



For immediate release

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Vermont Maple Syrup is a great gift idea and a delicious ingredient in your holiday recipes

Vermont maple syrup is the official flavor of Vermont for good reason--it is 100% pure and natural as well as delicious. Vermont maple sugarmakers produce a variety of products with their syrup including maple cream, maple sugar, salad dressings, maple seasonings and many sugarmakers offer a variety of gift baskets to meet your holiday gift-giving needs. Visit www.vermontmaple.org for a list of sugarmakers who can ship gifts to everyone on your list.

The Holidays are a great time to try new recipes, as well as old favorites, to serve to family and friends. You can 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.

Here are several recipes from Vermont cooks to try this holiday season:

Winter Squash Casserole:

Susan Richardson, Albany, VT

14 C Cubed Winter squash, cooked

Combine the following and add to squash:

1/2 C Half & Half

1/2 C Dark Maple Syrup

1 tsp. Vanilla

3/4 tsp. Salt

1 Egg, beaten

Beat with mixer and spoon into a sprayed 9"x13" pan.

Combine the following:

1/2 C Flour

1/2 C Brown Sugar

1/4 C Butter

Stir in 1/2 C Chopped Pecans

Spread over top of squash mixture and cover. Bake at 375 degrees for 15 minutes. Uncover and bake an additional 25 minutes. Sweet potatoes can be used in place of squash.

Maple Sticky Buns

Armande Tremblay, St. Albans, Vt.

1 tsp. yeast

2 c. warm water

2 tbsp. grade B maple syrup

2 tbsp. light oil

2 tsp. salt

5 - 6 c. unbleached white flour or bread flour

1/2 c. nonfat dry milk

2 tbsp. wheat germ

Dissolve the yeast in the warm water and maple syrup. Leave alone for a few minutes.

When frothy, add oil, salt and 2 c. flour; beat well. Add dry milk and wheat germ, and mix in. Then, add

2 - 3 c. more flour, a little at a time. Knead about 10 minutes. Let rise until double. Punch down; roll dough to about 1/4 - 1/2" thick. Spread some soft butter on the dough and sprinkle with

1/2 c. maple sugar or maple sprinkles. Roll up like a jelly roll. Slice into slices about 1" thick. In an 8 or 9" pan, melt about

1 tbsp. butter; add 3/4 c. medium or dark maple syrup and 1 c. chopped nuts. Arrange slices in the pan; rise again, then bake at 375 degrees.

Maple Shoo-Fly Pie

Katie Denton, Cabot

Filling:

3/4 cup boiling water

1/2 tsp. baking soda

1/2 cup dark maple syrup

Dissolve baking soda in syrup and stir mixture until foamy. Add hot water and pour filling into one 8-inch pie crust.

Crumb Topping:

2 cups flour

Pinch of salt

1/2 cup brown sugar

½ cup maple sugar

½ cup butter

Blend butter into dry ingredients to form fine crumbs. Sprinkle thickly on top of filling.

Bake at 350 degrees F. for 30-40 minutes

BREAD MACHINE MAPLE OATMEAL BREAD

1 cup very hot water

½ cup rolled oats

3 tablespoons softened butter

¼ cup pure Vermont Maple Syrup

3 cups bread flour

¼ cup sugar (maple is best, white will do)

1 teaspoon salt

1 package of dry yeast

1 large egg, unbeaten

Combine hot water, rolled oats, butter, maple syrup, and salt. Let this mixture cool to lukewarm. Add egg. Follow your Bread Machine directions for order of wet and dry ingredients and yeast. Use a white bread setting.

Yield: 1 large loaf

VERMONT MAPLE BAKED HAM

¾ - 1 inch ham slice (Vermont corn cob-smoked is best)

½ cup Pure Vermont Maple Syrup

Preheat oven to 325°. Place ham slice in a shallow baking dish. Pour maple syrup evenly over the top. Bake for 35 minutes, basting occasionally with juices. Try maple-glazing larger hams, following package directions for preparation. Glaze with ½ cup syrup per 5 pounds. You'll never serve plain ham again!

Serves: 2-3

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