



For Immediate Release

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### *Maple Syrup Isn't Just For Breakfast!*

Pure Vermont maple syrup is well-known as a topping for pancakes, French Toast and waffles at breakfast but this is only one of many uses for nature's sweetener. Maple syrup is a wonderful addition to glazes for meat and fish, salad dressings, cookies, pies and much more!

It's easy to use maple syrup in your favorite recipe with the following substitution: Instead of 1 cup of granulated sugar in recipes, use  $\frac{3}{4}$  to 1 cup of maple syrup to taste. In baking, reduce the liquid in the recipe by 2-4 tablespoons per 1 cup of maple syrup used; also add  $\frac{1}{4}$ - $\frac{1}{2}$  tsp. of baking soda and reduce the oven temperature by 25 degrees. It's easy to do and fun to experiment.

The wonderful maple flavor of Vermont maple syrup blends perfectly with many ingredients like soy sauce, vinegar, mustards and more to produce flavorsome glazes and sauces. Experiment with your favorite recipes, substituting maple for other sweeteners.

In addition to cooking and baking with maple syrup you can use it on cold or hot cereal; on grapefruit and other fruit; on plain yogurt; on ice cream; in a milk shake; in coffee or tea; poured over a butternut or acorn squash and in stir-fry dishes.

Here are several recipes using pure maple syrup:

#### **Anadama Bread for Bread Machines**

Susan Richardson

1 cup water  
 $\frac{1}{4}$  cup VT maple syrup, Grade B  
1 TBS butter

¾ tsp salt  
¼ cup cornmeal  
3 cups bread flour  
1 ½ tsp yeast

Use appropriate setting for regular or large loaf, depending on your bread machine.

From “The Official Vermont Maple Cookbook, 3<sup>rd</sup> Edition”

### **Vermont Maple Chicken**

1 chicken, 2 ½-3 lbs cut-up  
¼ cup melted butter  
½ cup pure VT maple syrup  
½ tsp grated lemon rind  
1 tsp salt  
Dash of pepper  
2 tsp lemon juice  
¼ cup sliced almonds (optional)

Preheat oven to 400 degrees. Place chicken pieces in a shallow baking dish. Mix remaining ingredients and pour over chicken. Bake uncovered, 50-60 minutes, basting.  
From “The Official Vermont Maple Cookbook, 2<sup>nd</sup> Edition”

### **Vermont Maple Baked Beans**

2 lbs. dried beans (yellow eye, navy or other)  
½ lb lean salt pork (optional)  
½ tsp baking soda  
1 tsp salt  
1 tsp dry mustard  
1 medium onion, peeled  
1 ½ cups pure VT maple syrup (Grade B preferable)

Wash and pick over beans. Cover with cold water, add baking soda and soak overnight. In the morning, rinse beans and boil gently in fresh water until skins wrinkle. Drain off bean water and retain. Preheat oven to 325 degrees. Place onion in the bottom of a bean pot or casserole. Add salt, dry mustard and maple syrup; score pork and place on top of beans. Pour in bean water to cover. Bake, covered, for about 8 hours. Check periodically, adding bean water as needed. For the last hour, cook uncovered to brown top.

From “The Official Vermont Maple Cookbook, 2<sup>nd</sup> Edition”

### **Maple Winter Squash—Two Ways**

Winter squash  
Pure VT Maple syrup  
Butter

First option: Peel and slice or cube winter squash, cook, drain and mash. For each medium-sized squash, add 2 TBS of maple syrup and 1TBS of butter when mashing. Second option: Cut squash in half horizontally, clean out seeds and pulp. Add 2 TBS of maple syrup and a TBS of butter to each half. Bake at 375 degrees for 45 minutes or until soft.

From “ The Official Vermont Maple Cookbook, 2<sup>nd</sup> Edition”.

### **Maple Shoo-Fly Pie**

Katie Denton

Filling:  $\frac{3}{4}$  cup boiling water,  $\frac{1}{2}$  tsp baking soda,  $\frac{1}{2}$  cup dark VT maple syrup. Dissolve baking soda in syrup and stir until foamy. Add hot water and pour filling into one 8-inch pie crust.

Crumb topping: 2 cups flour, pinch salt,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup maple sugar,  $\frac{1}{2}$  cup butter. Incorporate butter into dry ingredients to form fine crumbs. Sprinkle thickly on top of filling. Bake at 350 degrees for 30-40 minutes.

From “The Official Vermont Maple Cookbook, 3<sup>rd</sup> Edition”

### **Maple Carrot Cake**

*Recipe from Armande Tremblay*

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

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

### **Maple and Orange Glazed Chicken**

4 boneless, skinless chicken breasts

3 Tbs Vermont maple syrup

1 Tbs wholegrain mustard

grated zest of 1 orange  
1 Tbs soy sauce.

Make several diagonal slashes across each chicken breast with knife. Put the other ingredients into a wide shallow bowl and mix. Add chicken, turn them in mixture 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 juices run clear.

For more recipes, visit [www.vermontmaple.org](http://www.vermontmaple.org).

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