

POPCORN BALLS

Servings: 12 - 15

2 cups maple syrup Popped popcorn

Maple syrup can be used to make delicious and easy popcorn balls. Boil maple syrup in a 2-quart saucepan to 260°. Then pour the syrup over a batch of popped corn. Butter hands and shape into balls.

POPCORN (CEREAL/NUT) CANDY

1 Tbsp butter 3 Tbsp water

1 cup maple syrup 3 quarts popped corn
(or mixed cereal or nuts)

Boil together butter, water, maple syrup. Boil until forms soft ball in cold (not ice) water. Add popped corn or mixed cereal and nuts. Stir briskly until mixture coats popped corn evenly. Continue stirring until cools, when each morsel will be separately coated.

BAKED CARAMEL CORN

½ cup pure maple syrup 1 cup butter

2 cups packed brown sugar 1 tsp salt

½ tsp baking soda 1 tsp vanilla

1 cup un-popped corn (to make 6 qt popped corn)
Heat oven to 250°. Put popped corn into lightly buttered bowl. Melt butter; add maple syrup, brown sugar, and salt. Boil without stirring for 5 minutes. Remove from heat. Stir in baking soda and vanilla. Pour gradually over popped corn and mix well. Turn into large roasting pan; bake for 1 hour, stirring every 15 minutes. Remove from oven and cool.

MAPLE DATE BALLS

2 cups maple syrup 1 Tbsp butter

4 cups rice krispies 1 tsp vanilla

1 lb chopped dates 2 cups chopped nuts

Powdered sugar

Cook syrup and butter for 6 minutes. Remove from heat. Add vanilla, nuts. And rice krispies. Cool and roll balls in powdered sugar.

MAPLE POPCORN SQUARES

Makes about 3 doz. 2" squares.

1 cup brown sugar ¼ cup maple syrup

½ cup water 1 tsp salt

1 Tbsp butter 1 quart popped corn

Cook sugar, syrup, water, and salt to 280° (brittle). Add butter and cook slowly to 294°. Meanwhile, grind popped corn coarsely through a meat grinder or chop in chopping bowl. When syrup is cooked, remove from heat and stir in popcorn. Pour onto oiled marble between irons. Roll with an oiled rolling pin. Cut into squares or bars.

MAPLE NUT DROPS

2/3 cup maple syrup

1 1/3 cups sweetened condensed milk

2 cups Graham cracker crumbs

1 tsp vanilla 1 cup chopped nuts

Preheat oven to 350°; grease cookie sheets. Cook maple syrup and condensed milk in a heavy pan for about 3 minutes, until thickened. Be careful not to scorch. Cool slightly and add graham cracker crumbs, vanilla extract and chopped nuts. Drop from teaspoon onto prepared pans and bake for 15 minutes. Remove from pan at once. Cookies will be hard if over-baked. Store in jar to soften. Be sure to use sweetened condensed milk, as the results will not be the same with evaporated milk.

PAGAN-WIAGIMINAN (MAPLE NUTS)

8 oz maple sugar, grated 6 oz water

4 oz hazelnuts, broken 3 oz walnuts

14 oz dried prunes

Place maple sugar and water in a pot. Heat slowly without stirring. Take off the heat; drop the walnuts into this hot syrup. Then stir to ensure that all parts are equally coated. Add the hazelnuts and prunes alternately and stir well. Using a slotted spoon, remove the fruits and nuts from the syrup and allow to cool. Any leftover syrup can be eaten with bannock.

Maple Syrup:



not just for pancakes anymore!



Snack Recipes

MAPLE WALNUT POPCORN

Servings: 12

1 cup maple syrup ½ cup broken walnuts

9 cups plain air-popped corn

In a deep 2-quart saucepan over medium heat, heat the maple syrup until it reaches 236° on a candy thermometer. Lightly oil a large roasting pan or large mixing bowl. Add the popcorn and walnuts. Pour the syrup over all. Mix with a large spatula. Let the mixture cool, stirring occasionally. Break off popcorn into clumps to serve.

MAPLE CURLS

1/2 cup maple syrup
1/4 cup sifted flour
whipped cream

Preheat oven to 350°. Bring maple syrup and butter to a hard boil for about 1/2 minute. Remove from heat. And add flour and salt. Stir in well. When blended, drop 1 tablespoon dough onto greased cookie sheet, 3 inches apart. Bake 9-12 minutes or until the color of maple sugar. Remove pan from oven. When slightly cooled, remove cookies with spatula. Roll like a crepe, and cool on a rack. Fill with whipped cream and dip ends in chopped nuts at serving time.

MAPLE KISSES

1 cup packed light brown sugar
1/2 cup evaporated milk
1 Tbsp butter
1 1/2 cup chopped walnuts

In 2-quart saucepan over very low heat, heat sugars, undiluted milk, and corn syrup to boiling, stirring constantly. Set candy thermometer in place and continue cooking, stirring constantly, until temperature reaches 235° or until a small amount of mixture dropped into very cold water forms a soft ball. (This takes about 30 min.) Remove candy mixture from heat. With spoon, beat butter, maple syrup, and nuts into mixture. Quickly drop mixture by teaspoonfuls onto waxed paper; cool on wire racks.

MAPLE PEANUT CANDY

2 cup granulated sugar
1/4 cup water
pinch salt
1 cup peanuts

Cook sugar, syrup, and water together until mixture threads from the spoon (230-234°). Beat egg whites with salt in a cold bowl. When they are stiff, beat in syrup gradually. Add vanilla and peanuts. Pour in buttered tins and cool. Cut in squares.

MAPLE GRANOLA SNACK

Servings: 32

1 large box (42 oz) old fashioned oatmeal
1/2 cup wheat germ
1/2 cup wheat bran
?? salt
1 cup honey
1 cup molasses
1 cup each: walnuts, pecans, almonds, coconut
1 cup each: chopped dates, cranberries, raisins

Preheat oven to 350°. In large roasting pan combine oatmeal, wheat germ, oat bran, wheat bran, cinnamon and salt. Mix in chopped nuts. Stir in oil, honey, maple syrup, molasses, and vanilla until everything is well coated. Bake for 30 min, stirring every ten minutes so everything cooks evenly. Add dried fruits of your choice after removing from the oven. You can add more or less oil and sweeteners, depending on your tastes. This granola can be frozen in freezer bags.

CANDIED POPCORN AND NUTS

2 cups walnuts
2 quarts popped popcorn
3/4 cup maple syrup
4 Tbsp butter
1 tsp cinnamon
1 cup sunflower seeds
1 1/2 cup sugar
1/2 cup water
1/2 tsp salt
1 tsp vanilla

Preheat oven to 350°. Lightly grease 2 baking sheets. Spread walnuts (other nutmeats may be substituted) and seeds on a third un-greased baking sheet. Toast nuts and seeds for 7 min., stirring once. Turn off oven. Remove baking sheet, spread plain popped popcorn on top of nuts and seeds. Return to oven to keep warm. Bring sugar, maple syrup, water, butter, and salt to a boil in heavy-bottomed pot. Boil, partially covered, until mixture reaches 290° on a candy thermometer. Remove from heat, and then stir in cinnamon and vanilla. Quickly transfer popcorn mix to large bowl, and pour in hot liquid. Work quickly, stirring to coat entire mixture. Spread on greased baking sheets and cool for 30 min. break mixture apart; store in plastic bags or tins.

CHOCOLATE MAPLE WALNUT

PRALINE

Servings: 18

1 1/2 cups walnut pieces
2 cups granulated sugar
2 oz unsweetened chocolate, 1/4-inch pieces

1/2 cup maple syrup
1/2 tsp fresh lemon juice

Preheat the oven to 325°. Toast the walnuts on a baking sheet in the preheated oven for 8 minutes. Remove from the oven and cool to room temperature. Heat the maple syrup in a 1 1/2-quart saucepan over medium-heat. When the syrup begins to boil, reduce the heat to medium and continue to boil as it thickens for 10 minutes, stirring occasionally. Remove the very hot syrup from the heat. Immediately add the walnuts to the syrup and stir to combine. Transfer the glazed walnuts to a baking sheet with sides. Use the metal spoon to spread the walnuts evenly over one half of the baking sheet. Set aside.

Place the sugar and lemon juice in an 8-quart saucepan. Stir with a whisk to combine (the sugar will resemble moist sand). Caramelize the sugar by heating for 10 to 10 1/2 minutes over medium-high heat, stirring constantly with a wire whisk to break up and lumps (the sugar will first turn clear as it liquefies the light brown as it caramelizes). Remove the saucepan from the heat, add the unsweetened chocolate, and stir to dissolve. Pour the chocolate caramelized mixture over the walnuts, covering all the nuts. Harden at room temperature for at least 30 minutes.

Invert the praline onto a clean, dry cutting board (it should pop right out of the baking sheet). Use a sharp serrated knife to cut the praline (use a sawing motion) into desired sized pieces. Store in a tightly sealed plastic container.

Compiled by Dolores Desalvo – Nutrition Community Educator with Cornell Cooperative Extension of Lewis County, NY in conjunction with The Eat Smart New York Program in 2007