

HOT MAPLE BARBECUE SAUCE

2 Jalapeno peppers, chopped (optional)
2 cloves garlic, minced 1/4 tsp basil
1/4 cup onion, chopped 1/4 tsp salt
3 cup tomato juice 1/2 cup maple syrup

In a saucepan, combine all ingredients except maple syrup. Bring to a boil; reduce heat and simmer until reduced by half. Add maple syrup; bring to a boil. Reduce heat and simmer until it reaches desired thickness. Strain and bottle.

As with any tomato sauce, this will burn on the BBQ. So baste in the last 5 min of cooking. Best if injected into chicken or into a beef roast and basted in last 5 min as above.

MAPLE MUSTARD GLAZE

1/2 cup maple syrup 2 Tbsp brown sugar
1/3 cup yellow mustard 2 Tbsp lemon juice
1/8 tsp salt

Mix all ingredients in medium sauce pan. Cook on medium heat, stirring constantly, until sugar dissolves. Cool until slightly thickened. Use on grilled poultry, basting and turning frequently during the last 10-15 min of grilling time.
Makes 1 cup.

MAPLE GLAZED CHICKEN WINGS

2 lbs chicken wing sections
1/2 cup butter, melted 1/2 cup maple syrup
Preheat oven to 425°. Combine melted butter and maple syrup. Spread wings in single layer on cookie sheet. Bake 5 min, and then baste with syrup/butter mixture. Bake 10 min more, baste and turn with spatula. Baste and bake 10 min more. Then baste again and bake 5 min longer, or until browned.

MAPLE PEPPER BUTTER & GLAZE

1/2 cup plus 2 Tbsp maple syrup
2 sticks butter, softened 1/4 cup lemon juice
2 tsp lemon zest 2 tsp coarse salt
1 Tbsp course black pepper
1/2 tsp fine black pepper

In a food processor, combine the 6 Tbsp maple syrup, butter, 3 Tbsp lemon juice, lemon zest, coarsely ground pepper and salt. Process until blended and transfer to a bowl. In another bowl, combine the remaining 1/4 cup maple syrup, 1 Tbsp lemon juice, and the finely ground pepper. Makes enough to glaze a 10-pound turkey.

MAPLE GLAZED HOT DOGS

1 pound hot dogs 2 Tbsp melted butter
1 Tbsp soy sauce 1 Tbsp maple syrup

Combine butter, each of soy sauce and maple syrup. Score each wiener several times. Put into a skillet and cover with syrup mixture. Simmer 15 min. turning off heat.

MAPLE BAKED CHICKEN BREASTS

4 chicken breasts 1/4 cup flour
salt and pepper 2 Tbsp butter
1/2 cup maple syrup 1 tsp savory, dried
1/2 tsp thyme, dried 1/4 tsp sage, dried
1 onion; sliced 1/2 cup water

Dredge chicken pieces in flour seasoned with salt and pepper to taste. In a heavy, flameproof casserole, heat butter until bubbling and brown chicken. Pour maple syrup over chicken. Sprinkle with savory, thyme, and sage. Arrange onion slices on top of chicken. Pour water into the bottom of the casserole. Bake, uncovered in 350° oven for 50-60 min or until tender, basting occasionally with pan juices.

Maple Syrup:



not just for pancakes anymore!



Maple on Beef, Chicken, and Turkey *Sauces & Glazes...*

MAPLE BARBECUE SAUCE

This sauce is excellent on beef, pork, or poultry.
3/4 cup maple syrup 2 Tbsp chili sauce
2 Tbsp cider vinegar 1/2 tsp dry mustard
1 1/2 Tbsp chopped onions 1/2 tsp black pepper
1 Tbsp worcestershire sauce 1 tsp salt

Combine all ingredients and brush on top of 3 pounds of beef, pork, or poultry. Baste frequently with sauce while baking.

CLASSIC ROAST BEEF

1/4 cup brown sugar 1/4 cup maple syrup
1/2 cup huckleberry jam 1 tsp salt
1 Tbsp pepper
8 lbs top round of beef choice cut

Preheat oven to 400°. For glaze, mix the sugar, syrup, and jam in a bowl until the sugar is incorporated. Salt and pepper the roast and brush glaze on all sides. Do not pour the glaze on the roast once it is in pan, because the copious amounts of sugar will result in a burnt flavor later when you de-glaze the pan for the sauce. Roasting times vary, generally 12 min per pound of beef, basting with pan juices while it cooks. An 8-lb roast, takes approximately 1 hour and 30-45 min. Internal temperature 130° for medium rare. Once the roast is done, remove from the roasting pan, and let it stand for about 15 min to give the natural juices time to re-absorb into the meat. It will also continue cooking during this time.

NEW ENGLAND MAPLE CHICKEN

1/2 cup maple syrup 1 chicken, 2 1/2-3 lbs
1/4 cup butter, melted 1/2 tsp grated lemon
Dash of pepper 2 tsp lemon juice
1/4 cup sliced, chopped or slivered almonds

Preheat oven to 400°. Place chicken pieces in a shallow buttered baking dish. Mix remaining ingredients and pour evenly over chicken. Bake uncovered 50-60 min. Baste occasionally. 4 - 6 servings.

MAPLE CHICKEN

1 chicken, 3 1/2 lbs
2 tsp lemon juice
1/4 cup maple syrup
1/2 tsp lemon rind
1/4 cup butter, melted
1/4 cup chopped onion

Place cut up chicken in baking pan. Mix all remaining ingredients and pour over chicken. Bake uncovered 50-60 min at 400° until done. Baste frequently. 4 servings.

STIR-FRIED MAPLE CHICKEN

2 chicken breasts 1/4 cup vegetable oil
1/2 cup red bell pepper 1/2 cup green onions
1 clove garlic 1/2 cup maple syrup
1/4 cup soy sauce 2 Tbsp cornstarch
1/2 tsp ginger Dash cayenne pepper
1 cup mushrooms 2 Tbsp butter
1/2 cup cashew nuts

Cut chicken into chunks, fry chicken in hot oil in large skillet over medium heat until opaque, 8 min. Add chopped pepper, sliced onion, and crushed garlic. Stir-fry 3-4 min, until tender-crisp. Drain excess oil. Combine maple syrup, soy sauce, wine, cornstarch, ginger, and cayenne. Add to chicken mixture. Cook and stir until mixture thickens, 3 min. Sauté sliced mushrooms in butter and cashews. Heat 1 minute longer. Serves 4. Serve this glazed chicken with white or brown rice, or a seasoned rice mix.

DIJON CHICKEN

4 chicken breast halves 1/4 cup butter
1 1/3 cup chopped onion 2/3 cup chicken broth
1/2 cup whipping or heavy cream
2 Tbsp Dijon-style mustard 1 Tbsp maple syrup
1 Tbsp finely chopped fresh parsley (optional)

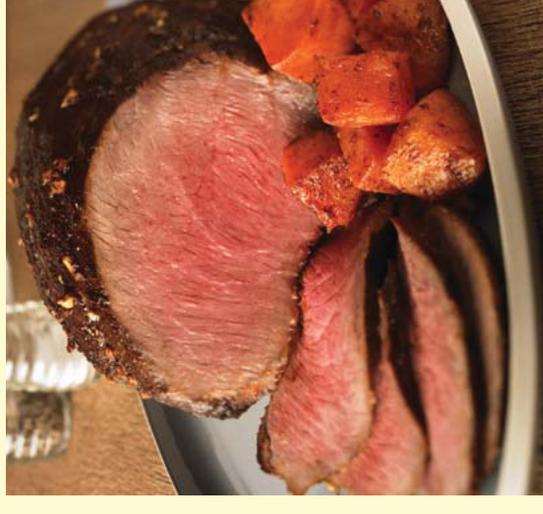
Pound chicken till thin. Melt butter over medium-high heat in a 12" non-stick skillet, place 2 pieces of chicken in skillet for 2 min or until chicken is no longer pink. Remove chicken and keep warm. Repeat with remaining chicken. In same skillet, cook onion over medium-low heat, stirring occasionally, 2 min or until onion is tender. Stir in broth, scraping up brown bits from bottom of skillet. Stir in cream, mustard, and syrup. Bring to a boil over medium-high heat. Reduce heat to medium boil 5 min or until slightly thickened. Pour sauce over chicken and sprinkle with parsley. Serve with hot cooked rice.

SPICED TURKEY with SQUASH AND APPLES

1 1/2 lbs turkey thighs
1/2 lb red cooking apples
1/2 lb green cooking apples
1 lb acorn squash, cut into 8 wedges
1/4 cup apple juice 3 Tbsp maple syrup
1/2 tsp cinnamon 1/4 tsp nutmeg

In 13 x 9-inch baking pan, place turkey thighs (skin removed) in one half of pan. Place apple quarters and squash wedges in other half. In small bowl, combine apple juice, maple syrup, cinnamon, and nutmeg; pour over turkey, apples, and squash. Cover pan with foil, bake at 350° for 1 hour. Remove foil, baste with pan juices. Bake uncovered for 15 minutes or until internal temperature of thighs is 180°. 4 servings.

TIP: If squash is hard to cut, microwave on HIGH for 2 to 3 minutes.



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