

COVENANT HARBOR

MAPLE SYRUP RECIPES



MAPLE SYRUP HISTORY

Native American tribes, such as the Iroquois, were the first people known to "tap" maple trees for their sap. Making diagonal slits in the tree using pieces of bark, they would guide the sap into wooden bowls at the base of the trees. Stones were heated in a fire and dropped into the sap to cook it down. The "syrup" was used mostly as a seasoning for food.

European settlers drilled holes in the trees with an auger. They inserted wooden tubes, called spoules (pronounced spile), to guide the sap out and used wooden buckets to collect the sap. Iron kettles, brought from Europe, were used to cool the sap down until it became maple syrup and maple sugar.

Today the wooden buckets have been replaced by galvanized metal buckets, plastic bags and in many areas, including Covenant Harbor, plastic tubing. The iron kettles have been replaced by large evaporators to cook the sap. No matter how it's made, it still tastes great!

MAPLE POPCORN

Ingredients:

9 c. plain popped popcorn

1 c. real maple syrup

1/2-1 c. chopped walnuts *optional

Directions:

Heat maple syrup to 236 degrees F (use a candy thermometer). Lightly oil a large mixing bowl then mix popcorn, nuts, and syrup with a lightly oiled spoon.

Let cool then enjoy!



MAPLE NUT FUDGE

Ingredients:

2 c. maple syrup
1/2 c. chopped nuts
1 tbsp. butter

Directions:

Boil syrup to 236 degrees F. Remove from heat and place in a pan of cold water. Cool to room temperature. Stir vigorously until color begins to change, then add nuts. Pour into a well buttered 10" square pan. Cut into squares while warm.

Enjoy!



MAPLE SNOW

Ingredients:

3 c. snow

1/2 c. maple syrup

Directions:

Fill a bowl with snow and drizzle maple syrup. Eat with a spoon.

Enjoy!



MAPLE CORNBREAD

Ingredients:

1 1/4 c. all-purpose flour

1/4 c. cornmeal

1 1/3 tsp. baking powder

1/2 tsp. salt

1 egg

3/4 c. milk

1/2 c. maple syrup

3 tbsp. vegetable oil

Directions:

In a bowl, combine flour, cornmeal, baking powder, and salt. In another bowl, beat egg; add milk, syrup, and oil.

Stir into dry ingredients just until moistened. Pour into a greased 9in. square baking pan. Bake at 400 degrees F for 20-22 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack for 10 minutes; cut into squares.

Serve warm and enjoy!



MAPLE SYRUP BARS

Ingredients:

Base:

1/2 c. butter, softened
1/4 c. brown sugar
1 c. flour

Topping:

1 c. maple syrup
3/4 c. brown sugar
1/2 c. walnuts, chopped
1/4 c. butter
2 eggs
2 tbsp. flour
pinch of salt



MAPLE SYRUP BARS CONTINUED

Directions:

Base:

Preheat oven to 350 degrees F. Combine butter, brown sugar, and flour and stir until the mixture is crumbly. Press mixture into an 8 in. baking pan. Bake for 10 minutes. Remove and set aside.

Topping:

In a saucepan, combine the maple syrup, brown sugar and walnuts and bring to a boil. Reduce heat and cook over medium-low heat for 5 minutes. Remove from heat and add butter and stir until melted. In a bowl, beat the egg with the flour and alt. Add egg mixture to maple syrup mixture and stir to combine. Pour over the base and bake for another 25-30 minutes, or until set.

Cool before cutting and enjoy!



MAPLE BUTTER

Ingredients:

3/4 -1 c. maple syrup

8 oz. unsalted butter, room temp.

1/4 - 3/4 tsp. salt

Directions:

You can use either a stand mixer or electric hand mixer. Whip room temp. butter on high speed until pale and fluffy, 1-2 minutes, starting with a lower speed. With the mixer off, add maple syrup and salt. Whip until the ingredients are evenly combined. Taste and add more maple syrup and/or salt if desired. Transfer to an airtight storage container of your choice. Serve immediately, or store in the refrigerator for several months.

Enjoy!

