





FUN WAYS TO USE SYRUP

FEW INGREDIENTS CAN CLAIM TO BE AS DELICIOUS AND AS VERSATILE AS MAPLE.

From main course to appetizer, drinks and dessert, maple's unique flavour and range of textures lend it to a virtually infinite variety of combinations. No wonder so many leading chefs have added it to their repertoires!



Maple, in all its forms, has an open invitation to the greatest tables, as it never fails to bring with it a hint of audacity and a host of pleasures. And many have adopted it as their own: Chefs, bakers, brewers, winemakers, ice cream makers, and caterers use maple with a passion... because it's an exceptional product that invites them to reinvent themselves. Incredible maple!

MAPLE IS A SPECIAL
ADDITION TO ANY RECIPE,
FROM APPETIZER TO DESSERT.

Find one that's perfect for you or your occasion!

Source: www.maplefromquebec.ca/cook-with-maple/versatility





ROSEMARY FIG CHICKEN THIGHS

PREP TIME: 25 MINS

COOK TIME: 45 MINS

SERVES: 4



INGREDIENTS

- ¼ cup (60 mL) Fig Maple Fruit Syrup
- ¼ cup (60 mL) balsamic vinegar
- 2 tbsp (30 mL) olive oil
- 2 tbsp (30 mL) finely chopped fresh rosemary
- 1 tsp (5 mL) cracked black pepper
- ½ tsp (2 mL) salt
- 3 lbs (1.4 kg) bone-in, skin-on chicken thighs
- 4 shallots, halved
- 8 cloves garlic, whole
- 2 tbsp (30 mL) finely chopped fresh parsley

DIRECTIONS

1. Preheat oven to 400°F (200°C). Whisk together fig maple syrup, vinegar, oil, rosemary, salt and pepper. Toss chicken, shallots, and garlic with marinade to coat. Let stand for 15 minutes.
2. Arrange chicken in greased 13 x 9-inch (3.5L) baking dish.
3. Bake for 40 to 45 minutes or until chicken is cooked and internal temperature reaches 165°F (74°C).
4. Sprinkle with parsley before serving.





LEMON CRANBERRY SCONES

PREP TIME: 25 MINS

COOK TIME: 30 MINS

SERVES: 6



INGREDIENTS

- 2 ½ cups (625 ml) all-purpose flour
- 1 tbsp (15 mL) baking powder
- 1 tsp (5 mL) baking soda
- ½ tsp (2 mL) salt
- ½ cup (125 mL) unsalted butter, cold and cut into cubes
- ½ cup (125 mL) fresh or frozen cranberries
- 1 tbsp (15 mL) lemon zest
- ½ cup (125 mL) 35% whipping cream, plus more for brushing
- ½ cup (125 mL) Cranberry Maple Fruit Syrup
- 2 tbsp (30 mL) lemon juice
- 1 tsp (5 mL) vanilla extract
- ½ cup (125 mL) icing sugar
- 2 tbsp (30 mL) lemon juice

DIRECTIONS

1. Preheat oven to 350°F (180°C). Whisk together flour, baking powder, baking soda and salt. Cut butter into flour mixture using pastry blender or fingertips until mixture resembles coarse meal. Toss in cranberries and lemon zest.
2. In another bowl, whisk together cream, cranberry maple syrup, lemon juice and vanilla. Stir into flour mixture just until moistened (do not overwork dough). Transfer dough onto lightly floured work surface; pat into 7-inch (18 cm) round. Cut into 8 wedges. Place wedges on parchment-lined baking sheet, spacing about 2-inches (5 cm) apart.
3. Brush tops lightly with cream. Bake for 25–30 minutes or until golden brown.
4. Whisk together icing sugar and lemon juice until blended. Drizzle over scones. Serve warm or at room temperature.





SPARKLING FIG VODKA SODA

PREP TIME: 5 MINS

SERVES: 2



INGREDIENTS

- ¼ cup (60 mL) Fig Maple Fruit Syrup
- ¼ cup (60 mL) vodka
- ¼ cup (60 mL) elderflower liqueur
- ¼ cup (60 mL) lemon juice
- Ice, for serving
- 1 cup (250 mL) sparkling water
- 1 fig, halved (optional)
- Lemon twist, for garnishing

DIRECTIONS

1. In small pitcher, stir together fig maple fruit syrup, vodka, elderflower liqueur and lemon juice.
2. Divide between 2 ice-filled glasses. Top with sparkling soda.
3. Garnish with fig, if using, and lemon twist.





TURKEY BURGER WITH SWEET CRANBERRY AIOLI

PREP TIME: 15 MINS
COOK TIME: 10 MINS
SERVES: 4



INGREDIENTS

1 ¼ lbs (625 g) lean ground turkey
¼ cup (60 mL) bread crumbs
1 egg, beaten
2 tsp (30 mL) finely chopped
fresh sage
2 tsp (30 mL) olive oil
1 tbsp (15 mL) Worcestershire sauce
1 clove garlic, minced
½ tsp (2 mL) each salt and pepper
4 brioche burger buns, split
4 slices aged Cheddar cheese
1 cup (250 mL) packed baby arugula
4 slices red onion, each about
½ inch (1.25cm) thick
1/3 cup (75 mL) mayonnaise
¼ cup (60 mL) Organic Cranberry
Maple Fruit Syrup
2 tsp (30 mL) cranberry sauce
1 tsp (5 mL) Dijon mustard
1 clove garlic, minced
Pinch each salt and pepper

DIRECTIONS

1. Burgers: Mix together ground turkey, bread crumbs, egg, sage, oil, Worcestershire sauce, garlic, salt and pepper. Divide into 4 portions. Roll each into a ball and shape into ½-inch thick (1 cm) burger patties.
2. Preheat oven to medium-high heat; grease grates well. Grill turkey burgers for 3 to 4 minutes per side or until internal temperature reaches 165°F (74°C). Top each burger with cheese slices; cook for 30 to 60 seconds or until melted.
3. Cranberry Aioli: Whisk together mayonnaise, cranberry maple fruit syrup, cranberry sauce, mustard, garlic, salt and pepper until blended.
4. Assemble burgers in buns with cranberry aioli, arugula and red onion.





BLACKCURRANT DUTCH BABY

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVES: 4



INGREDIENTS

- ½ cup (125 mL) 2% milk
- ½ cup (125 mL) all-purpose flour
- 2 eggs
- ½ cup (125 mL) Blackcurrant Maple Fruit Syrup, divided
- 1 tsp (5 mL) vanilla extract
- ¼ tsp (1 mL) salt
- 2 tbsp (30 mL) butter, cut into cubes
- 2 cups (500 mL) blackberries
- 2 tbsp (30 mL) lemon juice
- 2 tbsp (30 mL) icing sugar, for dusting

DIRECTIONS

1. Preheat oven to 425°F (220°C). Heat a 10-inch (30 cm) ceramic skillet in oven for 8 to 10 minutes or until very hot but not smoking.
2. In blender, mix together milk, flour, eggs, 1 tbsp (15 mL) blackcurrant maple fruit syrup, vanilla and salt until smooth.
3. Add butter to hot pan. Transfer pan back to oven until butter is melted, about 30 to 60 seconds. Working quickly, pour batter into hot pan. Transfer immediately back to oven.
4. Bake for 15 to 18 minutes or until pancake is puffed, golden and set.
5. Meanwhile, toss together blackberries, lemon juice and remaining syrup. Let stand for 10 to 15 minutes to allow berries to macerate and juices to become saucy.
6. Serve macerated blackberry sauce with pancake. Dust with icing sugar.





BAKED BRIE WITH CHERRY JAM

PREP TIME: 10 MINS

COOK TIME: 25 MINS

SERVES: 6



INGREDIENTS

1 cup (250 mL) pitted
frozen cherries

1/3 cup (75 mL) Sour Cherry
Maple Fruit Syrup

2 tbsp (30 mL) lemon juice

5 oz (150 g) wheel of Brie

½ cup (125 mL) chopped
pecans

2 tbsp (30 mL) thinly
sliced fresh basil

1 baguette, sliced into
rounds and toasted

DIRECTIONS

1. Combine cherries, sour cherry maple fruit syrup and lemon juice in skillet set over medium heat; bring to boil. Cook for 8 to 10 minutes or until thickened to jammy consistency. Cool completely.
2. Preheat oven to 375°F (190°C). Place Brie on parchment paper-lined baking sheet or in Brie baker. Pile cherry jam over top and sprinkle with pecans. Bake for 12 to 15 minutes or until Brie starts to ooze but not collapse. Serve warm with toasted baguette rounds.
3. Garnish with basil.





BLUEBERRY BALSAMIC GRILLED CHICKEN

PREP TIME: 2 HRS 10 MINS

COOK TIME: 30 MINS

SERVES: 4



INGREDIENTS

- 1/3 cup (75 mL) Organic Blueberry Maple Syrup
- ¼ cup (60 mL) balsamic vinegar
- 2 tbsp (30 mL) olive oil
- 2 tbsp (30 mL) finely chopped fresh thyme
- 1 tbsp (15 mL) Worcestershire sauce
- 1 tbsp (15 mL) grainy mustard
- 2 cloves garlic, minced
- ½ tsp (2 mL) each salt and pepper
- 4 boneless, skinless chicken breasts
- 1 cup (250 mL) fresh blueberries

DIRECTIONS

1. Whisk together blueberry maple syrup, vinegar, oil, Worcestershire sauce, grainy mustard, thyme, salt, garlic, salt and pepper.
2. Toss chicken with blueberry maple marinade. Cover and refrigerate for at least 2 hours and up to 4 hours. Remove chicken and reserve marinade.
3. Pour marinade into large skillet set over medium-high heat; bring to a boil. Toss in fresh blueberries. Cook for 10 to 15 minutes or until thickened and syrupy in consistency.
4. Meanwhile, preheat grill to medium heat; grease grate well. Grill chicken for 5 to 7 minutes per side or until grill marked, cook through and internal temperature reaches is 165°F (74°C). Let chicken rest for 5 minutes.
5. Slice and serve with blueberry sauce.





CURRY SWEET POTATO AND APPLE SOUP

PREP TIME: 20 MINS

COOK TIME: 45 MINS

SERVES: 6



INGREDIENTS

- 2 tbsp (30 mL) butter
- 1 onion, diced
- 1 apple, cored, peeled and chopped
- 1 tbsp (15 mL) minced ginger
- 3 cloves garlic, minced
- 4 tsp (20 mL) curry powder
- ½ tsp (1 mL) each salt and pepper
- ¼ tsp (1 mL) ground cinnamon
- ¼ tsp (1 mL) cayenne pepper
- 2 lbs (1 kg) sweet potatoes, peeled and chopped
- 4 cups (1 L) reduced sodium vegetable broth
- ½ cup (125 mL) 35% whipping cream
- 2 tbsp (30 mL) finely chopped fresh cilantro
- ¼ cup (60 mL) Apple Maple Fruit Syrup

DIRECTIONS

1. Melt butter in medium saucepan, set over medium heat. Cook onions, apple, ginger and garlic for 3 to 5 minutes or until starting to soften. Stir in curry powder, salt, pepper, cinnamon and cayenne for 2 to 3 minutes or until fragrant.
2. Stir in sweet potatoes and broth; bring to a boil. Reduce heat to medium-low. Cook for 35 to 40 minutes or until sweet potatoes are very tender. Using hand blender, puree until smooth. Alternatively, puree in stand blender.
3. Stir in cream; bring back to simmer. Cook for 2 to 3 minutes or until heated through. Stir in apple maple fruit syrup.
4. Sprinkle with cilantro before serving.





CRANBERRY SPICED MULLED WINE

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES: 6



INGREDIENTS

- 1 bottle (750 mL) dry red wine
- 1 cup (250 mL) cranberry juice
- 1 cup (250 mL) fresh or thawed frozen cranberries, divided
- ½ cup (125 mL) Organic Cranberry Maple Fruit Syrup
- ½ cup (125 mL) brandy
- 2 strips orange peel, each about 2-inches (5 cm) long
- 4 coins fresh ginger, each about ¼-inch (1 mm) thick
- 1 cinnamon stick, plus more for garnishing
- 1 whole star anise
- 4 whole cloves
- 4 peppercorns
- 1 tsp (5 mL) vanilla extract

DIRECTIONS

1. Combine red wine, juice, ½ cup cranberries, cranberry maple fruit syrup, brandy, orange peel, ginger, cinnamon stick, star anise, cloves and peppercorns in saucepan set over medium-high heat; bring to a simmer.
2. Reduce heat to low and gently simmer for 10 to 15 minutes or until fragrant, heated through, and flavours marry. Stir in vanilla. Strain and reserve cranberries.
3. Serve mulled wine warm in mugs. Garnish with cinnamon stick and a few of the remaining cranberries.





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