

# Highland Sugarworks



## Maple Recipes

### *Maple Syrup Graham Bread*

Chef Autumn Hathaway, NECI

2 cups white flour  
2 tsp. baking powder  
2 tsp. baking soda  
1 tsp. salt  
2 cups whole wheat flour  
2 eggs, room temperature  
1 1/2 cups buttermilk, room temperature  
1/2 cup sour cream, room temperature  
1 1/2 cups **Highland Sugarworks Cooking Maple**

Preheat oven to 325°. In large bowl, blend together the white flour, baking powder, baking soda and salt. Measure and stir in whole wheat flour. In a small bowl beat the eggs and blend in the buttermilk, sour cream and maple syrup. Pour this liquid mixture into dry ingredients and stir well. Pour or spoon batter into two 8 1/2 X 4 1/2 loaf pans that have been lined with greased waxed paper. Test for doneness in approximately one hour.

### *Maple Glaze*

Chef Lyndon Virkler, NECI

1 cup **Highland Sugarworks Cooking Maple**  
1/2 cup Dijon mustard  
1/2 cup whole grain mustard

Heat in saucepan and baste.

### *Greg's Mom's Maple Freeze*

Greg's Mom

6 bananas, frozen & chopped  
1 16 oz. container of vanilla yogurt  
1/2 cup **Highland Sugarworks Cooking Maple**

Blend all ingredients together in mixer and freeze. When serving, top with fresh strawberries and Maple Syrup. *Delicious!*

### *Pure Maple Candy*

Deb Frimodig, Highland Sugarworks

2 cups **Highland Sugarworks Fancy Maple Syrup** (Grade A Light Amber)

Using a nonstick pot, boil maple syrup to 325°, stirring the foam occasionally to prevent boiling over. Remove pot from heat, leaving the thermometer in place. Do not stir after removing from heat. Cool to 175° (approx. 10 min.).

Beat continuously with wooden spoon until syrup is lighter in color and loses some of its "shine", approx. 3-4 minutes. Do not overheat, as this will cause the candy to harden before pouring into molds or pan.

Immediately pour into rubber molds or non-stick 8" square pan sprayed with Pam. When cool, cut with knife and store up to one month - if it lasts that long!

### *Pure Maple Butter*

Donna Houghton, Highland Sugarworks

2 cups **Highland Sugarworks Fancy Maple Syrup** (Grade A Light Amber)  
1/2 tsp. vegetable oil or heavy cream

Heat both ingredients to 232° - 234°. Do not stir while heating (oil or cream will prevent boilovers). Pour into 8" shallow pan and place in freezer 25-30 minutes, until surface is slightly firm to the touch.

After cooling, pour in medium bowl. Beat continuously with a wooden spoon until the mixture becomes lighter in color, thick and creamy and begins to lose its gloss, approx. 20 minutes. (This is a good activity to have at least 2 people participating, as the beating must be continuous.)

Pour into containers. Store in refrigerator. If butter separates, stir to original consistency.

Makes (1 or 2) 8 oz. containers. Can be used as a spread on popovers, as a dessert topping, on pancakes or as a ham glaze.