



Canadian Syrup Inc. Recipes

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Steeves Maples Spicy Maple Bread

1 cup Steeves Maples Canadian Syrup	½ tsp. nutmeg
½ cup brown sugar	½ tsp. clover
½ cup shortening	1 tsp. ginger
3 cups pastry flour	½ tsp. salt
1 cup boiling water	2 tsp. soda
1 tsp. cinnamon	1 egg

Mix flour, salt soda & spices. Cream shortening & sugar. Add beaten egg to maple syrup, combine with shortening. Gently stir in the dry ingredients & slowly add the boiling water. Pour into 2 greased & floured pans. Bake at 350F (180c) for 30 mins. Serve with whipped cream & slivered almonds

Steeves Maples North Country Cookies

1 cup Steeves Maples Canadian Syrup
5 ½ cups flour
1 tsp. baking powder
½ cup butter
¼ tsp. salt
2 eggs

Cream sugar & butter. Add eggs & beat until smooth. Blend in the dry ingredients. Roll & chill for several hours. Slice & bake at 150F for 10-12 mins.

Steeves Maples Maple Spread

500ml Steeves Maples Canadian Syrup

Boil to 115 degrees C. Remove from heat. Cool to 49 degrees C. Stir until creamy. Store in a sealed container in refrigerator. Makes a beautiful topping for muffins, pancakes, ice cream, toast cake, etc.

Steeves Maples Syrup Pie

1 cup Steeves Maples Canadian Syrup

2 heaping tablespoons cornstarch

2 cups milk

Dash salt

2 eggs beaten

Scald 1 $\frac{3}{4}$ cups milk and Steeves Maples Syrup in top of double boiler. Combine remaining milk with cornstarch and salt. Add to hot mixture. When cooked, add the eggs and cook a few more minutes. Pour into baked pie shell. May be topped with meringue or whipped cream.

Steeves Maples Syrup Muffins

¼ cup Margarine	2tsp. baking powder
½ cup white sugar	¾ cup rolled oats
1tsp. salt	½ cup milk
1 ¼ cups flour	½ cup Steeves Maples Canadian Syrup

Soften margarine, then blend in sugar and salt. Add dry ingredients and blend with pastry cutter until crumbly. Mix in oats. Blend milk and Steeves Maples Syrup together, pour over dry ingredients, stir only to moisten. Bake at 350 degrees for 20 minutes.

Steeves Maples Syrup Cake

2 ¼ cups flour	½ cup butter
3 tsp. baking powder	2 eggs
¾ tsp. soda	½ tsp. vanilla
1 cup Steeves Maples Canadian Syrup	½ tsp. salt
¼ cup brown sugar	½ cup hot water

Mix dry ingredients. Cream butter, sugar and vanilla. Add eggs one at a time. Add dry ingredients alternately with water and Steeves Maples Syrup. Mix well but do not overbeat. Spread batter in two 8 inch round pans. Bake at 375 degrees for 25 to 30 minutes.

Steeves Maples Syrup Frosting

½ cup Steeves Maples Canadian Syrup

¾ cup brown sugar

Pinch of salt

1 egg white

½ tsp. vanilla

Combine first four ingredients in top of double boiler and beat with mixer 5 to 7 minutes.

Remove from heat and then beat in vanilla.

Steeves Maples Syrup Baked Apple

Apple

Butter

Steeves Maples Canadian Syrup

Raisins

Cinnamon

Core an apple. Fill core cavity with equal amounts of butter & syrup to which a few raisins & a dash of cinnamon have been added. Bake & serve hot.

Steeves Maples Syrup Fudge

500ml Steeves Maples Canadian Syrup

Boil to 244 degrees F (approx. 120c). Remove from heat. Cool to 140 degrees (approx. 60c). Stir until stiff. Spoon into cupcake papers to set.

Steeves Maples Syrup Apple Crisp

6 cups sliced & peeled apples (about 8 medium apples)

2/3 cups Steeves Maples Canadian Syrup

½ cup flour

½ cup rolled oats

½ cups brown sugar

¼ tsp. salt

¼ cup butter

Arrange apples in greased 8x8" dish. Pour syrup over apples. Combine flour, rolled oats, brown sugar & salt. Cut in butter until mixture resembles coarse breadcrumbs. Sprinkle topping over apples. Bake at 375F (190c) until apples are tender & topping is lightly browned (about 35mins).

Steeves Maples Shortcake Dumplings in Maple Sauce

1 $\frac{3}{4}$ cups Steeves Maples Canadian Syrup	4 tbsp. baking powder
1 $\frac{3}{4}$ cups water	1/3 tsp. salt
2 cups flour	1/3 cup butter
2 tbsp. sugar	1 cup milk

Pour the maple syrup & water into a large pot. Mix the dry ingredients in a bowl. Cut in the butter until mixture is coarse. Pour milk into the centre of mixture. Rapidly mix the dough with a fork until it just pulls together. Drop spoonfuls of dough into the boiling syrup, spacing evenly. Cover and let simmer over medium heat for 15 mins. Serve immediately.

Steeves Maples Oatmeal Pancakes

1 $\frac{1}{2}$ cups rolled oats	1 tsp. salt
2 cups milk	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ cup whole-wheat flour	2 beaten eggs
$\frac{1}{2}$ cup all-purpose flour	$\frac{1}{4}$ cup butter melted
1 tbsp. Steeves Maples Canadian granulated sugar	

In a medium bowl combine oats & milk & let stand for 5 mins. In another bowl sift together the dry ingredients. Add the dry ingredients, eggs & butter to the rolled oat mixture. Stir just until combined. Cook on lightly greased very hot griddle until golden brown. Serve immediately.

Steeves Maples Maple Cakes

Warm Steeves Maples Canadian Syrup	1 pint sour milk
Flour enough to make soft dough	2 tsp. soda
$\frac{3}{4}$ tsp. cream of tartar	1 tsp. salt
1 pint sour cream	3 eggs

Beat eggs; blend in sour cream & milk. Stir in soda, tartar and enough flour to make a soft dough. Roll dough on lightly floured board to about $\frac{3}{4}$ ". Cut in strips/circles, fry in hot deep fat. Serve with warm maple syrup.

Steeves Maples Maple Squash Muffins

$\frac{1}{2}$ cup Steeves Maples Canadian Syrup	$\frac{1}{4}$ cup sugar
1 $\frac{1}{2}$ tsp. baking powder	1 cup squash
2 $\frac{1}{2}$ cups sifted flour	$\frac{3}{4}$ cup milk
1 tsp. cream of tartar	1 tbsp. butter
$\frac{1}{2}$ tsp. soda	

Preheat oven to 400F (200c). Combine dry ingredients, gently add milk, mix squash butter, sugar and syrup. Combine everything, stirring only until all ingredients are damp. Bake about 20 mins. Makes 12 muffins

Steeves Maple Gingerbread

¾ cup Steeves Maples Canadian Syrup	½ cup butter
1 tsp. each ginger & soda	¼ cup milk
½ cup brown sugar	2 cups flour
1 tbsp. warm water	
1 egg	

Sift ginger & flour. Add soda to warm water. Cream egg, sugar & butter. Mix syrup & soda water, stir into egg mixture. Add the milk & stir in the flour, blending well. Bake in a buttered pan at 375F (190c) for 30 mins.

Steeves Maples Canadian Cake

1 cup Steeves Maples Canadian Syrup	½ tsp. cinnamon
1 cup unsweetened shortening	¼ tsp. nutmeg
½ cup softened raisins	½ tsp. cloves
2 cups sifted flour	1 tsp. soda

Combine maple syrup, shortening and applesauce. Mix together all dry ingredients. Gradually add dry mixture to the maple syrup mixture. Fold in the raisins. Bake at 350 F (180c) for approx. 1 hour.

Steeves Maples Pumpkin Pie

¾ cup Steeves Maples Canadian Syrup

1 ½ cups pumpkin mix

½ tsp. ginger, nutmeg

1 tsp. cinnamon

¼ tsp. cloves

2 eggs

Combine & pour into unbaked pastry shell. Bake 10 mins at 450F (230c) & continue baking for 40 mins. Remove & sprinkle with 1 tsp. butter, ¼ cups nuts, 2 tsp. maple sugar. Return to oven for 5 min.

Steeves Maples Cracker Pie

1 cup Steeves Maples Canadian Syrup

1 cup water

¾ cup fine cracker crumbs

Cinnamon

½ cup white sugar

Nutmeg

½ cup vinegar

Raisins

½ cup butter

Combine & cook in saucepan for a few minutes. Bake in a two crust pie at 400F (200c) for 10 mins. Then at 350F (180c) for 20-30 mins. Makes 2 pies

Steeves Maples Maple Chiffon Pie

¾ cup Steeves Maples Canadian Syrup

1 pkg. unflavoured gelatine

1 cup boiling water

Grated lemon rind

4 egg whites

1 bakes pastry/graham pie shell

Dissolve gelatine in water & stir. Add maple syrup & lemon rind. Cool. Beat egg whites until stiff, fold into syrup mixture, continue beating until fluffy. Turn into pie shell. Chill

Steeves Maples Frozen Maple Mousse

Lightly beat 4 egg yolks. Combine 1 cup Steeves Maples Canadian Syrup. Cook in a double boiler until thick. Cool. Whip 4 eggs whites until stiff. Add 2 cups of whipped cream. Gently fold into egg yolks. Freeze.

Steeves Maples Maple Granola

Combine dry ingredients: ½ cup sunflower seeds, ½ cup sesame seeds, 7 cups rolled oats, ¼ cup cashews, 1 cup wheat germ, 1 cup brown sugar, 1.2 cup raisins, ½ tsp. salt.

Combine wet ingredients: ½ cup Steeves Maples Canadian Syrup, ½ cup oil, ½ cup boiling water, ½ tsp. vanilla.

Mix all ingredients well. Spread out on cookie sheets & bake at 325F (160c) for about 1 hour or until golden brown. Stir occasionally & store in cool place.

Steeves Maples Canadian Custard

1/3 cup Steeves Maples Canadian Syrup

2 cups scalded milk

1 tsp. vanilla

3 egg yolks

Lightly beat egg yolks, add syrup & dash of salt. Stir into scalded milk & cook in a double boiler until mixture is thick & sticks to spoon. Add the vanilla. Chill thoroughly before serving.

Steeves Maples Maple Popcorn

½ cup Steeves Maples Canadian Syrup

1 ½ cups water

5 quarts popped popcorn

2 cups sugar

1 tsp. vinegar

Salt

1 tsp. maple flavour

Butter the sides of a large saucepan, combine sugar, syrup, vinegar & water & a pinch of salt, boil until the hard ball stage, add maple flavouring. Slowly pour mixture over popcorn, mixing gently. With well-buttered hands, shape into small balls.

Steeves Maples Maple Syrup Cheesecake

Crust

3 tbsp. melted butter
 2 tbsp. Steeves Maples Canadian Syrup
 ½ cup graham wafer crumbs

Filling

1 ½ cups Steeves Maples Canadian Syrup
 1 lb. cream cheese softened
 2 tbsp. flour
 ½ tsp. vanilla

Garnish

1 cup whipping cream
 2 tbsp. chopped almonds toasted

Crust: Add melted butter & maple syrup to graham wafer crumbs & mix well. Press in bottom of 9" spring form pan. Bake in 325F (170c) oven for 10 mins, or until crisp & golden. Let cool.

Filling: In a deep, heavy saucepan, boil maple syrup over med to high temp for 5-10 mins without stirring. Syrup should reach the soft ball stage, aft 10 mins put a few drops of the liquid into a cold glass of water to see if it forms a ball, then it is ready. Remove from heat & let cool. Syrup should be reduced by half.

In another bowl beat 3 eggs lightly & gradually add syrup, beating at med speed. For the next 5-10 mins increase speed to high until mixture has thickened. Let cool. In a separate bowl, beat cream cheese until light & fluffy, beat in flour. Gradually beat in the maple syrup mixture and vanilla.

Pour filling onto crust. Bake in 425F (220c) over for 10 mins, reduce heat to 250F (130c) and bake for 45-55 mins longer or until centre of cake is firm to the touch. Run knife around edges of pan, cool completely and remove from sides of pan. Chill well.

Garnish: Whip the cream, Using a pastry bag, pipe cream around the edges of the cake. Sprinkle with chopped toasted almonds

Steeves Maples Maple Tarts

¼ cup softened butter	Pinch of grated nutmeg
½ cups packed brown sugar	1 cup Steeves Maples Canadian Syrup
2 eggs	1 cup raisins
1 tsp. vanilla	18 tart shells unbaked
½ tsp. lemon juice	

In a mixing bowl, cream together butter & sugar. Beat in eggs, vanilla, lemon juice & nutmeg, blend in maple syrup. Stir in raisins. Pour into unbaked tart shells. Bake in 375F (190c) over for 20 mins or until pastry is golden & filling has set. Makes 18 tarts.

Steeves Maples Peasant Cheese Bread

2 cups whole wheat flour	2 cups grated old cheddar cheese
2 cups all-purpose flour	2 tbsp. Steeves Maples Canadian Syrup
2 tsp. baking powder	1 egg beaten
1 tsp. baking soda	1 ¾ cups buttermilk
1 tsp. salt	Oatmeal or rolled oats

In a large bowl combine flours, baking powder, soda, salt & cheese. Combine syrup, beaten egg & buttermilk. Add wet ingredients to dry ingredients & mix until thoroughly combined. Knead a few times on board which has been sprinkled with oats. Mould dough into ball shape on greased cookie sheet. With sharp knife cut an X into the top. Bake at 375F (190c) 55-60 mins (sprinkle with grated cheese during last 5 mins of baking) or until bread sounds hollow when tapped. Cool completely.

Steeves Maples Crème Caramel

3 tbsp. Steeves Maples Canadian Syrup

4 whole eggs

2 egg yolks

½ cup granulated sugar

1 tsp. vanilla

1 x 385ml can evaporated milk

Water

Butter a 1Litre glass mould & spoon maple syrup into it. Beat eggs, egg yolks & sugar lightly with a fork. Add vanilla, evaporated milk, using the milk can as a measure add 1 can of water. Beat lightly. Pour into mould. Stand mould in baking pan. Fill with 2" of water. Bake at 325F (170c) for 1 ½ hours or until custard is set. When done a knife inserted into centre will come out clean. When thoroughly chilled, unmould to serve.

Steeves Maples Brandy Snaps

¼ cup molasses

2/3 cup granulated sugar

¼ cup Steeves Maples Canadian Syrup

1 tsp. ground ginger

½ cup butter

Sweetened whipped cream

1 cup all-purpose flour

In a saucepan combine molasses & maple syrup. Heat to boiling, add butter. Stir until melted & well blended. Combine flour, sugar & ginger, gradually blend into syrup mixture. Place teaspoonsful of dough about 2" apart on greased cookie sheet. Bake no more than 6 at a time. Bake at 300F (150c) about 12-15 mins until golden brown. Cool 3 mins. Roll each cookie lacy side out around handle of wooden spoon. Return to oven to soften if cookies harden too much before rolling. Cool. Fill with whipped cream. Makes 4 dozen.

Steeves Maples Paradise Pancakes

1 cup all-purpose flour	2 eggs, beaten
1 cup whole wheat flour	2 cups milk
3 tsp. baking powder	2 tbsp. Steeves Maples Canadian Syrup
½ tsp. salt	2 tbsp. butter, melted
1 tsp. dried herbs of your choice	

Combine flour, baking powder & salt. Blend beaten eggs, milk & syrup. Add egg mixture to dry ingredients, then add melted butter, mix well. Bake pancakes with cooked sausages, mushroom and tomatoes. Serve with Steeves Maples Canadian Syrup.

Steeves Maples Pancake & Waffle Topping

1 cup Raspberry jam
1 cup Steeves Maples Canadian Syrup

Heat & stir to blend, then serve over pancakes, waffles & etc