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For Immediate Release

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Maple Syrup is a Natural in your Summertime Cooking!

Be sure to add Vermont maple syrup to your summer recipes. Maple syrup is a wonderful, all-natural sweetener which works well in everything from barbecue sauce to salad dressing, glazes for fish and chicken and all kinds of baked goods. Pure Vermont Maple Syrup is not only delicious, but also contains numerous minerals and vitamins, and is a natural energy source. And the easiest recipe of all is pure maple syrup poured over vanilla ice cream!

Vermont maple syrup is traditionally served on pancakes, waffles and French Toast, but, why stop there? Try Pure Vermont Maple Syrup:

- On cold or hot cereal
- On grapefruit or other fruit
- On plain yogurt
- On puddings
- On ice cream
- In a milk shake or smoothie
- In a glass of milk
- In coffee or tea
- Baked in bread or muffins
- Poured over a butternut or acorn squash
- In stir fry dishes

In short, the pure and natural flavor of Vermont Maple Syrup will enhance any dish! Be sure to try the summertime recipes, below, using maple syrup. 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 Sweet and Sour Salad Dressing Betty Ann Lockhart

1 cup Dark amber Maple Syrup

½ cup catsup

½ cup Apple cider vinegar
1 tsp minced garlic

½ cup canola oil
2 tsp horseradish

Combine all ingredients well. Refrigerate. Shake before serving. Use for green salads.

French Maple Dressing

Aline Bouchard

1 c. salad oil
2/3 c. ketchup
1/2 c. apple cider vinegar
1/2 c. + 1 tbsp. dark maple syrup
2 tbsp. minced onions
1 tbsp. lemon juice
1 tsp. salt
1/2 tsp. pepper
1 tsp. dry mustard
1 tsp. paprika

Put all ingredients in a shaker and shake well. Refrigerate 3 hours to blend flavors. Shake well before using.

Maple Barbecue Sauce

Armande Tremblay

1 c. ketchup
1 c. pure Vermont maple syrup
¼ c. soy sauce
¼ c. vinegar
¼ c. finely chopped onion
¼ c. finely chopped Granny Smith apple
¼ c. minced garlic
2 tbsp. pepper
2 tsp. ginger
2 tsp. cajun seasoning

Mix all ingredients well. Coat your choice of chicken, steak or pork and grill. Also may be used as a condiment.

Maple Nut Mousse Pie

Dakin Farm

¾ cup pure Vermont Maple syrup
3 eggs, separated
1 cup chopped walnuts
Chocolate cookie pie shell
1/8 tsp salt
2 cups non-dairy whipped topping
2 Tbs shaved semi-sweet chocolate

Beat egg yolks until bright yellow in color. Add the maple syrup and salt. Cook in top of double boiler until mixture thickens. Cool. Beat egg whites until stiff peaks form. Fold egg whites, maple mixture and 2/3 of the whipped topping together. Pour into the pie shell and cover with the remaining whipped topping. Sprinkle with walnuts and shaved chocolate. Freeze for at least 4 hours. SERVES 8

Annette's Wicked Good Tomato Maple Salsa

6 big, juicy, red ripe tomatoes
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
2 Tbs chopped dill
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

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.