



## Catfish Creek Conservation Authority

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### TRY PURE MAPLE SYRUP!

Not only is **Pure Maple Syrup** delicious, it is also a natural and nutritious sweetener. It is a very good source of essential mineral nutrients and vitamins. Native North Americans were the first to recognize **Pure Maple Syrup** as a source of nutrition and energy. Researchers have since shown that Maple Syrup has a higher nutritional value than all other common sweeteners.

#### % of Recommended Daily Value (DV) Per 1/4 cup (60mL)

	Maple Syrup	Corn Syrup	Honey	Brown Sugar	White Sugar
Manganese	95	0	4	2	0
Riboflavin	37	1	2	0	1
Zinc	6	0	2	0	0
Magnesium	7	0	1	2	0
Calcium	5	0	0	4	0
Potassium	5	0	1	1	0
Calories	216	220	261	216	196

\* SOURCE: Canadian Nutrient File (Health Canada) and USDA Nutrient Database

Traditionally Maple Syrup is used as a topping for pancakes, waffles and french toast, but why stop there? It is also excellent.....

- on cold or hot cereal
- in yogurt or on ice cream
- in your morning coffee or tea
- Maple Butter is an excellent spread for toast, bagels, or english muffins

### STORING YOUR MAPLE SYRUP

Keep unopened containers of maple syrup in a cool, dry place: the refrigerator or preferably the freezer. The delicate maple flavour is best preserved over a long period by storing in the deep freezer. Once opened, store tightly closed in the refrigerator or place the unused portion back in the deep freezer.

# MAPLE SYRUP RECIPES

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## MAPLE CARROT CAKE

### Ingredients:

2 cup whole wheat flour	2 tsp. baking soda
2 tsp. baking powder	2 tsp. cinnamon
1 tsp. salt	2 cup grated carrots
1 cup milk	1 ½ cup applesauce
1 cup Maple Syrup	½ cup crushed walnuts (optional)

### Directions:

Mix dry ingredients together in a bowl: flour, baking soda, baking powder, cinnamon, and salt.

Grate the carrots. Once this is done, preheat the oven to 350°F. Add the carrots and the rest of the ingredients, except for the walnuts, to the flour mixture. Mix until "just mixed." Last, mix in the walnuts. Transfer to a greased 13x9x2 pan. Bake for 40-50 min at 350°F until a toothpick inserted into the middle of the cake comes out clean. Cool on a counter for 30 min and then frost with cream cheese frosting if desired.

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## MAPLE GLAZED BBQ CHICKEN

### Ingredients:

4 boneless, skinless chicken breasts	½ cup Maple Syrup
⅓ cup Chili Sauce	1 small onion, chopped
2 tbsp apple cider vinegar	1 tbsp mustard
1 tsp Worcestershire sauce	

### Directions:

Create marinade sauce by combining Maple Syrup, chili sauce, onion, apple cider vinegar, mustard and Worcestershire sauce in a shallow dish. Cover chicken breasts in marinade and refrigerate for a minimum of 4 hours, turning occasionally. BBQ the chicken breasts until a meat thermometer inserted into the breast meat reads 165°F basting occasionally.

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## MAPLE CREAM FUDGE

### Ingredients:

1 cup Maple Syrup	2 cups white sugar
½ cup whole cream	2 tbsp non-salted butter
¼ tsp salt	½ tsp vanilla

### Directions:

Combine sugar, Maple Syrup, and cream in a pan. Boil on med-high, stirring occasionally, making sure to prevent sticking on bottom of pan. Let cool. Add salt, vanilla and butter; beat until creamy and fudge holds its shape. Put into a pan lined with wax paper. Cool in fridge. Cut into squares. Enjoy!

\* Mix 1 part Maple Syrup with 2 parts melted white chocolate for an optional drizzle.

# MAPLE SYRUP RECIPES

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## MAPLE SYRUP PUDDING CAKE

### Ingredients for Cake:

1 cup flour	1 ½ tsp. baking powder
½ tsp. salt	½ cup white sugar
1 tbsp. shortening	1 egg beaten

### Ingredients for Sauce:

1 ½ cups Maple Syrup	¾ cup water	2 tsp. butter
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Combine water and Maple Syrup in a saucepan, bring to a boil. Remove from heat and add butter.

### Directions:

Blend together flour, baking powder and salt. Cream sugar and shortening, add egg and mix well. Add dry ingredients alternating with milk to the creamed mixture. Beat until batter is smooth. Spread batter in greased 8" square pan. Prepare sauce & pour slowly over batter. Sprinkle ½ cup coconut over top and bake at 350°F for 25 min. Serve warm with whipped cream or ice cream.

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## PORK CHOPS WITH ONIONS CARAMELIZED IN MAPLE SYRUP

### Ingredients:

250 ml of Spanish onions minced (1 cup)	15 ml of oil (1 tablespoon)
30 ml of butter (2 tablespoons)	125 ml of white wine or cider (1/2 cup)
125 ml of Maple Syrup (1/2 cup)	Salt and freshly ground pepper
4 pork chops of 150 g (5 oz) each	

### Directions:

In a saucepan, caramelize the onions in oil and butter on low heat. Deglaze pan with wine or cider and reduce to half. Add the Maple Syrup and season to taste. Continue cooking until the sauce thickens.

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## BALSAMIC MAPLE SAUCE

This is a reduction of balsamic vinegar and Maple Syrup.

Boil on a low heat, one part of balsamic vinegar and one part of Maple Syrup until sauce is reduced and becomes thick.

Serves well on fish, shrimps, other sea foods and salads.

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## MAPLE MAYO

### Ingredients:

½ cup mayonnaise
1/8 cup pure Maple Syrup
1 ¼ tablespoons brown sugar

### Directions:

Mix all ingredients together. Refrigerate for 10 minutes or so.

Serve with sweet potato fries or on hot dogs.

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## **Pork & Beef**

With barbecue season just ahead, make sure to stock up on your syrup supply. Combine a little onion, vinegar, chili pepper, syrup and Worcestershire sauce for a great pork gravy. Glaze your next roast with a little red wine, maple syrup, garlic, balsamic and Dijon. Coat the spareribs with a mixture of maple syrup, ketchup, cider vinegar, Worcestershire sauce, mustard and grill.

## **Chicken**

Maple syrup acts as a great ingredient for Asian-themed meals as well. The Soya sauce and maple combination with a little garlic and ginger is a very popular marinade. Add a bit of citrus flavor such as lemon or orange for a bit of zing or a little sesame oil to add more Asian flare. These flavor combinations work well for roasted chicken, chicken wings, or for the barbecue.

## **Seafood**

When it comes to seafood, maple syrup can really perk up your fish. Try cooking fresh bay scallops with bacon marinated in maple syrup, butter and thyme. Enjoy a nice slice of salmon with a little Soya sauce or mustard and syrup marinade. For those looking for a little summer kick, maple whiskey salmon is a great barbecue treat.

## **Vegetables**

Can't get the kids to eat their carrots? A little maple syrup and butter glaze on top and you'll have them asking for more. Caramelized maple syrup or glaze is often used with root vegetables, including squash and sweet potatoes. A light glaze on Brussels sprouts makes them more palatable to picky eaters. Roast your vegetables with a maple syrup glaze then create fantastic soups.

## **Condiments**

The beautiful thing about maple syrup is the ability to turn ordinary condiments into exceptional ones with just a hint of its flavor. Make your own mayonnaise with a hint of maple and touch of paprika for something different. Add some syrup to your next homemade gravy for either meat or chicken dishes. Allow yourself to experiment.

## **Breads, Pastas & Side Dishes**

A little butternut squash ravioli with a cream maple syrup garlic sauce makes for a different dinner. A hint of syrup gives cornbread a sweet twist. But the absolute favorite when it comes to maple syrup and savory side dishes is baked beans. Forget the molasses! Instead, make homemade baked beans with maple syrup and bacon and you've got a definite crowd pleaser on your hands. Baked beans made with maple syrup make for a great brunch dish, or a fabulous side dish for a range of meals.

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