

lengthwise; set aside. Combine maple syrup, rum, and butter in a large skillet; bring to a simmer. Add banana pieces, and cook 30 seconds; turn banana pieces over, and cook an additional 30 sec. Arrange 4 banana pieces on each of 6 dessert plates; top each with 1/3 cup ice cream, 1 Tbsp sauce, and 1 tsp pecans.

## MAPLE TOPPINGS

### MASHED MAPLE APPLE TOPPING

*Ingredients*  
4 Red Delicious apples  
½ cup maple syrup  
¾ cup coarsely chopped walnuts  
¼ cup melted butter  
1 tsp ground cinnamon  
1 Tbsp sugar

*Directions:*  
Preheat the oven to 400°. Use a small, unbuttered baking dish for baking the apples and a 9- by 4-inch loaf pan for the mashed mixture. Peel the apples and core them, using an apple corer, but leave them whole. Place them close together in the baking dish. Add ½ inch of water and bake until very soft, about 1 hour. Remove from the oven and let cool. Place in a medium bowl. Turn on the broiler to high. While the broiler is heating, add the maple syrup, walnuts, butter, and cinnamon to the apples. Mash everything together with a large fork. Scrape the mixture into the baking dish. Sprinkle the sugar on top. Broil until the top has caramelized to a rich brown, about 3 minutes.

*Note: Be sure to use Red Delicious apples. Different apples react differently. Serve over vanilla ice cream or yogurt or by itself for a fruity dessert that children will love.*

### MAPLE FRUIT MATE

*Ingredients:*  
1 cup cottage cheese, (8 oz.)  
1 Tbsp mayonnaise  
4 Tbsp maple syrup

*Directions:*  
Combine all ingredients in blender container. Cover and blend until smooth. May be used as a fruit dip or as a topping for a fruit salad.

### FRUITY MAPLE TOPPING

*Ingredients:*  
1 cup blueberries  
¾ cup sliced strawberries  
½ cup sliced banana  
¼ cup maple syrup

*Directions:*  
Combine fruit and syrup in blender or mini processor. Puree until smooth. Serve over ice cream or with pancakes.

### MAPLE PECAN ICE CREAM TOPPING

*Ingredients:*  
¾ cup firmly packed light brown sugar  
¼ cup water  
3 Tbsp maple syrup  
2 Tbsp butter  
½ cup chopped pecans  
¼ cup whipping cream

*Directions:*  
Cook first 3 ingredients in a saucepan over medium heat, stirring constantly, 6-8 minutes or until a candy thermometer registers 234° (soft ball stage). Remove from heat; stir in butter. Cool. Stir in pecans and whipping cream. Store in refrigerator up to three weeks. Serve warm over ice cream.



### MAPLE APPLESAUCE TOPPING

*Ingredients:*  
1 cup maple syrup  
1 cup applesauce  
*Directions:*  
Heat maple syrup and applesauce. Mix well. Serve warm.

### CARAMEL SAUCE

*Ingredients:*  
2 cups whipping cream  
¾ cup sugar  
½ cup maple syrup  
¼ tsp maple syrup  
*Directions:*  
Combine cream, sugar, and syrup in heavy medium saucepan. Stir over medium heat until sugar dissolves. Increase heat and bring to boil. Reduce heat to medium-low and simmer sauce until caramel colored and reduced to 1¾ cups, whisking occasionally, about 35 minutes. Mix in maple syrup. Cool slightly. (Can be made 3 days ahead. Cover and chill. Rewarm over medium heat, stirring; add 2 Tbsp hot water if necessary to dissolve any crystallized sugar.)

### MAPLE SAUCE

*Ingredients:*  
1 cup maple syrup  
3 Tbsp chopped nuts  
*Directions:*  
Boil maple syrup for 5 minutes. Add nuts. Serve hot or cold on ice cream.

### MAPLE PEANUT BUTTER TOPPING

*Ingredients:*  
1 cup maple syrup  
¼ cup smooth peanut butter  
*Directions:*  
Gradually beat maple syrup into peanut butter. Beat thoroughly until smooth.

### SOY WHIPPED CREAM

*Ingredients:*  
10 oz firm tofu  
½ cup low-fat vanilla soy milk  
½ tsp sea salt  
6 Tbsp maple syrup  
*Directions:*  
Cut the tofu in small pieces and place in a food processor. Add the soy milk, salt, and maple syrup. Process until smooth.

# Maple

## Ice Cream & Toppings

# Recipes

RECIPES COMPILED BY  
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## MAPLE COFFEE ICE-CREAM

### Ingredients:

- 1 cup maple syrup
- 2 eggs
- 1 cup coffee
- ¼ tsp salt
- 1 cup evaporated milk

### Directions:

Combine coffee, syrup, and salt. Cook over hot water 5 minutes. Remove from fire. Pour over slightly beaten eggs, stirring constantly. Cook until mixture coats a spoon. Cool. Pour into ice-cream freezer or into tray of mechanical refrigerator. Partially freeze. Carefully fold in stiffly whipped evaporated milk. Continue freezing until firm. 8 servings.

## MAPLE PECAN ICE CREAM

### Ingredients:

- ½ cup chopped toasted pecans
- 4 oz egg beaters or egg substitute
- ¾ cup maple syrup
- 2 cup buttermilk
- 1 cup milk
- 2 Tbsp nonfat dry milk
- 2 tsp vanilla extract
- 1 dash salt

### Directions:

Lightly toast pecans in a 350° oven and set aside to cool. Combine all ingredients except pecans in a blender or food processor. Process until well combined. Cover and refrigerate until ready to freeze. Blend for a few seconds before pouring into the ice cream maker. Follow the manufacturer's instructions for freezing. About a minute before ice cream is frozen, add nuts.

## SIMPLE MAPLE SUGAR ICE CREAM

### Ingredients:

- 1 quart cream
- 2 cup maple sugar
- 2 eggs
- 1 pt milk
- scant ½ cup flour

### Directions:

Let the milk come to a boil. Beat 1 cup of sugar, flour, and eggs, until the mixture is light and creamy. Then stir into the boiling milk; cook until the flour is thoroughly cooked. Put away to cool. When cold, whip the cream, add other cup of sugar and turn into the cooked mixture and freeze.

## MAPLE ICE CREAM

### Ingredients:

- 2 cups maple syrup
- ½ cup water
- 1 cup whipping cream

### Directions:

Mix all of the above together and chill until very cold. Place in your ice cream machine and process until thick and rich.

Don't expect this to set up like regular ice cream or sherbet. It is a little too rich to be very stiff.

## MAPLE WALNUT ICE CREAM

### Ingredients:

- 1 quart cream
- ½ cup granulated maple sugar
- ¼ cup maple syrup
- 1 pinch of salt
- ½ cup chopped walnuts
- ½ cup chopped hard maple sugar

### Directions:

Scald cream, dissolving into it the maple sugar and maple syrup (or use ¾ cup maple syrup) and the salt. Chill overnight in a glass container. Freeze in a crank ice cream freezer, adding nuts and chopped hard maple sugar before the last 20 cranks. Pack and freeze until hard. Makes 3 pints.



## MAPLE WALNUT ICE CREAM

### Ingredients:

- 1½ cups walnuts, chopped
- 1½ cups milk
- 8 egg yolks
- 1 cup maple sugar
- 1½ cups heavy cream, cold

### Directions:

Preheat the oven to 250° and toast the walnut pieces until they are lightly browned. Allow to cool. Heat the milk with ½ cup of walnuts in a heavy saucepan. When the milk is close to boiling, remove from the heat; cover and let steep for 20 min. Strain and discard the walnut pieces. Whisk the egg yolks and maple sugar together. Add the warm milk gradually, stirring constantly, until all the milk is added. (Be sure milk is cool enough and do this very gradually because you don't want to cook the egg yolks in this process.) Return this mixture to the saucepan and cook over low heat, stirring constantly, until the custard coats the back of a spoon (170°-175°). Pour the heavy cream into a large bowl or container. Strain the custard into the cream. Mix well, and then chill thoroughly. Freeze according to the directions of your machine. After the ice cream stiffens (about 1 to 2 minutes before it is done), fold in

the remaining 1 cup of walnuts

## MAPLE ICE CREAM PIE

### Ingredients:

- 1 baked pie shell, 9"
- 1 quart vanilla ice cream, softened
- ¾ cup maple syrup
- Whipped cream for garnish
- Walnut halves for garnish

### Directions:

Combine vanilla ice cream and maple syrup in bowl until smooth. Pour into the crust and place in the freezer for 3 to 4 hours until frozen solid.

Remove from freezer 10 - 15 minutes before serving. Garnish with whipped cream and walnuts.

## PUMPKIN MAPLE ICE CREAM

### Ingredients:

- 2 cups Half-and-Half
- 2/3 cup sugar
- 1/3 cup maple syrup
- 1 tsp cinnamon
- 6 egg yolks
- 2/3 cup canned solid pack pumpkin
- 1 tsp vanilla
- 2 tsp maple syrup

### Directions:

Place the Half-and-Half in a medium saucepan and bring to a simmer. Whisk together the sugar, maple syrup, cinnamon, and egg yolks. Gradually add the half and half to the egg yolk mixture, whisking constantly. Return the mixture to the saucepan and place over medium low heat. Cook, stirring constantly with a wooden spoon, until the mixture thickens and leaves a path on the back of the spoon when a finger is drawn across it; about 5 min. Do not allow the mixture to boil. Pour the custard through a sieve into a medium bowl. Stir in the pumpkin, vanilla, and maple. Refrigerate until cold. Transfer the custard to an ice cream maker and process according to manufacturers' instructions. Transfer the ice cream to a container, cover, and freeze to firm it up a bit, about 2 hours.

## MAPLE BANANA RUM SUNDAES

### Ingredients:

- 6 small bananas, peeled
- 1/3 cup maple syrup
- ¼ cup dark rum
- 1 tsp butter
- 2 cups vanilla low-fat ice cream
- 2 Tbsp chopped pecans, toasted

### Directions:

Cut bananas in half crosswise and then