



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 ¼ cup (60 mL)

	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) & USDA Nutrient Database

Traditionally, Maple Syrup is used as a topping for pancakes, waffles & 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.

FOR OUR COCKTAIL LOVERS...

THE BUBBLEY MAPLE LEAF CHAMPAGNE COCKTAIL

Yield: 1

Prep Time: 5 min

Total Time: 5 min



INGREDIENTS

- 1-ounce Scotch whisky
 - 1-ounce real Maple Syrup
 - ½ ounce lime juice
 - Ice
 - 3-ounces sparkling wine (an inexpensive Prosecco works well here)
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DIRECTIONS

1. Measure the Scotch, Maple Syrup and lime juice into a cocktail shaker.
2. Add a good handful of ice, put the lid on the shaker and shake it up until everything is really really cold.
3. Strain the Scotch mixture into a champagne flute.
4. Top with the sparkling wine.
5. Celebrate!

FOR A PANCAKE ALTERNATIVE...

CRUNCHY MAPLE QUINOA CEREAL

Yield: 1

Prep Time: 10 min

Total Time: 1 hr



INGREDIENTS

- 1 ½ cups cooked quinoa
 - 1 tablespoon chia seeds
 - 2 tablespoons pure Maple Syrup
 - ½ - ¾ teaspoons cinnamon
 - 1 teaspoon vanilla
 - sea salt, to taste
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DIRECTIONS

1. In a small bowl mix everything together.
2. Pour onto a cookie sheet lined with parchment paper.
3. Break up into chunks with a spoon and flatten with a hand as if you were making flatbread.
4. Cook for 30 - 50 minutes at 325°F, being sure to check half way through and adjust cooking time if necessary.
5. Flip cereal around with a spatula for more even cooking. Cereal should be slightly golden brown when finished.
6. Remove from oven and cool.
7. Enjoy in a bowl with your favourite milk & toppings over top!

FOR A DELICIOUS MAPLE DESSERT...

SPRINGWATER MAPLE PUDDING CAKE

Yield: 1

Prep Time: 45 min

Total Time: 1.5 hrs

INGREDIENTS FOR CAKE

- 1 cup flour
 - 1 ½ teaspoons baking powder
 - ½ cup milk
 - ½ teaspoons salt
 - ½ cup white sugar
 - 1 tablespoon shortening
 - 1 egg beaten
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INGREDIENTS FOR SAUCE

- 1 ½ cups pure Maple Syrup
 - ¾ cup water
 - 2 teaspoons butter
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DIRECTIONS FOR SAUCE

Combine water and Maple Syrup in a saucepan, bring to a boil. Remove from heat and add butter.

DIRECTIONS FOR CAKE

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

FOR A TASTY MAPLE DINNER...

MAPLE GLAZE

Yield: ½ cup

Prep Time: 10 min

Total Time: 6 hrs+

INGREDIENTS

- ¼ cup pure Maple Syrup
 - 2 - 3 tablespoons Dijon mustard
 - 2 garlic cloves, minced
 - 1 tablespoon balsamic vinegar
 - 1 teaspoon salt, or to taste
 - ½ teaspoon black pepper, or to taste
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DIRECTIONS

1. Whisk ingredients together
2. Cover salmon, halibut or ham steaks with glaze (reserving some for serving).
3. Refrigerate for 1 - 6 hours.
4. Bake, fry or barbecue as usual.
5. Brush remaining glaze on before serving.

FOR A SWEET MAPLE SNACK...

MAPLE SPICED CANDIED NUTS

Yield: 8 cups

Prep Time: 15 min

Total Time: 45 min



INGREDIENTS

- 8 cups (2 pounds) mixed raw nuts
 - $\frac{3}{4}$ cup pure Maple Syrup
 - 3 teaspoons kosher salt
 - 1 teaspoon cayenne pepper (cut down to $\frac{1}{2}$ if you aren't a spice fan)
 - 2 teaspoon ground cinnamon
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DIRECTIONS

1. Stir nuts together in a large bowl. Set aside.
2. In a small bowl stir together remaining ingredients.
3. Pour over nuts and stir to coat evenly.
4. Divide nut mixture between two parchment lined baking sheets.
5. Bake at 300°F for 10 minutes. Stir.
6. Bake an additional 10 minutes, or until nuts are toasted and coating is sticky.
7. Let cool 5 minutes, or until coating is dry to the touch.
8. Serve while warm or allow to cool completely and store in a sealed container

FOR OUR SALAD LOVING MAPLE CONNOISSEURS...

MAPLE VINAIGRETTE

Yield: 1

Prep Time: 5 min

Total Time: 5 min



INGREDIENTS

- ¼ cup extra-virgin olive oil
- ¼ cup pure Maple Syrup
- 2 tablespoon apple cider vinegar
- 1 teaspoon finely grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- ½ teaspoon kosher salt, or to taste
- ¼ teaspoon black pepper, or to taste

DIRECTIONS

1. Whisk together olive oil, maple syrup, cider vinegar, lemon zest, and lemon juice.
2. Season dressing with salt and pepper.
3. Whisk until the dressing is well blended.
4. Serve immediately, or refrigerated, in an airtight container, up to 3 days.

NEW COLOUR CLASSIFICATIONS

What You Should Know...

The International Maple Syrup Institute (IMSI) has been laying the groundwork for changes to the maple grading system since 2002. The amended maple regulations include a standard definition for pure maple syrup which will be referenced as part of a uniform branding for pure maple. This will help consumers to distinguish pure maple from numerous products currently being sold in the retail marketplace that include label references to maple or visual representations from the maple industry but contain no real maple syrup or only very minimal amounts.

An amendment to the Maple Products Regulations (MPR) came into force on December 12, 2014 introducing new grades for maple syrup including new colour classes with taste descriptors. A two-year transition period with the previous grades was part of this amendment.

Percentage of Light Transmission for Each Colour Class of Maple Syrup

Colour Class	Percentage of Light Transmission (%)
Golden, Delicate Taste	Not less than 75.0
Amber, Rich Taste	Less than 75.0 but not less than 50.0
Dark, Robust Taste	Less than 50.0 but not less than 25.0
Very Dark, Strong Taste	Less than 25.0

