

Maple granola muësli cereals



So good and nutritious for breakfast with milk or yogurt.
Add a banana or another fresh fruit in your bowl.

INGREDIENTS

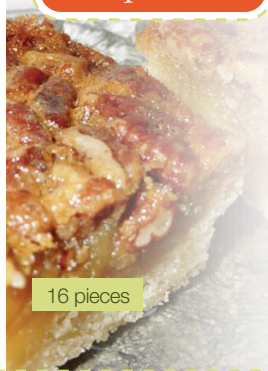
250g oatmeal, 75g almonds, 75g cashews, 50g sesame seeds, 50g pumpkins seeds, **5 tbsp of pure maple syrup**, 1 tbsp of olive oil or canola oil



PREPARATION METHOD

1. Preheat oven at 350°F (180°C)
2. In a bowl, mix all dry ingredients
3. In a casserole, mix maple syrup and oil. Cook over a moderate heat. When preparation is hot, mix with the dry ingredients. Put sulphurised paper in bottom of a baking tray. Spread the mixture on one coat.
4. Cook for 30 minutes. Stir often.
5. Ready when golden color.
6. Keep in a hermetic can.

Maple Pecan shortbread squares



16 pieces

INGREDIENTS

1 cup all-purpose flour, **1/3 cup pure FINE maple sugar**, 1/2 cup softened butter, 1 egg, **1/3 cup pure granulated maple sugar**, **3 tablespoons pure maple syrup**, 1/2 cup chopped pecans



PREPARATION METHOD

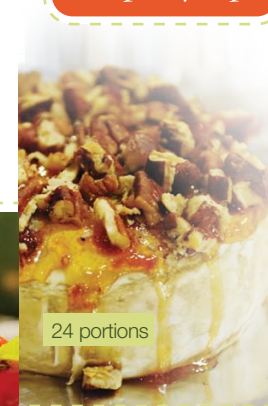
1. Preheat an oven to 350°F (175°C).
2. Combine the flour and 1/3 cup maple sugar in a mixer. Mix in the softened butter until a dough has formed. Press into an ungreased 8x8-inch baking dish, and prick with a fork.
3. Bake the shortbread in the preheated oven until golden brown, about 20 minutes. While the shortbread is baking, beat the egg in a mixing bowl along with 1/3 cup maple sugar, maple syrup, and pecans. Pour the pecan mixture over the hot crust, and return to the oven. Continue baking until firmed, 12 to 15 minutes. Remove from the oven, and immediately run a knife around the edges to prevent sticking. Cool completely, then cut into 1-inch squares to serve.

recipes
ideas

sweetened
with 100%
pure maple



Baked Brie with maple syrup



24 portions

Warm Brie cheese, decorated with walnut
of Grenoble and pure maple syrup.

INGREDIENTS

1 (14 ounces) round Brie cheese
1 cup chopped walnuts
**2 cups pure maple syrup or 1/3 cup
of fine granulated pure maple sugar**
1 18-inches French baguette, cut into 3/4-inch slices



PREPARATION METHOD

1. Preheat oven to 200 degrees F (95 degrees C). Place the unwrapped Brie cheese into a baking dish, sprinkle with walnuts, and pour maple syrup over the nuts and cheese.
2. Bake in the preheated oven until the cheese warms and softens, about 10 minutes. Serve cheese with slices of baguette.

Baked apples with maple sugar and spread



INGREDIENTS

2 apples
Juice of 1 lemon
2 tablespoons pure maple sugar
2 tablespoons pure maple spread
Cinnamon

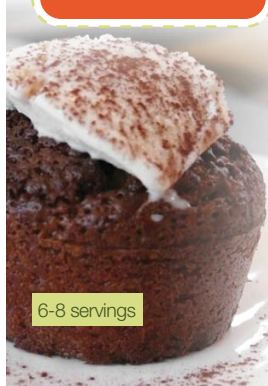


PREPARATION METHOD

1. Cut the apples in half and remove core and seeds.
2. Sprinkle lemon juice and maple sugar over the entire apple. Stuff maple spread in the area where the core was removed and bake for 25-30 minutes in a 180°C oven.

4 servings

Irresistible maple chocolate cake



6-8 servings

This cake really melts in your mouth.

INGREDIENTS

200 g dark chocolate (7 oz), 125 g butter (4.4 oz), 100 g flour (3.5 oz), 10 g baking powder (1/3 oz), 4 eggs, **100 g pure maple sugar (3.5 oz)**, 100g white sugar (3.5 oz), 1 pinch of salt



PREPARATION METHOD

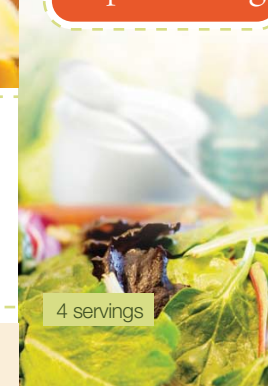
1. In a pan, melt butter and chocolate. Take it off from the stove and incorporate the baking powder and the flour.
2. Preheat the oven 350°F (180°C).
3. In a bowl, beat the egg yolks with the maple sugar and white sugar until the mixture whitened. Add it to the chocolate.
4. In another bowl, beat the egg white with the salt until fluffy and firm. Add to the chocolate.
5. Pour in a greased and floured cake pan of 10-12 inches (26 to 28 cm in diameter).
6. Cook for 30 min. Cake is ready when inside is dry. Cool down before unmolding.

The 100% pure maple syrup,
so versatile and so good... Naturally
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Mesclun salad with creamy maple dressing



4 servings

VINAIGRETTE

1/2 cup (125 mL) plain yogurt
1/2 orange, juice only
2 Tbsp. (30 mL) maple syrup
1 Tbsp. (15 mL) chopped fresh basil
Salt and pepper to taste
14 oz. (400 g) mesclun



PREPARATION METHOD

1. In a bowl, mix all dressing ingredients together.
2. Refrigerate
Serve chilled with salad.

Maple Jerky



4-6 servings

INGREDIENTS

1 pound (500g) of beef eye of round or chicken or salmon or tofu, 7 ml (1 ½ tsp) of salt, pepper, **30 ml (2 tbsp) maple sugar or 50 ml of maple syrup**, 2 garlic gloves, 60 ml (1/4 cup) tamarin sauce or soya sauce, 30 ml (2 tbsp) Worcestershire sauce, 2.5 ml (1/2 tsp) cayenne pepper.

PREPARATION METHOD

1. Mix well all marinade ingredients and add the meat. Place entire mixture with meat into a sealed plastic container and refrigerate for 6 to 12 hrs.
2. In the oven, place one oven rack on the highest rack setting and one rack on the lowest setting. Place a baking sheet on the lowest rack, to catch any drippings.
3. Preheat oven to 160°F (70°C).
4. Insert a wooden bamboo picks (like the one used for kebabs) through the end of each slice of meat, and suspend each slice from the top rack in the oven, using the picks as a support.
5. Bake at 160°F (70°C) with the oven door propped open to allow moisture to escape. Bake for 2-3 hours depending on thickness of slices. Jerky should bend, and not snap.

White butter perfumed with maple



Famous sauce of accompaniment for the fish and the seafoods. Excellent with the lobster.

INGREDIENTS

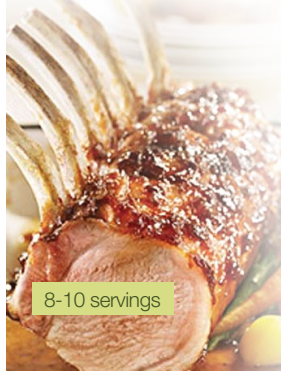
125 ml (1/2 cup) of dry white wine, 30 ml (2 tbs) of chopped grey shallots, 125 ml (1/2 cup) of cream 15%, 60 ml (4 tsp) of butter in small cubes, salt and pepper to the taste, **30 ml (2 tbs) of pure maple wine vinegar Martinette**.



PREPARATION METHOD

1. In a pan, mix the white wine and the shallots.
2. Cook over a low heat up to the complete reduction of the wine. It is important that there is no more liquid. Otherwise, the cream will part in the following stage.
3. Pour the cream and reduce by half.
4. By whipping constantly, incorporate the cold butter into small cubes to obtain a homogeneous mixture. Salt and pepper. Remove from stove then add the maple wine vinegar. Serve hot.

Maple-roasted rack of pork



8-10 servings

INGREDIENTS

1 rack of pork, with ribs
125 ml (1/2 cup) of pure maple syrup
30 ml (2 Tbsp) butter
1 clove garlic, minced
1 ml (1/4 tsp) basil or rosemary
Salt and pepper



PREPARATION METHOD

The rack of pork should be cut from the loin portion of the ribs, with the ends of the bones exposed.

1. Melt the butter, combine with approximately 1/4 cup of maple syrup and add the garlic and basil (or rosemary). Brush the top of the roast with this mixture. Place the meat in the bottom of a dripping pan with the remainder of the maple syrup
2. Roast in the oven at 200°C (400°F), counting 10 min. for each pound of meat. Baste every 15 min with the maple syrup and meat juices. Season to taste.

Serve with maple gravy made from the drippings.

Maple chicken wings



INGREDIENTS

1 kg chicken wings
250g flour
4 tbsp of pure maple syrup
5 tbsp of Tabasco
1 onion
1 tbsp of mustard
2 tbsp of pure maple wine vinegar or cider vinegar



PREPARATION METHOD

1. Mix maple syrup, tabasco, chopped onion, vinegar and mustard.
2. Add the chicken wings.
3. Mix well.
4. Stand in refrigerator for 4-5 hours, mixing few times.
5. Grill on BBQ or in oven until cook.



Lamb chops grilled with mustard and maple syrup



6 servings

INGREDIENTS

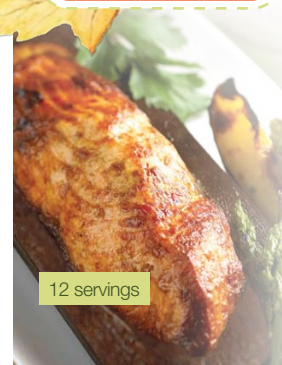
12 lamb chops
125 ml (1/2 cup) maple syrup
15 ml (1 Tbsp) prepared Dijon mustard
Zest and juice of 1 lemon
20 ml (4 tsp) balsamic vinegar
1 clove garlic, minced
5 ml (1 tsp) fresh ginger
60 ml (1/4 cup) vegetable oil
Salt and pepper



PREPARATION METHOD

1. Mix together all ingredients except the chops; chill for 24 hours.
2. Marinate the meat for 45 minutes in the refrigerator
3. Grill at low to medium heat until the meat is grilled on the outside and pinkish on the inside. Baste with marinade while cooking to keep the meat from drying out.

Maple Cedar-plank salmon



12 servings

INGREDIENTS

2 750 g centre-cut, skin on salmon filets, 3 tbsp Dijon mustard, 2 tsp olive oil, 1/2 tsp salt, **2 tbsp pure maple sugar**, 1 very small red onion, thinly sliced, 1/2 cup dill fronds (optional)



PREPARATION METHOD

1. Soak planks in cold water for 1 to 2 hours. Preheat barbecue to medium. Slice each salmon fillet into 6 thin portions, cutting through flesh but not through the skin. Place each fillet on a plank, skin-side down.
2. Stir together Dijon, oil and salt in a small bowl. Brush over salmon and into the cuts. Sprinkle with pure maple sugar. Scatter onion on top.
3. Grill, covered, until fillet is barely firm to the touch and white juices appear all over the sides, 20 to 25 min. Turn barbecue off and keep lid closed for 5 min. Fish should now feel firm to the touch and a knife inserted into the thickest part and held for 10 seconds should be warm. If not, close lid and let rest another 5 min. Watch plank carefully; if it catches fire, spray with water and reduce the heat to medium-low.
4. Use a wide spatula to remove filets to a platter. Serve warm or at room temperature.

Maple crème brûlée



8 servings

INGREDIENTS

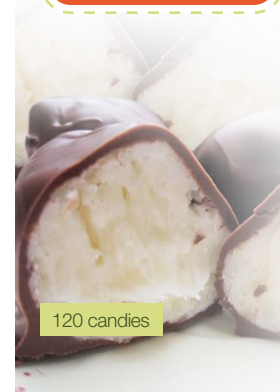
9 egg yolks
1 L (4 cups) heavy cream (35% M.F.)
125 ml (1/2 cup) maple syrup
35 ml (2 Tbsp) pure malt scotch whiskey
Pure granulated maple sugar to sprinkle on top



PREPARATION METHOD

1. Preheat oven to 180°C (350°F). In a large bowl, beat the egg yolks with the cream, the syrup and the scotch. Pour the mixture into a saucepan and bring to a simmer.
2. Strain and pour into 8 large custard cups. Place the custard cups in a bain-marie and bake for 30 to 40 min, until the custard is firm. Remove the custards from the water bath and chill them.
3. Just before serving, sprinkle with granulated maple sugar and put under the grill until golden.

Maple nut Chocolates



120 candies

INGREDIENTS

1 can (300 mL) sweetened condensed milk
1/4 cup (60 ml) butter, softened
2 tbsp (25 ml) maple syrup
1 1/2 cups (375) chopped nuts
1 pkg 91 kg) icing sugar
1 1/2 lbs (750 g) semi-sweet chocolate, chopped



PREPARATION METHOD

1. Mix together sweetened condensed milk, butter, maple syrup and nuts. Gradually beat in sugar. Chill in refrigerator 3-4 hours (or for up to 2 days).
2. Roll into 1" (2.5 cm) balls. Keep refrigerated until ready to dip.
3. Melt chocolate in top of double boiler. Dip candy balls in warm chocolate. Place on parchment paper-lined baking sheets until set. Store covered at room temperature or in refrigerator.