Maple Recipes

CAREFULLY SELECTED RECIPES COLLECTED BY SANDIWOOD FARM

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Sandiwood Farm

VERMONT

A Family Farm in Vermont's Northeast Kingdom

Maple sugaring is a labor of love. Approximately forty gallons of pure sap is boiled down to make each gallon of maple syrup. During the early spring (when the sap is running and sweetest), the smells of bubbling, boiling sap bring joy as we stoke the fire and gather with friends and family.

Although it is most commonly enjoyed for breakfast, maple syrup is not just for pancakes. Try our sweet treat in your morning coffee, with marinades, dressings, baked goods, and more.

To make sure you get the most of our maple syrup, we wanted to compile some of our favorite recipes we have gathered locally and online. Please enjoy and let us know your favorite!

photo credit kingarthurbaking.com

Maple-Bacon Biscuit Bake

Recipe by PJ Hamel - courtesy of King Arthur Flour Company *site*

Ingredients:

Syrup

- 1/2 pound bacon, cooked until medium-brown
- 1/3 cup (71g) light brown sugar or dark brown sugar, packed
- 1/4 cup (30g) King Arthur Unbleached All-Purpose Flour
- 1/4 cup (78g) maple syrup
- 2 tablespoons (28g) butter, melted

Biscuits

- 2 cups (240g) King Arthur Unbleached All-Purpose Flour
- 2 teaspoons Bakewell Cream*
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 4 tablespoons (57g) butter, cold
- 1 cup (227g) milk or buttermilk, cold

Preparation:

Preheat the oven to 475°F. Lightly grease an 8” square or 9” round pan; whichever size you choose, make sure it’s at least 2” deep, to prevent any boil-over.

Syrup: Chop the cooked bacon into 1/2” pieces. Combine the bacon with the remaining syrup ingredients, stirring until well combined. Spread in the bottom of the prepared pan.

Biscuits: Whisk the dry ingredients together in a bowl. Work in the butter until the mixture is crumbly; some larger, pea-sized pieces of butter may remain intact. Add the milk or buttermilk, stirring to make a sticky dough. Bake the biscuits for 10 minutes. Turn the oven off, and leave them in the oven for an additional 5 to 10 minutes, until they’re golden brown. Remove the biscuits from the oven, and immediately turn the pan over onto a serving plate. Lift off the pan, and scrape any syrup left in the pan onto the biscuits. Pull biscuits apart to serve.

Maple Balsamic Vinaigrette

Recipe from JoyFoodSunshine

Ingredients:

- 1/4 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 2 Tbsp Vermont maple syrup
- ½ Tbsp honey mustard or dijon mustard
- pinch of sea salt

Preparation:

Whisk all ingredients together, or even easier, add to a jar with a lid and shake until all ingredients are incorporated.

Oil-free option: Mix equal parts mustard, balsamic vinegar and Vermont maple syrup in a jar with a lid. Shake until all ingredients are incorporated.

Oil-free recycling version: When your favorite mustard container is almost empty (we use the squeeze one for this version, but any will do!), add equal parts mustard, balsamic vinegar and Vermont maple syrup. Shake it up and use as your new salad dressing container.

photo credit vermontmaple.org

Maple Cinnamon Roasted Sweet Potatoes

Recipe from Jessica at Together as Faimly

Ingredients:

- 3 cups chopped & peeled sweet potatoes about 2 large sweet potatoes, chopped into larger bite-sized pieces (1 inch)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons pure maple syrup
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon nutmeg
- ¼ teaspoon cinnamon

Preparation:

Heat oven to 425°. Prepare a cookie sheet by lining with parchment paper or tin foil, and spray it with cooking spray. You could also just spray the cookie sheet with cooking spray too. * Make sure the cookie sheet you are using has sides on it.

Combine the chopped sweet potatoes, olive oil, maple syrup, salt, pepper, cinnamon, and nutmeg in a mixing bowl. Stir together until all the potatoes are coated.

Dump onto the prepare cookie sheet, spreading out the potatoes to ensure that none are touching, and bake for 15-20 minutes. Stir the potatoes half way through cooking time.

Serve immediately.

Maple Glazed Carrots

Recipe from Sara Schlosser at Sandiwood Farm

Ingredients:

- 8 Medium carrots
- 3 tablespoons butter
- ¼ cup pure Vermont maple syrup
- ¼ teaspoon ginger (optional)

Preparation:

Slice carrots.

Cook until tender.

Drain.

Add maple syrup and butter.

Simmer carrots in maple syrup mixture until glazed.

Serves about 8.

Maple-Pecan Cheesecake

Recipe by Charlotte Rutledge

- courtesy of King Arthur Flour Company

site

photo credit kingarthurbaking.com

Ingredients:

Crust

- 1 cup King Arthur Unbleached All-Purpose Flour
- ¾ cup pecan meal or ground pecans
- 3 tablespoons granulated sugar
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 8 tablespoons unsalted butter, softened

Filling

- three 8-oz pkgs cream cheese, at room temp.
- 1 ½ cups light brown or dark brown sugar, packed
- 2 teaspoons Pure Vanilla Extract
- ¼ teaspoon salt
- ⅛ teaspoon maple flavor, optional; for stronger flavor
- 4 large eggs, at room temperature
- ½ up maple syrup, Grade B preferred
- ½ cup heavy cream, at room temp.
- 1 cup milk or buttermilk, cold

Preparation:

Preheat the oven to 375°F. Lightly grease a 9” removable-bottom or springform pan.

Crust: Mix the crust ingredients until crumbly. Press into the bottom and 1” up the side of the prepared pan. Prick with a fork. Bake the crust for 10 to 15 minutes, until it’s light golden brown. Remove it from the oven, and reduce the oven temperature to 325°F.

Filling: Mix the cream cheese, brown sugar, vanilla, salt, and maple flavor at low speed until smooth, scraping the bottom and sides of the bowl. Beat in the eggs one at a time, scraping the bowl between additions. Stir in the maple syrup and cream. Pour the filling into the crust.

Bake the cake for 40 minutes. Reduce the oven temperature to 300°F, and bake an additional 15 minutes, until the edges of the cake are set; a digital thermometer inserted 2” from the edge of the pan should read 170°F.

Turn off the oven, crack the door open a couple of inches, and let the cake cool in the oven for 1 hour. Remove the cake from the oven, and cool it at room temperature for 1 hour. Refrigerate for 8 hours (or overnight) before serving.

photo credit vermontmaple.org

Maple Pie

Recipe from VT Maple Sugar Makers site

- Courtesy of Mary and Sarah Schreindorfer and Vermont Public

Ingredients:

- 1 ½ cups heavy cream
- 1 ½ cups pure Vermont Maple Syrup
- ¼ teaspoon black pepper
- ⅓ cup all purpose flour
- 2 tablespoons butter
- 1 – 9 in unbaked pie shell

Preparation:

In a heavy saucepan, wisk together cream and flour until smooth.

Add maple syrup, butter and pepper.

Cook stirring over medium heat for 10 minutes or until thickened. Do not let the mixture boil.

Pour filling into pie shell and sprinkle with chopped walnuts.

Bake at 375 degrees for 20 – 30 minutes or until bubbling.

Cool on a rack and then refrigerate until thoroughly cooled before serving.

Maple Pound Cake

(Great with fresh berries!)

Recipe from Sara Schlosser at Sandiwood Farm

Ingredients:

- 4 sticks butter
- 3 cups pure maple syrup, at room temp.
- 6 eggs
- 2 teaspoons vanilla extract
- 3 cups flour
- 1 Tablespoon baking powder
- ½ teaspoon salt

Preparation:

Butter and flour two loaf pans or one 10 inch tube pan.

Sift the dry ingredients together.

Cream butter with an electric mixer on high speed until light and fluffy. Whip in maple syrup until light and fluffy. Add eggs, one at a time, beating until light and fluffy. Add vanilla.

Fold dry ingredients, mixing well, but not too much.

Spread batter into buttered/floured pans and bake at 350 degrees for 50 to 60 minutes or until a toothpick inserted in the center comes out clean.

Allow to cool before slicing.

Maple Whoopie Pies

photo credit vermontmaple.org

Recipe by Carman Brook Farm *in Swanton, Vermont - courtesy of* vermontmaple.org

Ingredients:

Cakes

- ¾ cup shortening or butter
- ½ cup sugar
- 2 eggs
- 1 cup milk
- 1 cup pure Vermont maple syrup, preferably a darker grade
- 2 tsp vanilla
- 4 ½ cups all-purpose flour
- 2 ½ tsp baking powder
- 2 tsp salt

Filling

- 1 ½ cups pure Vermont maple cream (Buy a 1 lb container and store the leftovers in the fridge. They won't last long!)
- 1 ½ cups marshmallow fluff
- 1 ½ cups powdered sugar
- ¼ cup butter

Preparation:

This recipe makes about 12 whoopie pies.

Cakes: Preheat oven to 375 degrees.

Cream together shortening, sugar and eggs.

Combine milk, maple syrup, and vanilla in a large measuring cup.

Combine dry ingredients and toss to mix. Add the maple syrup mixture and the dry ingredients alternately and mix until fully incorporated.

Drop large spoonful's on lightly greased baking sheets or use parchment paper.

Bake 375 degrees for 10-12 minutes and cool on a rack before frosting.

Filling: Combine all ingredients and mix thorougly (easiest to do with a stand mixer and the paddle attachment, or an electric hand mixer)Generously frost one cake and top it with another.

Store in the fridge and enjoy!

Sugar on Snow
(A Vermont tradition!)

Recipe from Sara Schlosser at Sandiwood Farm

Ingredients:

- 1 quart pure maple syrup
- ½ teaspoon butter
- packed snow or well-crushed ice

Preparation:

Use a large pot; heat syrup and butter. Watch pot and turn heat down if it threatens to boil over. When a candy thermometer reaches 234 degrees, remove from heat and cool slightly. Test by spooning a tablespoon of thickened syrup over the snow. If the syrup sits on top of the snow and clings to a fork like taffy, it's ready.

Pour in "ribbons" over snow packed in bowls.

Traditionally served with sour pickles and plain doughnuts.

Serves about 10.

Recipe Note: It takes 40 gallons of maple sap to boil downt to or evaporate into 1 gallon of maple syrup! - Sara

photo credit butternutmountainfarm.com

Sweet Autumn Baked French Toast

Recipe from Butternut Mountain Farm

Ingredients:

- 1 cup butter
- ½ cup Sweet Autumn Maple Syrup
- ½ cup granulated maple sugar
- 1 cup coarsely chopped pecans
- 8 large eggs
- 1 ½ cups half & half
- 2 tablespoons Sweet Autumn Maple Syrup
- 1 loaf of whole grain bread

Preparation:

Stir the first three ingredients in saucepan over medium heat until melted.

Transfer to 13 x 9 x 2 inch baking dish. Sprinkle pecans over mixture.

Whisk eggs, half & half and Sweet Autumn in bowl. Dip bread slices into egg mixture and place in dish.

Cover with egg mixture. The dish can now be covered and refrigerated overnight.

Preheat oven to 350°F.

Bake for 40 minutes, until knife comes out clean.

Serve pecan side up with maple syrup.