

# Cooking with Maple Syrup



## Maple Glazed Carrots

Recipe source: [www.realsimple.com](http://www.realsimple.com)

3 pounds carrots, sliced 1/4 inch thick on the diagonal  
1/4 cup maple syrup  
2 Tbsp unsalted butter  
Salt and black pepper

In a large skillet, combine the carrots, syrup, butter, 1/3 cup water, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Bring to a boil. Reduce heat and simmer, partially covered, stirring once, until the carrots are tender and the liquid has reduced to a glaze, 12 to 15 minutes. If the carrots are tender before the liquid has thickened, uncover, increase heat to medium-high, and cook until the liquid forms a glaze.

## Maple Black Pepper Pork Chops

Recipe source: adapted from [www.seriousseats.com](http://www.seriousseats.com)

2 bone-in, thick cut pork chops (about 1-inch thick)  
1 Tbsp olive oil  
3/4 tsp whole black peppercorns, crushed  
1 tsp kosher salt  
1 medium shallot, minced  
1 Tbsp fresh thyme leaves  
2 1/2 Tbsp cider vinegar  
1/4 cup maple syrup

1. Preheat your oven to 350°F. Meanwhile, season the pork chops well with 3/4 teaspoon of the salt. Pour the oil into large ovenproof skillet set over medium-high heat. Add the chops. Cook the chops for four or five minutes on each side, until they are well browned.
2. Flip the chops, and then carefully transfer the skillet to the oven. Cook them until their temperature reaches 145°F, about 2 to 4 minutes. Check with a instant read thermometer. Set the chops aside and cover with foil.
3. Place the skillet back on a burner and turn the heat to medium-high. Add the shallot, thyme, and the rest of the salt. Cook until the shallot is beginning to brown, about 2 minutes.
4. Pour in the vinegar, and scrape the bottom of the pan with a wooden spoon to dislodge any browned bits. Reduce heat to a simmer, and let reduce for 2 minutes. Then add the maple syrup and the crushed black pepper. Return to a simmer and cook for 8 minutes. Serve the sauce over the chops.

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## Baking Tips: Substituting Maple Syrup for Sugar

- For each cup of granulated sugar, substitute 1 to 1 1/2 cups maple syrup.
- Decrease liquid ingredients by 2 to 4 Tbsp for each cup of syrup used.
- Add 1/4 - 1/2 tsp baking soda for each cup of maple syrup used (to offset the syrup's slight acidity). The addition of baking soda is not necessary if the recipe includes buttermilk or sour cream.
- Decrease oven temperature by 25 degrees to prevent maple syrup from caramelizing or burning on the edges of the pan.

## Maple Bars

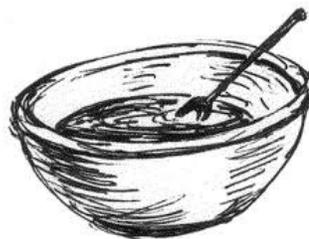
1 cup maple syrup	1 cup rolled oats
2/3 cup sifted flour	1/2 tsp baking powder
1/2 cup butter, softened	1 tsp vanilla extract
1 cup chopped nuts	1 egg

Heat oven to 350 degrees. Grease a square 8"x8" pan. Mix all ingredients thoroughly and spread in prepared pan. Bake 30 to 35 minutes. Cut into squares while still warm. Makes about 16 bars.

## Maple-Apple Upside-Down Cake

Recipe source: [www.foodandwine.com](http://www.foodandwine.com)

- 1 cup maple syrup
- 3 large apples, peeled, cored, and cut into eighths
- 2 cups all purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp salt
- 3 large eggs
- 3/4 cup buttermilk
- 1 Tbsp vanilla extract
- 1 1/2 sticks unsalted butter, softened
- 1 1/3 cups sugar
- crème fraîche, for serving



1. Preheat the oven to 350°. Butter and flour a 10-inch round cake pan. In a large saucepan, bring the maple syrup to a boil over high heat, then simmer over low heat until very thick and reduced to 3/4 cup, about 20 minutes. Pour the thickened syrup into the cake pan. Arrange the apples in the pan in 2 concentric circles, overlapping them slightly.
2. In a bowl, whisk the flour, baking powder, baking soda and salt. In a glass measuring cup, whisk the eggs with the buttermilk and vanilla. In the bowl of a standing electric mixer fitted with the paddle, beat the butter and sugar at medium speed until fluffy, about 3 minutes. Beat in the dry and wet ingredients in 3 alternating batches until the batter is smooth; scrape down the side of the bowl.
3. Scrape the batter over the apples and spread it in an even layer. Bake the cake for 1 1/2 hours, until golden on top and a toothpick inserted in the center comes out clean. Let the cake cool on a rack for 45 minutes.
4. Place a plate on top of the cake and invert the cake onto the plate; tap lightly to release the cake. Remove the pan. Let the cake cool slightly, then cut into wedges and serve with crème fraîche.

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