Bake at 400°F for about 10 minutes. Makes about 3 dozen cookies.

### Maple Cookies

- 1/2 cup butter or margarine
- 1/2 cup maple syrup
- 1/2 cup nut meats (butternuts are very good) coarsely cut
- 1 egg, beaten
- 1/2 cup chocolate chips (optional)
- 1 1/4 cups sifted flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt

Mix butter, maple syrup, nuts, chocolate chips and egg. Sift flour, soda and salt, and add to the mixture. Beat well. Drop by teaspoonfuls onto greased



cookie sheet. Bake at 325°F for 8 to 10 minutes. Yields about 2½ dozen.

### Maple Nut Cookies

- 1 cup shortening
- 3 eggs, slightly beaten
- 1½ cups maple syrup
- 3 cups sifted flour
- ½ tsp. baking soda
- ½ tsp. salt
- 1 cup walnut meats
- 1 cup dates cut into pieces

Cream shortening, and add eggs and maple syrup. Mix well. Sift together all dry ingredients. Add alternately with hot water to creamed mixture. Add nut meats and drop by spoonfuls on greased cookie sheet. Bake at 350°F about 10 minutes. Store in airtight container, as cookies improve with age.

### Maple Refrigerator Cookies

- 3 cups sifted flour
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 egg
- 1 cup butter
- 1 cup maple sugar
- ½ tsp. vanilla
- ½ cup nuts (optional)

Sift dry ingredients together. Add remaining ingredients and mix well. Shape into roll and chill. Slice and bake at 350°F for 12 minutes. Makes about 4 dozen 2-inch cookies.

### Maple Syrup Cookies

- ½ cup maple syrup
- 3 Tbsp. butter or margarine (melted)
- 1 egg, beaten
- 2 Tbsp. milk
- 1 cup sifted flour
- ½ tsp. baking soda
- 1 tsp. cream of tartar
- ¾ cup chopped nuts

Mix maple syrup, butter, egg and milk. Sift flour with soda and cream of tartar. Add to maple syrup mixture and mix thoroughly. Add chopped nuts. Drop onto a greased cookie sheet and bake at 400°F for 10 minutes. Yield: 2 dozen cookies.

### Oatmeal Maple Syrup Drop Cookies

- ½ cup shortening
- 1 cup maple syrup
- 1 egg, beaten
- 1½ cups flour
- 1 tsp. salt
- 2 tsp. baking powder
- ¼ cup milk
- ½ cup seedless raisins

- 1½ cups oatmeal
- ½ cup chopped nut meats

Beat shortening, maple syrup and egg. Sift together flour, salt and baking powder. Add to first mixture alternately with milk. Mix well. Add raisins, oatmeal and nuts. Drop by spoonfuls on greased cookie sheet. Bake at 375°F about 15 minutes. Makes 3 dozen cookies.

### Crackle Top Cookies

- 1 cup shortening
- 1 cup brown sugar
- 1 egg
- 1 cup maple syrup
- 1 tsp. vanilla
- 4 cups sifted flour
- 2 tsp. baking soda
- ½ tsp. salt

Cream shortening and sugar. Add egg, syrup and vanilla. Sift dry ingredients and add to first mixture. Beat well. Chill. Shape into balls about 1 inch in diameter. Roll in granulated sugar. Bake about 10 minutes at 350°F. Makes about 5 dozen cookies.

### Maple Crisps

- ¾ cup soft butter
- ½ cup sugar
- 1 egg, beaten
- ½ cup maple syrup
- 3 cups sifted flour

Cream butter and sugar together. Add egg and maple syrup, mixing until smooth. Add flour slowly, beating well after each addition. Chill thoroughly. Roll out very thin on a lightly floured pastry cloth, and cut with various-shaped cookie cutters. Bake on ungreased cookie sheet at 350°F 8 to 10 minutes. Makes about 10 dozen cookies. Ground fresh coconut sprinkled over the top of the unbaked cut-outs gives an attractive flavor, or frost with cream-cheese spread and top with candied peel.

### Maple Criss-Cross

- 1 cup sifted flour
- ½ cup cornstarch
- ½ cup confectioner's sugar
- 1 cup softened butter or margarine
- ¼ cup maple syrup

Preheat oven to 300°F. Sift flour, cornstarch and sugar into mixing bowl. Blend in butter and maple syrup until a soft dough is formed. Chill about 1 hour. Shape into balls 1 inch in diameter and place on ungreased baking sheet, about 3 inches apart. Flatten balls with fork tines, dipped in flour, in criss-cross fashion. Bake at 300°F for 20 minutes or until golden brown.

### Maple Bars

- ½ cup sugar
- ½ cup soft shortening
- ½ cup maple syrup
- 1 egg
- ¾ cup sifted flour
- ½ cup finely chopped nuts
- ½ cup shredded coconut
- 1 cup rolled oats
- ½ tsp. baking powder
- 1 tsp. vanilla

Heat oven to 350°F. Grease a square pan, 8×8 inches. Mix all above ingredients thoroughly. Spread in prepared pan. Bake 30 to 35 minutes. Remove from oven and immediately pour on an ADDITIONAL ½ cup maple syrup. Then, sprinkle lightly with powdered sugar. Cut into squares while warm.

### Maple Nut Bars

- ⅓ cup butter
- ⅓ cup powdered sugar
- 1 egg
- ⅓ cup maple syrup
- ⅓ tsp. salt
- ⅓ tsp. baking soda
- ¾ cup sifted all-purpose flour
- 1 cup broken nut meats

Cream butter and gradually add powdered sugar, and blend until creamy. Beat in egg, maple syrup, salt and baking soda. Mix in flour. Stir in nuts. Pour into an 8×8-inch greased pan and bake at 375°F 15 minutes. Cut in bars while warm and roll in powdered sugar.

### Maple Nut Softies

- ⅓ cup butter or margarine
- ⅓ cup powdered sugar
- 1 egg
- ⅓ cup maple sugar
- ¾ cup sifted flour
- ⅓ tsp. salt
- ⅓ tsp. baking soda
- 1 cup broken nuts

Cream butter or margarine and gradually add powdered sugar. Blend until creamy. Beat in egg and syrup. Sift flour with salt and soda. Add to syrup mixture together with nuts. Mix well. Pour into 8×8-inch greased pan. Bake at 375°F 18 minutes. Cut into bars and roll in powdered sugar while bars are still warm.

### Maple Confection

- ¾ cup butter
- ¾ cup brown sugar
- 1½ cups flour

Mix together and pat into bottom of a 9×13-inch pan. Bake at 375°F about 8-10 minutes.

Then spread by layers:

- 1 cup bran cereal



- 2 cups flaked coconut
- 1 cup chopped pecans

Cover with:

1 cup maple syrup mixed with 2 slightly beaten eggs and 1 can sweetened condensed milk.

Bake at 375°F until done in center, about 35 to 40 minutes.

## OTHER DESSERTS

### Maple Nut Sponge

- 1 envelope unflavored gelatin
- ¼ cup cold water
- 2 egg yolks
- 1½ cups hot milk
- 1 cup maple syrup
- ¼ tsp. salt
- 2 egg whites, stiffly beaten
- ½ tsp. vanilla
- ¼ cup chopped nut meats

Dissolve gelatin in cold water. Beat 2 egg yolks into hot milk. Add gelatin mixture to egg yolk mixture and stir to dissolve. Add maple syrup and salt. Cool. When it begins to thicken, fold in egg whites. Add vanilla and nut meats. Pour into serving dishes. Chill.

### Maple Syrup Cream

- 1 cup maple syrup
- ½ cup flour
- ½ tsp. salt
- 1¾ cups hot milk
- 2 egg yolks, beaten
- 3 Tbsp. butter
- 2 egg whites
- ¼ cup maple syrup

Blend together 1 cup maple syrup, flour and salt. Gradually stir in hot milk and cook in double boiler, stirring constantly until mixture thickens. Then continue cooking for 10 minutes, stirring occasionally. Stir a little of the hot mixture into egg yolks; then combine with the hot mixture in double boiler. Cook 3 minutes, stirring gently. Remove from heat and stir in butter. Beat egg whites until fairly stiff; then beat in the ¼ cup maple syrup. Fold egg whites into the cooked mixture. Chill until ready to serve. 6 servings.

### Maple Tarts

- 4 Tbsp. butter
- 4 Tbsp. cornstarch (or 8 Tbsp. flour)
- 1½ cups maple syrup
- ½ cup hot water
- \* Baked tart shells

Melt butter and blend in cornstarch or

flour over low heat. Remove from heat and stir in maple syrup and hot water. Bring mixture to a boil, stirring constantly, until mixture thickens. Then continue cooking for 5 minutes, stirring occasionally. Remove from heat and let cool at least 15 minutes. Then spoon into tart shells. Serve plain or garnish with whipped cream or nuts. Makes 8 large, 12 medium, or 24 small tarts.

\* To make large tart shells, use rounds of pastry 4 inches in diameter; medium tart shells, 3½ inches; small tart shells, 3 inches.

### Maple Cooler

- 1 tsp. unflavored gelatin
- 2 Tbsp. water
- 2 eggs, separated
- ⅓ cup maple syrup
- Few grains salt
- 1 cup heavy cream, whipped

Soak gelatin in cold water in top of small double boiler. Dissolve over hot water; then add egg yolks and beat until light. Add maple syrup slowly, beating all the time; then stir and cook over hot water until thickened. Cool; add salt, egg whites beaten stiff, and fold in cream beaten until thick. Freeze in mold surrounded with equal parts of ice and salt or in refrigerator trays.

### Maple Fruit Meringues

- 1 cup maple syrup
- 2 egg whites
- ⅓ cup seedless raisins
- ⅓ cup candied lemon peel
- ⅓ cup chopped figs (optional)
- 1 cup broken walnuts

Measure syrup into a large saucepan, then boil to 254°F or until syrup forms a firm ball when dropped into cold water (not ice water). Meanwhile beat egg whites until stiff but not dry. Add hot syrup gradually, beating constantly; then continue beating until mixture stands in firm peaks. Fold in fruits, peel and nuts. Drop by teaspoonfuls, about 1 inch apart, on waxed paper and leave overnight, or drop on lightly greased baking sheet and bake in a very slow oven (200°F) for 1 hour. Makes about 3 dozen meringues.

### Maple Mold

- 1½ cups milk
- 1 envelope unflavored gelatin
- ¼ cup cold water
- 2 eggs, well beaten
- ¾ cup maple syrup
- ½ tsp. vanilla
- ¼ cup whipping cream
- 1 dozen lady fingers

Heat milk in top of double boiler.

Soften gelatin in cold water for 5 minutes. Stir a little of the hot milk into the beaten eggs; then combine with the remaining hot milk in double boiler. Cook, stirring gently until mixture thickens slightly, about 5 minutes. Remove from heat and add gelatin, maple syrup and vanilla, stirring to dissolve gelatin. Chill until mixture is partially set, about 1½ hours. Meanwhile, whip cream until stiff. Whip maple mixture until smooth. Fold whipped cream into maple mixture. Pour cream mixture into a plain mold to a depth of about ½ inch. Cut lady fingers in half crosswise. Stand halved lady fingers close together around sides of mold, rounded ends down. Fill mold with remaining cream mixture. Trim ends of lady fingers to surface of cream mixture. Chill until set, about 3 to 4 hours. Unmold for serving. 4 to 5 servings.

### Maple Cranberry Special

- 1½ cups sifted flour
- 1 tsp. baking powder
- ½ tsp. salt
- 2 tsp. baking soda
- ½ cup maple syrup
- ⅓ cup warm water
- 2 Tbsp. melted shortening or oil
- ⅓ cup canned whole cranberry sauce, drained

Sift flour, baking powder, baking soda and salt together. Mix syrup, water and shortening. Add maple syrup mixture to flour mixture. Fold in cranberry sauce. Put into a greased 1-quart mold. Cover and steam 2 hours. Unmold on a serving dish and serve with a maple sauce. Serves 8.

### Lemon Maple Dumplings

SAUCE:

- 2 unpeeled lemons, thinly sliced
- 2 cups maple syrup
- 1 tsp. butter

Combine lemon slices, butter and syrup, and cook until lemons look transparent, about 20 minutes.

DUMPLING BATTER:

- 1 Tbsp. butter
- 3 Tbsp. sugar
- 1 egg, beaten
- 1 cup sifted flour
- 2 tsp. baking powder
- ¼ tsp. salt
- ⅓ cup milk
- ½ tsp. vanilla

Cream together butter and sugar. Add egg. Sift dry ingredients and add alternately with milk and vanilla. Drop spoonfuls of dumpling batter on gently boiling syrup mixture. Cover tightly and cook over low heat for 20 minutes



without removing cover. Serve hot. Makes 6 servings.

### Tassies

#### CRUST:

- 2 sticks (1 cup) margarine
- 2 cups sifted flour
- 2 3-oz. packages cream cheese

#### PECAN FILLING:

- ½ cup pecans (finely chopped)
- 1 egg, well beaten
- ¾ cup maple syrup
- 1 Tbsp. butter or margarine, melted
- Dash of salt
- Few drops of vanilla

Mix softened margarine and cream cheese into the flour as for pie crust. Form into balls the size of large walnuts and press into muffin cups to form a crust. Sprinkle the bottoms with some of the pecans, but save a few to put on top of the filling. To make filling, combine egg, maple syrup, melted butter, salt and vanilla. Fill each cup about ⅓ full and sprinkle with remaining pecans. Bake at 350°F for 15 minutes. Reduce heat to 250°F and bake 10 minutes longer.

### Stuffed Baked Apples

Core 6 baking apples. Remove 1-inch peel from top of each. Arrange in baking dish.

#### Combine:

- 1 cup finely chopped pitted dates
- ¼ cup chopped walnuts
- 1 cup mandarin oranges, cut up
- 3 Tbsp. butter

#### Add:

- ¼ cup water

Cover baking dish after stuffing apples. Bake at 375°F for about 35 minutes. Uncover. Bake 20 minutes longer; baste 3 times with 1 cup maple syrup. During cooking, baste at intervals.

### Baked Maple Dumplings

- 2 cups sifted flour
- 4 tsp. baking powder
- 1 tsp. salt
- ¼ cup shortening
- ¾ cup milk
- 2 cups maple syrup

Sift flour, baking powder and salt together. Cut in shortening with pastry blender until mixture resembles coarse bread crumbs. Make a depression in the flour mixture. Add the milk all at once and stir quickly, but lightly, just long enough to moisten all the dry ingredients. Turn out onto a lightly floured board. Knead gently for about

½ minute by folding and pressing several times. Then roll into a square or rectangle, about ½ inch thick, to fit an 8×8 or 6×10-inch baking pan. Cut into 6 to 8 rectangles; then brush top with additional milk. Heat syrup to boiling; then pour into baking pan. Immediately arrange pieces of dough on top. Bake uncovered at 425°F until surface is golden brown, 15 to 20 minutes, basting once with additional hot syrup shortly before end of cooking time. 6 to 8 servings.

### Baked Apples or Pears with Maple Syrup

Core tart apples or very firm pears. Place in shallow, well-buttered baking dish. Add 1 cup maple syrup and bake at 350°F until fruit is soft. Baste often. If syrup thickens too much, add a little extra syrup. Delicious served with cream.

### Maple Apple Crunch

- 8 to 10 graham crackers, crushed
- ½ cup butter or margarine
- 4 apples
- ½ cup maple syrup

Mix cracker crumbs and butter thoroughly. Slice apples. Butter a 1-quart baking dish and place sliced apples in bottom of dish. Pour maple syrup over apples, then add cracker and butter mixture. Bake at 325°F for 25 minutes. Top with whipped cream or ice cream. Serves 6.

### Maple Torte

- 1 envelope unflavored gelatin
- ¼ cup cold water
- 2 eggs, separated
- 1 cup maple syrup
- ½ tsp. salt
- 1½ cups macaroon crumbs
- ¾ cup chopped nuts
- 1 cup heavy cream, whipped
- 12 lady fingers or slices of sponge cake

Soften gelatin in cold water. Beat egg yolks slightly. Heat maple syrup to simmering and gradually stir a small amount of the hot syrup into yolks. Add this mixture to remaining syrup and bring just to a boil, stirring constantly. Remove from heat. Add gelatin and stir until thoroughly dissolved. Let stand until cool, but not jelled. Add salt to egg whites and beat until stiff; fold in the cooled maple syrup mixture. Fold in macaroon crumbs, nuts and whipped cream. Line a 2-quart mold with lady fingers, and fill with syrup mixture. Chill torte until set. Unmold torte just before serving or refrigerate after unmolding. To unmold: place mold in a pan of warm

water about ½ minute; then invert onto a serving plate. Serve torte with whipped cream if desired.

### Creamy Maple Freeze

- 4 eggs or 6 egg yolks
- ¾ to 1 cup hot maple syrup
- 2 cups whipping cream, whipped

Beat eggs slightly and add maple syrup slowly. Stir and cook in top of double boiler until mixture thickens. Cool and fold in whipped cream. Freeze in refrigerator tray. 4 to 6 servings.

### Maple Mousse

- 1¼ cups maple syrup
- ½ cup sugar
- 5 cups whipping cream
- 2 envelopes unflavored gelatin
- ¼ cup cold water

Combine maple syrup, sugar and 1 cup of cream, and bring to a boil, stirring constantly. Add gelatin softened in water and stir until dissolved. Strain; cool in ice water until mixture thickens. Add the remainder of the cream, whipped stiff. Place in a mold, pack in ice and salt; let stand for 4 hours, or pack and freeze in trays of refrigerator.

### Maple Cream Mold

- 1 can evaporated milk, plus milk to make 2 cups
- ½ cup cold milk
- 2 envelopes unflavored gelatin
- 1 cup maple syrup, heated to boiling
- 2 eggs
- ⅓ tsp. salt

Several hours before making this dessert, pour evaporated milk plus enough fluid milk to make 2 cups into ice cube tray to freeze. Put ½ cup cold milk into blender. Add gelatin, cover and mix at low speed. Remove cover and add boiling maple syrup. Blend at high speed until gelatin is dissolved. Add eggs and blend at high speed until completely mixed. Add frozen milk and blend at high speed until milk is liquified. Pour into individual dishes or a 5-cup mold. Chill until firm (1 to 2 hours). 8 servings.

### Nut Roll

#### CAKE:

- 6 eggs, separated
- 1/16 tsp. salt
- ¾ cup sugar
- 1 tsp. baking powder
- 1½ cups ground nuts (walnuts, pecans or almonds)

Beat egg yolks. Add salt and sugar, and beat well. Fold in baking powder, stiffly beaten egg whites and nuts.



Grease cookie sheet; cover with wax paper and grease again. Spread the mixture on the sheet as for a jelly roll and bake until golden brown at 350°F, about 15 minutes. Remove from oven. Invert onto a wax paper sheet dusted with confectioner's sugar. Carefully peel off the paper the cake was baked on. Cover with a damp cloth and let cool.

#### SYRUP:

- ¾ cup maple syrup
- 2 egg whites, stiffly beaten

Heat maple syrup until it threads and pour over the stiffly beaten whites. Continue beating until stiff. Spread the top of the cake with syrup mixture. Roll up like a jelly roll.

#### Choco-Maple Marvel

- 2 cups vanilla wafer crumbs
- ¼ cup melted butter
- 1½ cups powdered sugar
- ½ cup butter
- 3 eggs
- 3 squares unsweetened melted chocolate
- 1½ cups whipping cream
- ½ cup maple syrup
- 1 package (10 oz.) miniature marshmallows
- 1 cup chopped pecans

Line an 8-inch square pan with wax paper, allowing edges to extend above pan. Blend together crumbs and butter. Press crumb mixture in bottom of pan. Cream powdered sugar and ½ cup butter thoroughly. Add eggs, one at a time, and melted chocolate. Beat until light and fluffy. Spoon mixture over crumbs and set in freezer. Combine whipping cream and maple syrup. Chill in refrigerator for ½ hour. Whip until stiff. Gently fold in marshmallows and ⅔ cup nuts. Spread over chocolate mixture. Sprinkle with remaining nuts. Freeze firmly. Remove from pan. (Can be lifted out with the extending wax paper.) Cut as many squares as needed and return unused portion, wrapped, to freezer. Makes 9 servings.

#### Baked Maple Syrup Custard

- 1 cup maple syrup
- 2 eggs
- ¼ tsp. salt
- 1 cup scalded milk

Mix ingredients except milk. Add scalded milk very slowly to maple syrup mixture, stirring constantly. Pour into custard cups and place in a pan containing ½ inch of water. Bake for 1 hour at 325°F or until done. Yield: 2 large or 4 small individual custards.

#### Maple-Cheese Spoon Dessert

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

Pare apples and slice thinly in an even layer in buttered 13×9-inch baking pan. Pour maple syrup over apples. Sift together flour, baking powder and salt; add cheese. Add milk and stir until just mixed. Drop by spoonfuls on apples; then bake at 425°F for 30 to 35 minutes. Serve warm. If desired, serve with sweetened whipped cream flavored with ¼ tsp. nutmeg.

#### Pompadour Rice (with maple sauce)

- 1 cup heavy cream
- 3 Tbsp. maple syrup
- 2 cups cold, cooked rice

Beat the cream in a chilled bowl until it begins to thicken. Then gradually add syrup and continue beating until stiff. Fold in the rice.

#### Maple Puffs

- 1½ lb. tart apples
- 1 cup maple syrup
- 2 Tbsp. butter
- ½ cup water
- 1½ Tbsp. flour
- 1½ cups sifted flour
- 2 tsp. baking powder
- ½ tsp. salt
- ¼ cup shortening
- ¾ cup milk

Peel and slice apples and put them into greased shallow 9×13-inch baking pan. To make syrup, boil together syrup, butter and water until thoroughly blended. Add 1½ Tbsp. flour and beat until thin sauce forms. Pour this syrup over the apples. To make batter, sift together 1½ cups flour, baking powder and salt. Cut in shortening. Add milk and stir until just mixed. Drop by spoonfuls on top of apples. Make dent in each spoonful and in this place a little of the following cinnamon mixture: 2 Tbsp. melted butter, 1½ Tbsp. sugar and ½ tsp. cinnamon. Bake 25 to 30 minutes at 425°F. Serve warm with rich milk or cream. Makes 10 servings.

#### Maple Refrigerator Ice Cream

- 1½ cups milk
- ¼ cup maple syrup
- 1½ Tbsp. cornstarch
- ¼ tsp. salt
- ½ cup maple syrup

- 1½ cups heavy cream, whipped
- ½ cup chopped nuts, if desired

Heat the milk to boiling. Mix the ¼ cup of maple syrup with cornstarch and salt to form a smooth paste. Stir in about one-third of the milk, and add mixture to remaining hot milk, stirring constantly. Bring the mixture to a boil. Then lower the heat and cook the mixture for 2 minutes, stirring constantly. Remove from heat, cool and pour it into a refrigerator tray. Place tray in freezing unit, set at coldest point. When mixture is frozen to a thick mush, about 15 minutes, combine with the ½ cup of maple syrup and whipped cream. Beat mixture with rotary beater to blend, stir in nuts, and return to tray. Return to freezing unit. When the mixture is hard on the sides and bottom, about 15 to 20 minutes, loosen frozen part with a spoon, and mix with the unfrozen center. Replace in freezing unit. Ice cream should be hard enough to serve in another 15 to 20 minutes. Makes 6 to 8 servings.

#### Maple Ice Cream

- 1 cup maple syrup
- 2 egg yolks, well beaten
- ½ cup milk
- 2 egg whites
- 1 cup whipping cream

Measure maple syrup into a large saucepan, bring to a boil, and boil vigorously for 5 minutes. Meanwhile, combine egg yolks and milk. Slowly add hot syrup, beating constantly until well blended. Chill thoroughly. Beat egg whites until stiff but not dry; then fold into egg mixture. Beat cream until stiff; then fold into mixture. Turn into freezing tray and freeze to a mush. Remove from freezer, stir well, and whip with a fork. Return to freezer, stir again after ½ hour, then freeze until firm, 3 to 4 hours. 6 to 8 servings.

## FROSTINGS

#### Maple Frosting

- 2 Tbsp. shortening, butter or margarine
- 1½ cups confectioner's sugar
- ¼ cup maple syrup
- ⅓ cup chopped walnuts

Cream shortening and add sugar. Beat until creamy. Add maple syrup until desired consistency is achieved; beat until smooth and glossy. Frost cake and then sprinkle chopped nuts on top of frosting. Yield: enough frosting for layer cake.



### Maple Syrup Frosting

- 1 cup maple syrup
- ½ cup sugar
- 2 egg whites, beaten stiff

Boil syrup and sugar together until it just spins a thread (230°F). Add 2 tablespoons of the syrup to the beaten egg and beat well. Then add the rest of the syrup continuously but gradually to the egg whites, beating constantly. After all the syrup has been added, continue beating for 5 minutes or as long as the mixture continues to increase in volume.

This mixture can be spread on the cake either warm or cold. Tightly covered, it may be kept in the refrigerator and used as needed.

### Cooked Maple Frosting

- 2 egg whites
- ½ cup maple syrup
- ¾ cup sugar
- ¼ tsp. salt
- ¼ tsp. cream of tartar
- 1 tsp. vanilla

Combine egg whites, syrup, sugar, salt and cream of tartar in top of double boiler. Cook over boiling water, beating constantly with a rotary egg beater or electric mixer, until mixture stands in peaks. Add vanilla. Continue beating until thick enough to spread.

### Maple Chiffon Frosting

- 1 egg white
- ½ cup maple syrup

Beat egg white until fairly stiff. Add maple syrup very gradually, beating constantly, then continue beating until icing stands in firm peaks. This makes enough icing to cover the top of an 8-inch cake. Since the icing is uncooked, it should be served shortly after making.

### Maple Fudge Frosting

- 1½ cups maple syrup
- 3 Tbsp. butter

Measure syrup and butter into a large saucepan and boil to 234°F or until syrup just holds together when dropped into cold water (not ice water). Remove from heat and let cool to lukewarm. Then beat until mixture begins to lose its gloss. Immediately pour on cake and spread evenly over top of cake. This makes enough icing to cover the top of an 8-inch cake.

### Maple Cream Frosting

- 1¼ cups maple syrup
- 1 Tbsp. light corn syrup
- 2 egg whites

Combine maple syrup and corn syrup

in a 1½-quart saucepan and bring to a boil over moderate heat. When mixture begins to boil, place cover on pan and continue boiling 2 to 3 minutes. The steam will dissolve any sugar crystals on the sides of the pan. Uncover the pan and continue cooking to 242°F or until a small amount forms a firm ball in cold water. Remove the pan from the heat. Beat egg whites until stiff. Gradually add hot syrup to the whites, beating constantly. Continue beating until frosting is cool and of a spreading consistency. Makes enough for a 13×9-inch cake.

### Seven Minute Maple Frosting

- ¾ cup maple syrup
- ¼ cup sugar
- 1 egg white
- 1 tsp. light corn syrup
- ½ tsp. salt

Place all ingredients in top of double boiler. Beat 1 minute with an electric mixer or rotary beater. Place over boiling water and cook, beating constantly, until stiff enough to stand in peaks (about 7 minutes). Keep water in double boiler boiling actively and scrape the mixture from sides of pan several times during cooking. Remove from heat and continue beating until cool and of spreading consistency. Frosts one 9-inch layer cake or one 13×9-inch cake.

## CANDIES

### Maple Fudge

- 2 cups maple syrup
- 1 Tbsp. light corn syrup
- ¾ cup cream
- 1 Tbsp. butter

Combine maple syrup, corn syrup and cream, and place over low heat. Stir constantly until mixture starts to boil. Continue cooking without stirring until soft ball stage (236°F). Remove from heat. Add butter. Do not stir. Cool until lukewarm. Beat until mixture thickens and loses gloss. Add nuts. Pour into greased pan. When cold cut into squares.

### Maple Syrup Fudge

- 2 cups maple syrup
- 2 cups sugar
- 1 cup milk

Mix all ingredients in a large saucepan. Cook slowly to a soft ball stage (235 to 240°F). Stir frequently. Remove from heat and cool to 120°F. Beat until creamy and mixture loses gloss. Pour immediately into a greased 8×8-inch

pan, making a ¾- to 1-inch layer. Cut into 1-inch squares when nearly cold.

VARIATION: ½ cup chopped nuts may be added just before the final beating.

### Maple Sugar Fudge

- 2 cups maple sugar
- 1 cup cream

Measure maple sugar and cream into a saucepan. Bring to a boil, and boil to 240°F, or until mixture forms a soft ball when dropped into cold water (not ice water). Remove from heat and let cool to lukewarm. Then beat until mixture begins to lose its gloss. Pour immediately into a lightly buttered 8×4-inch loaf pan. Cut into squares before it has completely hardened.

### Maple Syrup Candy

- 2 cups maple syrup
- 4 Tbsp. butter

Measure syrup and butter into a large saucepan and boil to 234°F or until syrup just holds together when dropped into cold water (not ice water). Remove from heat and let cool to lukewarm. Then beat until mixture begins to lose its gloss. Pour immediately into a lightly buttered 8×4-inch loaf pan. Cut into squares before it has completely hardened.

### Creamy Maple Fudge

- 1 Tbsp. flour
- 1 cup granulated sugar
- 2 cups maple syrup
- ¼ cup white corn syrup
- ½ cup milk or cream
- 1 Tbsp. butter

Mix flour and sugar in saucepan. Mix in syrups and milk. Cook over low heat, stirring occasionally, to soft ball stage, (232° to 236°F). Remove from heat and drop butter on top. Let cool to lukewarm; beat until the glossy look begins to leave. Pour quickly into buttered pan. Nuts may be added. When cool, cut into about 24 squares.

### Maple Pulled Candy

Pour two cups of maple syrup into a deep saucepan. Boil at medium heat **without stirring** to the hard-crack stage (300°F). Pour immediately into lightly buttered platter or pan. Cool just until it can be handled. Butter hands lightly. Pull syrup away from pan edges and pick it up in a ball. Pull like taffy, stretching, folding back on itself, stretching again, until it turns light (nearly white). It will take about 15 minutes. Candy will stick less if pulled in a cool room or even outdoors. Finally, pull candy into ropes on waxed paper. Cut with scissors into bite-sized pieces.



### Maple Pull Taffy

- 1 cup maple syrup
- 1/2 cup sugar
- 1/4 cup water
- 1 Tbsp. butter
- 1/8 tsp. cream of tartar

Combine all ingredients in a saucepan and boil to 260°F or until syrup forms a hard ball when dropped into cold water (not ice water). Immediately pour onto a lightly buttered platter or tray. As it cools, fold edges to center, being careful not to "mix" taffy. This is done to prevent outer part from becoming too hard and to keep whole mass at an even temperature and consistency. Allow taffy to cool until a dent is left in it when pressed with the finger and until it is cool enough to handle. Butter fingers lightly, gather taffy into a ball and pull taffy until it becomes very light colored. Stretch and twist into a rope, then cut into 1-inch pieces with scissors. Wrap each piece in waxed paper. This candy retains a taffy-like texture and consistency for 24 hours. If stored for a longer period, it will soften and have the texture and consistency of a soft mint.

### Maple Nuggets

- 1 cup maple syrup
- 1 Tbsp. butter
- 1 1/2 cups puffed rice cereal

Boil the syrup until it forms a soft ball in water. Remove from heat, add the butter, and beat until it begins to thicken. Add the puffed rice crisped over heat. Mix thoroughly. Drop on waxed paper.

### Pralines

- 1 cup maple syrup
- 1/2 cup light brown sugar
- 1/2 cup white sugar
- 1 1/2 cups pecans

Cook first three ingredients together, boiling rapidly until mixture reaches soft ball stage (236°F). Remove from heat and cool slightly. Drop by spoonfuls over pecans arranged on wax paper. If mixture hardens too fast, melt over hot water so it drops and spreads over nuts.

### Maple Cream Pralines

- 2 1/2 cups maple sugar
- 1/8 tsp. salt
- 3/4 cup evaporated milk
- 2 Tbsp. butter
- 2 cups pecan halves

Mix sugar, salt, milk and butter in saucepan. Cook, stirring constantly, over low heat, until sugar is dissolved. Add pecans and cook over medium

heat to soft ball stage (234°F), stirring constantly. Remove from heat; let cool for 5 minutes. Stir rapidly until mixture begins to thicken. Working quickly, drop by teaspoonfuls on lightly buttered baking sheet, forming patties. If candy stiffens and is slightly rough-looking before all patties are formed, soften and restore gloss by adding a little hot syrup. Makes about 4 dozen.

### Maple Syrup Brittle

- 2 cups maple syrup
- 2 Tbsp. butter
- 1/4 tsp. cream of tartar
- Few grains salt

Combine all ingredients in a saucepan and boil to hard-crack stage (300°F). To prevent formation of sugar crystals, do not stir syrup. Immediately pour into a lightly greased 8×8-inch pan, being careful not to add scrapings from saucepan. When firm enough, make into squares. When cold, invert pan and tap gently on bottom to remove candy. Break into squares.

### Maple Foam

- 3 cups maple syrup
- 2/3 cup white corn syrup
- 2 egg whites, stiffly beaten
- 1 tsp. baking powder
- 1 cup chopped walnuts

Stir together the maple syrup and white corn syrup, and boil to 250°F (hard ball stage). Pour over stiffly beaten egg whites, beating constantly. For the last of the cooling, use large spoon. When stiffening in texture, stir in baking powder and nut meats and stir until thick enough to set.

### Maple Divinity

- 2 cups sugar
- 1/2 cup water
- 1/2 cup corn syrup
- 1/2 cup maple syrup
- 2 egg whites
- 3/4 cup blanched almonds
- 3/4 cup candied cherries
- 1 Tbsp. almond or lemon extract

Put sugar, corn syrup and maple syrup into a saucepan. Heat and stir until sugar dissolves; then let it boil without stirring to hard ball stage (260°F). While it is cooking, beat egg whites stiffly and when the syrup is ready, pour over egg whites, beating constantly until creamy. Add nuts, cherries and extract, and pour into buttered pans.

## MISCELLANEOUS

### Maple-Coated Popcorn

- 2 tsp. butter or margarine
- 3/4 cup maple syrup
- 1/2 cup sugar
- 1 1/2 quarts popped corn (approximately 1/3 cup unpopped corn in 2 Tbsp. oil)

Combine butter or margarine, maple syrup and sugar to soft crack stage (275°F) and pour over popped corn, stirring constantly. Spread hot coated corn on waxed paper until cool. Break into pieces and store in glass jar if not used immediately.

### Popcorn Balls

- 1 cup maple syrup
- 1/2 cup granulated sugar
- 1 Tbsp. vinegar
- 1 Tbsp. butter
- 6 cups of nice fluffy popcorn

Boil all ingredients except popcorn together until it spins a thread (230°F). Pour over popcorn and form into balls.

### Fruit Dessert Sauce

Bring 1 1/2 cups maple syrup to boil. Boil 5 minutes over medium heat and remove from heat. Add either 6 Tbsp. frozen orange or grapefruit juice concentrate, or 2 1/2 cups thawed, drained, tart, pitted cherries. Serve warm over pudding or ice cream.

### Maple Syrup Dressing (for fruit salads)

- 1/4 cup lemon juice
- 1/4 cup orange juice
- 1/4 cup pineapple juice
- 1/2 cup maple syrup
- 2 egg whites, stiffly beaten
- 1/2 cup heavy cream
- 2 Tbsp. sugar

Combine in double boiler: lemon juice, orange juice, pineapple juice and maple syrup. Cook until like thin custard, stirring constantly. Remove from heat and fold in egg whites. When cold and ready to serve, fold in cream and sugar, beaten stiff. (Also delicious on apple and peach cobblers, plain warm sponge cake, steamed puddings or plain rice).

### Fruit Salad Dressing

- 1/4 cup maple syrup
- 3 well-beaten egg yolks

Bring maple syrup to boil. Combine with egg yolks. Cook 1 to 2 minutes, stirring constantly. Cool. Season with salt, pepper and ginger to taste.



### Maple Salad Dressing

- 1 egg yolk
- 1/4 cup maple syrup
- 2 Tbsp. lemon juice
- 1/4 cup cream, whipped

Beat egg yolk. Add maple syrup and cook 1 minute in top of double boiler. Cool. Fold in lemon juice and whipped cream. Serve with fruit salad.

### Glazes for Baked Ham, Ham Loaf, Pork Roasts or Chops

#### Maple-Apple Glaze

- 1/2 cup maple syrup
- 1/2 cup apple juice
- 2 Tbsp. mustard

Pour over meat; baste occasionally.

#### Maple-Cranberry Glaze

Cook 1/2 lb. fresh cranberries with 1 cup maple syrup until skins pop open. Press mixture through sieve and spread over meat.

#### Maple-Orange Glaze

- 1 cup maple syrup
- 1/2 cup orange juice
- 1/2 tsp. cinnamon
- 1 Tbsp. grated orange rind (if desired)

Mix ingredients together. Pour over meat; baste now and then.

### Maple Syrup Sauce

- 2 tsp. cornstarch
- 1 cup maple syrup
- 1/2 cup water

Measure cornstarch into a saucepan. Stir in the water. Add maple syrup and blend well. Bring to a boil, stirring constantly to prevent lumping. Then continue cooking for 3 to 4 minutes, stirring occasionally. Serve hot with cottage pudding or white cake or chill and serve cold over ice cream or blanc-mange. Makes about 1 cup sauce.

### Maple Cream Filling

- 2 cups maple syrup
- 3/4 cup milk
- 1 Tbsp. butter
- Salt

Cook syrup, milk, butter and salt together to the soft ball stage (238°F). Cool and beat until creamy. Use as a filling for tarts, cream puffs or cakes.

### Maple Curried Fruit

- 1 1 lb can pear halves, drained
- 1 1 lb can apricot halves, drained
- 1 1 lb can peach halves, drained
- 1 1 lb can pineapple chunks, drained
- 1/2 lb. dry (ready to eat) pitted prunes
- 1/3 cup butter
- 1 cup maple syrup
- 1 tsp. curry powder
- Maraschino cherries

Mix fruits and place in a 9×13-inch baking pan. Boil maple syrup and butter 3 or 4 minutes. Blend in curry powder. Spread over fruit. Bake at 350°F for about 30 minutes. Garnish with maraschino cherries. Serve warm as an accompaniment with meat.

### Maple Apple Sauce

- 1 cup maple syrup
- 1/2 cup water
- Unpeeled apple sections

Bring maple syrup and water to a rolling boil in a deep pan. Then fill pan with unpeeled sections of apples. Stir until all pieces are coated with syrup. Cook only until apples are tender. The slices remain unbroken and glazed.

### Maple Syrup Milk Shake

- 1/2 cup maple syrup
- 3 cups milk
- 1/2 pint cream
- 2 scoops ice cream — any flavor (vanilla preferred)

Mix and pour into glasses. Makes 3 to 4 servings.

### Maple Rum Sauce

- 1 1/2 cups maple syrup
- 1 Tbsp. rum

Cook maple syrup slowly until slightly thick. Add rum and serve on vanilla ice cream or steamed pudding.

### Maple Marshmallow Topping

- 6 large marshmallows
- 1 egg white
- 1/2 cup maple syrup
- Few grains salt

Cut marshmallows into quarters. Beat egg white until stiff but not dry. Bring syrup to a boil. Then add marshmallows and salt, and stir until marshmallows are melted. Pour hot syrup slowly over beaten egg white and beat with rotary or electric beater until thoroughly blended. Chill. Spoon over individual servings of cake, pudding or ice cream. Makes 1 1/2 cups.

### Maple Whipped Cream

- 3/4 cup whipping cream
- 1/4 cup maple syrup

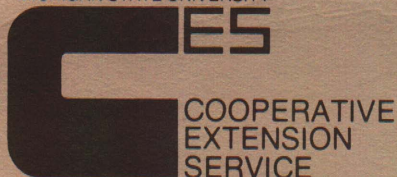
Measure whipping cream into a bowl and chill. Thoroughly chill maple syrup. Beat cream until it begins to thicken. Add maple syrup very gradually, beating constantly; then continue beating until stiff. Serve with angel cake, white cake or as a filling for cupcakes. Makes about 2 cups.

### Maple Salad Dressing for Lettuce

- 3/4 cup salad oil
- 1/4 cup vinegar
- 3 Tbsp. maple syrup
- 1 tsp. salt
- 1 tsp. dry mustard
- 1/2 tsp. paprika

Blend ingredients and serve on lettuce. Yields 1 cup dressing.

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