



For Immediate Release
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Vermont Maple Syrup and Fruits and Vegetables Work Well Together!

Fall is a special time in Vermont when home gardens and farmstands are bursting with delicious vegetables and fruit. Maple syrup is a wonderful, all-natural sweetener which can be used in everything from salad dressings to glazes for fruits and vegetables. Pure Vermont Maple Syrup is not only delicious, but also contains numerous minerals and vitamins, and is a natural energy source. In short, the pure and natural flavor of Vermont Maple Syrup will enhance any dish!

Be sure to try the recipes, below, using maple syrup and fresh produce. You can also use maple syrup instead of sugar in your own family recipes using the following conversion: Instead of 1 cup of granulated sugar in recipes, use 1 cup of maple syrup and, in baking, reduce the liquid by 2-4 tablespoons per 1 cup maple syrup used, add 1/2 tsp baking soda and reduce the oven temperature by 25 degrees.

For more maple recipes visit www.vermontmaple.org . You can also purchase Editions 2 and 3 of the “Official Vermont Maple Syrup Cookbook” by sending \$5 to the Vermont Maple Foundation, c/o Mary Croft, 491 East Barnard Road, South Royalton, VT 05068 or by calling 802-763-7435.

MAPLE BACON APPLE APPETIZERS

1/2 lb bacon sliced and cooked partially
1/4 cup maple syrup
4 apples, cut into 6, slice each segment in 1/2
3 tbsp Dijon mustard
1/4 cup Parmesan cheese
1 cup bread crumbs
1 egg

Roll bacon around apple and hold together with toothpick. Mix bread crumbs and parmesan together.

Roll bacon and apple in bread crumb mix. Mix maple syrup, Dijon and egg together, then roll in maple syrup mix. Bake until bacon is cooked.

ANNETTE'S WICKED GOOD TOMATO MAPLE SALSA

6 big ripe tomatoes
1 large vidalia onion, small dice
2 red bell peppers, small dice
1/2 habenero pepper, minced
1 jalepeno pepper, minced
1 T. garlic, minced
1 bunch scallions, chopped
2 t. chopped chives
2 T. chopped dill
2 T. chopped cilantro
2 T. chopped parsley
2 T. lemon juice
1 T. lime juice
1/3 c. VT maple syrup
2 T. soy sauce
1/2 t. cayenne
1 t. cumin

Cut tomatoes in half across the width and scoop out the seeds. Chop tomatoes into 1/2 inch cubes.

Combine liquid ingredients and toss with everything else. Add salt and black pepper to taste. Cover and refrigerate overnight for full flavor saturation. Stir occasionally. Serve with big, solid tortilla chips or over grilled meat or fish. This will last one week in the refrigerator

MAPLE PUMPKIN BREAD

Recipe from Karen Fortin, Carman Brook Farm, Swanton, Vt

Yields 3 standard loaves or 5 - 6 small loaves

1 1/2 c. grade B maple syrup
1 1/2 c. sugar
4 eggs
1 c. oil
3 c. mashed pumpkin (I often use squash)
3/4 tsp. salt
3/4 tsp. baking powder
1 1/2 tsp. cinnamon
4 1/2 c. flour
1 1/2 tsp. baking soda
1 1/2 tsp. cloves
1 1/2 tsp. nutmeg

Beat maple syrup, sugar, eggs and oil together; add pumpkin. Add dry ingredients. Bake at 300 degrees for 1 hour and 20 minutes. Test with cake tester.

This bread freezes excellently.

**BUTTERNUT SQUASH, APPLE &
FENNEL SALAD WITH MAPLE
VINAIGRETTE**

The Dorset Inn, Dorset, VT

Salad

3 cups diced butternut squash, roasted with maple
syrup, salt & pepper

1/2 fennel bulb, julienned

1 Granny Smith apple, thinly sliced, unpeeled

1/2 red onion, julienned

Maple Vinaigrette

1 minced shallot

1/2 cup apple cider vinegar

1 cup Grade B Maple Syrup

1 tsp salt

1/2 tsp black pepper

2 1/2 cups vegetable oil

Serving size 6 servings

In a large salad bowl, toss together the squash, fennel,
apple & onion.

For the vinaigrette, in a medium sized mixing bowl
combine the shallot, vinegar, syrup, salt and pepper.

Slowly whisk in the vegetable oil until well blended.

Pour as much of the dressing as you like over the
squash mixture, toss and serve over mixed greens. Refrigerate remaining dressing for
another use.

MAPLE GLAZED CARROTS

8 medium carrots, sliced

3 Tablespoons butter

1/4 cup pure Vermont maple syrup

1/4 tsp ground ginger (optional)

Steam sliced carrots until tender and drain. Add maple syrup and butter and simmer until
glazed.

VERMONT MAPLE AND APPLE PIE

Dakin Farm, Ferrisburgh, VT

Prepared double crust for 9" pie

1/2 teaspoon cinnamon

5 cups apples, peeled and sliced

1/4 teaspoon nutmeg

3/4 cup Pure Vermont Maple Syrup

1/4 teaspoon salt (optional)

3 tablespoons cornstarch

Maple granulated sugar (optional)

1 egg

Preheat oven to 425°. Place apples in pie shell. Mix remaining ingredients in a bowl, and pour over apples. Place top crust over filling, cut steam vents, and sprinkle with maple sugar if desired. Bake for 10 minutes, reduce heat to 350° and continue baking 25-30 minutes.

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