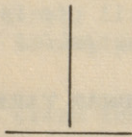


Maple

RECIPES

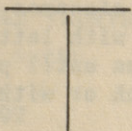
"From the green wound of the Maple-tree,
drips, during the Spring, the limpid sap
that the thawing trunk is setting free,
like tears spouting out of the tap.
Transformed into nectar by the flame,
our maple syrup wins all its fame
by putting our province on the map."

(J.-H. Lavoie)



Recipes prepared by:

HOME ECONOMICS SERVICE



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MAPLE PRODUCTS DIVISION

CANADIAN GRANDPAS

- 2 cups of maple syrup
- 2 cups of water
- 2 cups of pastry flour
- 4 teaspoons of baking powder
- 2 tablespoons of shortening or butter
- $\frac{3}{4}$ cup of milk
- 1 teaspoon of salt

How to prepare.- Mix the maple syrup and the water in a wide saucepan with a tight-fitting lid. Bring to boiling point. Sift and measure the flour, then sift again with the baking powder and the salt, cut in the shortening. Add the milk all at once, mix lightly and drop by spoonfuls into the boiling syrup. Cover the kettle and cook 20 minutes without removing the lid. Serve at once. (six servings)

MAPLE SYRUP TART (PIE)

- 1 cup of maple syrup
- $\frac{1}{2}$ cup of boiling water
- 3 tablespoons of corn-starch
- 3 tablespoons of cold water
- 1 tablespoon of butter
- Nuts
- Pastry

How to prepare.- Boil maple syrup and water together for 5 minutes. Mix corn-starch and water and use to thicken the boiling syrup. Add butter and beat until melted. Pour mixture into a 8 inch pie plate lined with pastry. Sprinkle to taste with chopped nuts. Cover with pastry. Bake in 400°F. oven until pie is golden brown, about 30 to 40 minutes.

MAPLE SUGAR TART (PIE)

Line an 8 inch pie plate with pastry and cover with $\frac{3}{4}$ inch of brown sugar and grated maple sugar mixed together. Pour on top of sugar 3 tablespoons of cream or top milk. Dot all over with tiny pieces of butter. A dash of nutmeg or cinnamon can be added to the sugar. Cover with lattice of pastry. Bake in 400°F. oven until pastry is brown. Cool and serve with or without cream.

APPLE "CHAUSSENS" WITH MAPLE SYRUP

- 4 cups of flour
- 1 cup of shortening
- 8 teaspoons of baking powder
- 2 teaspoons of salt
- Apples, maple sugar, cinnamon
- 1 cup of milk

MAPLE SAUCE FOR "CHAUSSENS"

- 3 cups of maple syrup
- 1 cup of boiling water

Sift flour with baking powder and salt. Cut in the shortening. Add the milk. Roll out and cut the pastry in circles. On a circle put pieces of cut apples, add 1 tablespoon of maple sugar and if desired a little cinnamon. Cover with another circle of pastry. Sprinkle the sides of circle with a little water to stick the 2 circles together. Make a few darts in the top circle, brush with milk, cream or maple syrup. Place in a pan, pour the syrup around the circles and cook in a 400°F. oven for 25 to 30 minutes.

EGGS COOKED IN MAPLE SYRUP

- 1 cup of maple syrup
- 2 or 3 eggs slightly beaten

How to prepare.- Bring the maple syrup to a boil. Slowly pour in the eggs stirring gently with a fork. Turn down the heat and allow to simmer for about 5 minutes. Three to four servings.

MAPLE SYRUP CAKE

- ½ cup of butter
- ½ cup of brown sugar
- 2 eggs
- 1 cup of maple sugar
- ½ cup of hot water
- 2½ cups of flour
- 2/3 teaspoon of baking soda
- ½ teaspoon of ginger
- 2 teaspoons of baking powder
- Pinch of salt

How to prepare.- Cream the butter, add sugar, beaten eggs, syrup, water and flour sifted with soda, baking powder, ginger and salt. Cook in a tubed mold, 50 minutes in a moderated oven. Ice with maple icing and garnish with broken nuts.

MAPLE FROSTING

- 1 cup of maple sugar
- ¼ cup of water
- White of one egg

How to prepare.- Boil together the sugar and water until it forms a soft ball when dropped in cold water. Beat the white of an egg stiff, pour the hot syrup very slowly into the beaten egg while beating all the time. Beat until stiff enough to spread on the cake.

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MAPLE COOKIES

- 1 cup of shortening or butter
- 1 cup of brown sugar
- 2 eggs well beaten
- 6 tablespoons of maple syrup
- 1 teaspoon of vanilla flavoring
- 3 to 4 cups of pastry flour
- 2 teaspoons of baking powder
- ½ teaspoon of salt

How to prepare.- Cream the shortening and blend with sugar. Add the eggs and mix thoroughly. Stir in the maple syrup and vanilla. Sift and measure 2 cups of flour, sift again with the baking powder and salt; combine with the creamed mixture. Add as much of the remaining flour as is necessary to make a dough stiff enough to roll. Chill. Roll thin and cut in any shape. Bake on a greased baking sheet in a moderately hot oven (350°F.) for six to eight minutes. (Make about five dozens cookies).

MAPLE FUDGE

- 1½ cups of maple syrup
- 1 cup of sugar
- 1 cup of cream at 15%
- ½ cup of broken nuts

How to prepare.- Put the syrup, sugar and cream in saucepan. Dont leave the mixture boil until the sugar is dissolved. Then boil until the mixture forms a soft ball when dropped in cold water or to 234°F. Cool the mixture to about 100°F. Beat until it is fairly thick. Add the broken nuts and pour in a greased pan. Mark in squares and cut when firm.

WHIPPED SYRUP WITH WHITES OF EGGS

- Whites of 2 eggs
- 1 cup of maple syrup

How to prepare.- Cook the syrup to 240°F. Beat the whites of eggs until firm. Pour the boiling syrup on the eggs slowly. Beating all the while. Serve in individual serving molds. Sprinkle with nuts or coconut.

MAPLE PUDDING

Place in a buttered dish a layer of slices of buttered bread, a layer of scraped maple sugar; proceed thus until the dish is fairly full, ending with a layer of maple sugar. Over this preparation pour tepid milk containing one or two beaten eggs, and a little nutmeg. Bake in a moderated oven about 20 minutes.

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MAPLE SAUCE FOR PUDDING

- 1 cup of scraped maple sugar
- 1 tablespoon of butter
- 2 tablespoons of flour
- 2 cups of boiling water

How to prepare.- Melt the butter in a saucepan, add the sugar and stir until it is caramelized. Add the water slowly, add the flour and cook until thick.

MAPLE "MOUSSELINE"

- 1 tablespoon of gelatine
- $\frac{1}{2}$ cup of cold water
- Pinch of salt
- $\frac{1}{4}$ cup of water
- $\frac{3}{4}$ cup of maple syrup
- 3 yolks of eggs
- 3 whites of eggs
- 2 tablespoons of sugar
- 1 cup of chopped nuts

How to prepare.- Mix the gelatine and cold water and let stand 10 minutes. Heat the water, syrup, salt and yolks in a double boiler. When the preparation is thick add the gelatine and mix well. Let it cool. Beat the whites of eggs until firm, add the sugar. Beat the first mixture until it is very smooth, add the whites of eggs carefully add the nuts. Pour in a cooked pie shell or serve in individual cups.

MAPLE CREAM

- 5 eggs
- $\frac{1}{2}$ cup of chopped nuts
- 1 cup of maple syrup
- 2 tablespoons of gelatine
- 1 cup of hot milk
- $\frac{1}{2}$ cup of cold water
- 1 pint of whipped cream

How to prepare.- Boil the syrup until it spins and pour on the eggs that has been well beaten. Beat until the mixture is thick. Soak the gelatine in the cold water, put it over hot water to dissolve. Join to the first preparation. Add the hot milk. When the mixture becomes mushy, add the whipped cream and the nuts. Pour in molds rinsed in cold water and allow to set. Unmold and serve with whipped cream.

MAPLE ICE CREAM

1½ cups of whipping cream
¼ cup of chopped nuts
¼ cup of cherries
¼ cup of sugar
2 yolks of eggs
½ cup of maple syrup
2 tablespoons of flour
½ cup of milk
Pinch of salt

How to prepare.- Mix sugar and flour in the top of a double-boiler. Add the yolks, milk and syrup. Cook until thick. Allow to cool. Add to the whipped cream. Put in the nuts and cherries and turn into freezing tray of refrigerator.

MAPLE RICE PUDDING

2½ cups of cooked rice
2½ cups of hot milk
3 eggs
1 cup of maple sugar
½ teaspoon of salt
½ teaspoon of nutmeg
1 cup of raisins (dried)

How to prepare.- May be baked in the oven as custard or cooked in a double-boiler.
