

Maple Barbecue Sauce

100 ml (½ cup) pure maple syrup

50 ml (¼ cup) soya sauce

50 ml (¼ cup) sherry

2.5 g (½ teaspoon) ginger

3.5 g (¾ teaspoon) dry mustard

1.3 g (¼ teaspoon) nutmeg

1.3 g (¼ teaspoon) cloves

2.5 g (½ teaspoon) salt

Marinate the meat overnight. Barbecue basting frequently.

Pure Maple Syrup Dressing

30 ml (2 tablespoons) pure maple syrup

15 ml (1 tablespoon) horseradish sauce

60 ml (4 tablespoons) red wine vinegar

75 ml (5 tablespoons) olive oil

1 clove of garlic, finely crushed

Mix all ingredients together thoroughly. Chill and serve with salad or raw vegetables.

Serves 4.

Pure Maple Syrup Pork Tenderloin Shishkebabs

Shishkebabs:

450 g (1 lb.) pork tenderloin cubes

4 onions

4 apples, fancy or choice grade

30 g (2 tablespoons) butter

Marinate:

225 ml (1 cup) pure maple syrup

50 ml (¼ cup) oil

50 ml (¼ cup) lemon juice or cider vinegar

50 ml (¼ cup) Soya sauce

Dry mustard

Curry powder

Parsley

Prepare marinade and let marinate 2.5 cm (1 inch) pork cubes for 6 to 8 hours. Cut apples, onions and pork on skewers. Brush Shishkebabs with oil. Add salt and pepper to taste. In a hot skillet (frying pan), sear skewers. Place skewers in hot oven 325F (165C) for 30 minutes. Brush the Shishkebabs with oil at least 4 times during cooking process. Serve over cooked rice. Garnish with apple cubes seared in butter and glazed with pure maple syrup.

Maple Apple Crisp

¾ cup pure maple syrup

¼ cup granulated sugar

¾ cup sifted flour

¼ teaspoon salt

½ cup butter

3 apples, sliced and cored

Line greased pie pan with sliced apples. Blend the remaining ingredients in a bowl. Spoon over the apples; sprinkle with cinnamon, if desired. Bake at 425F oven for 15 minutes and then reduce the heat to 350F for 35-40 minutes. For topping, add whipping cream, flavoured with 1 tablespoon of maple syrup when beating the cream.

Maple Muffins

2 cups flour

3 teaspoons baking powder

½ teaspoon salt
2 tablespoons sugar
¼ cup butter, softened
1 egg
¾ cup pure maple syrup
¼ cup milk

Stir together the dry ingredients. Add butter and blend well. Add egg, maple syrup and milk. Stir until well blended (do not over beat). Fill greased muffin tins about ½ full. Bake at 400F for 20-25 minutes. Makes about 12 muffins.

Maple Walnut Yogurt Muffins

1 cup of white whole wheat flour
1 1/3 cups white flour
½ teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
1 egg
1/3 cup pure maple syrup
4 tablespoons oil
1 ½ cups plain yogurt
½ cup chopped walnuts

Combined all dry ingredients. Beat together egg, maple syrup, oil and yogurt. Stir in the dry ingredients, just enough to moisten. Fold in nuts and spoon into well greased muffin tins, filling 2/3 full.

Bake in 400F oven for 15-20 minutes or until browned.

Maple Baked Chicken

1 – 3 lbs. Chicken cut in pieces

4 tablespoons butter, melted
½ teaspoon grated lemon
½ cup pure maple syrup
1 teaspoon salt
Dash pepper
2 teaspoons lemon juice
¼ cup chopped nuts (optional)

Place chicken in a shallow casserole dish or baking pan. Combine remaining ingredients and pour over chicken pieces. Bake uncovered in 400F oven for 50-60 minutes, basting every 15 minutes.

Maple Syrup Tea Loaf

2 ½ cups flour
½ teaspoon baking soda
2 teaspoons baking powder
1 teaspoon salt
2 tablespoons butter, melted
1 egg, beaten
¾ cup maple syrup
1 cup milk
¼ teaspoon vanilla
½ cup walnuts, chopped

Sift together flour, soda, baking powder and salt. Set aside. In separate bowl combine and blend remaining ingredients, except nuts. Stir in liquid ingredients into the dry. Fold in nuts. Spread batter in a 9x5 inch loaf pan. Bake in 350F oven for 40-45 minutes.

Note: all recipes taken from <http://www.ontariomaplesyrup.com/recipes>