



Cooking with maple, naturally





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One of the greatest food stories starts with
a drop of tree sap

maplefromcanada.co.uk

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Introduction

Canadian maple syrup can be summed up in three words: pure, natural, delicious.

Pure - because maple syrup is produced by boiling the sap harvested from maple trees. That's all there is to it. The syrup is unrefined – pure, simple, additive-free.

Natural - because it's the product of sustainably planted trees. The unique characteristics of the sap – and the maple syrup that it produces – are shaped by Eastern Canada's natural geography and climate and, in particular, a frost-thaw phenomenon that prompts the clear sap to flow in early spring during the sugaring-off season. Human intervention is minimal.

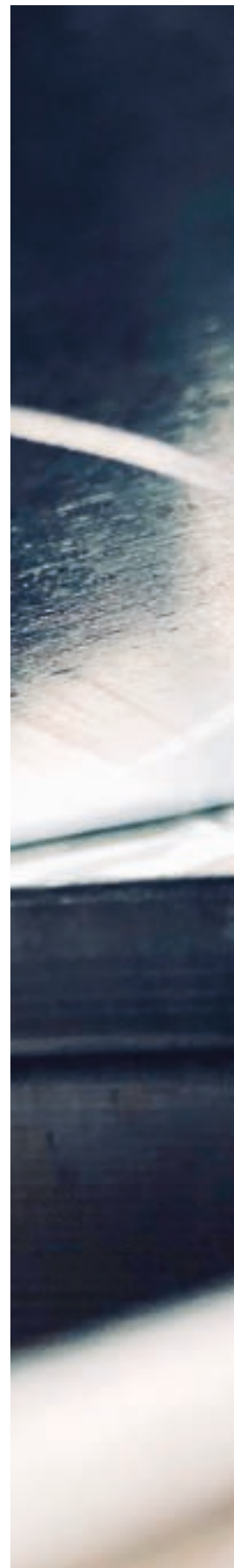
Delicious - just try a teaspoon of Canadian maple syrup to appreciate the flavour. Better still, explore the recipes developed for this cookbook and discover the joys of cooking with maple, naturally.

Millions of people love Canadian maple syrup due to its association with pancakes. After all, it's one of the great food combinations.

Less known is maple syrup's incredible culinary versatility. Acting as a super-charged flavour enhancer, maple elevates everyday dishes and brings a new dimension to store cupboard ingredients. Soups, roasts, salads, snacks, vegetables and cakes are transformed in imaginative, tasty ways.

This practical cookbook has been designed for home cooks who are passionate about food, love discovering new flavours but are often time-poor. With this in mind, the recipes are in five handy sections - for breakfasts, "on-the-go" dishes, one-pot meals, weekend dining and desserts.

Top chefs are converts to the unique taste and diverse applications of Canadian maple syrup and we hope this recipe book will showcase the beauty of this special, natural ingredient for creative home cooks. We hope you enjoy cooking with maple, making delicious dishes every day of the year, for every occasion, for everyone.





Making a maple masterpiece

Pure maple syrup is produced in the depths of the forests of Eastern Canada, drop by drop by drop.

A vast natural larder comprising millions of trees is the “green” engine-room for global maple syrup production. Canada is responsible for 80% of the total production of maple syrup across the world, with the French-speaking province of Québec producing 90% of Canada’s supply of scrumptious syrup. The province is home to 11,300 artisan businesses who make up the Québec Maple Syrup Producers.

Maple syrup is so important to Canadian culture that a maple leaf features on the national flag. The liquid gold is celebrated as a store cupboard essential, a pure, natural alternative to refined sugar with an unmatched taste and flavour spectrum.

The production of maple syrup relies on one key player, Mother Nature, and a three-step process that can be summarised as: Sap, Tap and Shack.





INTRODUCTION



Sap

Following the big winter chill, night-time temperatures remain below freezing but magic happens when the springtime day temperature hits 40°F (about 4.5°C). Water from the soil is absorbed into the maple tree and a freeze-thaw phenomenon caused by the day-night temperature fluctuations creates an internal pressure that forces the sap to ooze out. Welcome to the sugaring-off season - now it's time to tap.

Tap

Tapping the maple tree unlocks nature's sweet bounty. The annual tradition takes place in a four to six-week period, typically during March to April. This involves drilling a small holes of 1.5 to 2.5 inches deep in the trunk. A tube is then inserted as part of a wider network, using vacuum pressure to transport the sap to collection points known as sugar shacks.

Some of the sugar shacks still use traditional methods of inserting a small metal spile or spout into the tree, and allowing the sap to gently drip into a covered metal container for collection.

The health of each tree is ensured by regulating the tapping.



Shack

The sugar shack plays a vital role in the production of maple syrup. It is here that the sap is boiled to remove water and concentrate the syrup. The process takes place in an evaporator and the high temperatures spark chemical reactions that produce the density, flavour and colour of the syrup.

The finished product is a precious commodity – it takes 40 litres of tree sap to make one litre of the finest Canadian maple syrup.

Québec = quality. It is the only province where every barrel of pure maple syrup is independently inspected and graded. Quality is ensured by expert inspectors who taste up to 250 syrups in a single day. Rigorous, third-party inspection means consumers can be assured that all maple syrup makes the grade... whatever the grade.

A quartet of fabulous flavours

There are four grades of pure Canadian maple syrup, ranging from golden to very dark.

But here's the thing: all of the syrups from Québec are premium quality.

The grade of each syrup refers to its distinct visual characteristics and taste properties, which are determined by the time the sap is tapped during the spring harvest. The sap that makes the lightest syrup comes at the start of spring and the very dark syrup comes through at the end of the sugaring-off season.

Each of the grades is valued for its special flavour properties, from delicate and light to strong, darker and more caramelised.

A spectrophotometer, a scientific instrument used to determine light properties, is used to help grade the syrups. The colour of the syrup is then considered alongside the specific hallmarks of each grade.



Golden, delicate taste

This syrup comes from sap harvested at the start of the season. It is defined by its light golden hue and sweet, delicate flavour. Try it as a delicious topping for yogurt and ice cream.

Dark, robust taste

This syrup has a more pronounced, caramelised flavour, and is well-suited for cooking, particularly in baking and sauces. It's a great ingredient to enhance the taste of fruity dishes.

Amber, rich taste

This syrup has a pure, rich taste and a magnificent amber colouring. It's ideal as an ingredient in vinaigrettes and all sorts of dishes and desserts.

Very Dark, strong taste

From the end of the harvest. The rich distinctive flavour makes this the perfect ingredient to enhance the colours and aroma of sauces and glazes.



Notes for cooks

Maple syrup grades

The four grades of Canadian maple syrup have a range of incredible cooking applications and the recipes in this book specify the best grade to use based on the ingredients and cooking method.

However, if you cannot get the specific grade, don't worry. One of the great things about maple syrup is its versatility, both in the range of its culinary uses and the way different syrups can be substituted as circumstances demand. So, if you need a very dark syrup for a recipe, but you've only got amber syrup in the fridge, feel free to use it.

Maple sugar

Maple sugar's distinct yet delicate flavour works well with both sweet and savoury dishes and can be used, in equal quantity, as a replacement for refined sugars. But if you have trouble sourcing maple sugar, you can substitute with available alternatives.

The recipes work best using Canadian maple sugar, which, like maple syrup, is produced from tree sap. Just like maple syrup, it is also suitable for vegetarians and vegans. However if you are unable to obtain maple sugar you can substitute for regular sugar.







Morning maple

From irresistible baked goods to simply cured salmon, start the day with these delicious breakfast dishes

Maple banana bread



Prep
15 mins



Cooking
60 mins



Serves
8

Mornings are made for maple banana bread. Sweet banana and robust, dark maple syrup make a great start to the day.

Ingredients

300g very ripe bananas, peeled
2 tsp vanilla extract
2 tbsp pure maple syrup
100ml vegetable oil
2 eggs
80g maple sugar
175g plain flour
½ tsp bicarbonate of soda
1 tsp baking powder

Method

Preheat oven to 160°C/Gas 3 and line a loaf tin with baking parchment. In a mixing bowl, mash together bananas, vanilla, maple syrup and vegetable oil. Slowly add eggs, one by one, followed by maple sugar, flour, bicarbonate of soda and baking powder. Mix together. Pour contents into the tin and bake for 50 - 60 minutes or until a skewer comes out clean. Leave to cool on a wire rack and serve when cooled.



Chef's tip

Preferably dark maple syrup for its robust taste.





Maple and vanilla French toast with bananas



Prep
10 mins



Cooking
5 mins



Serves
4

Maple and cinnamon-infused French toast topped with caramelised banana – a classic combo for breakfast or brunch.

Ingredients

3 eggs
180ml milk
60ml whipping cream
100ml pure maple syrup
1 tbsp vanilla extract
1 tsp mixed spices
1 tsp cinnamon
4 slices of sourdough bread
2 bananas, peeled and sliced
4 tbsp maple sugar
30g unsalted butter
1 tbsp vegetable oil for greasing pan

Method

Beat the eggs, milk, whipping cream and add maple, vanilla and spices. Place the sourdough slices into the mixture and leave to soak for a few minutes. Prepare bananas, slice lengthways and roll in maple sugar evenly. Coat pan with oil and heat. Place soaked bread into a hot pan and leave to cook for 2 minutes on each side until golden brown. In a separate pan, heat butter and caramelise sliced bananas on each side. This dish is delicious with seasonal fruit or toppings such as crispy bacon.



Chef's tip

Preferably golden maple syrup for its delicate taste.

Potato, bacon and maple rösti



Prep
30 mins



Cooking
5 - 10 mins



Serves
4 - 6

The perfect balance of sweet and savoury, these crispy röstis with maple and bacon are scrumptious.

Ingredients

1 tbsp olive oil
6 rashers of streaky bacon,
finely chopped
2 tbsp pure maple syrup
1 red onion, peeled and
finely chopped
500g peeled and grated
white potatoes
1 tbsp plain flour
1 tsp chilli flakes
150g grated Cheddar cheese
Salt and pepper to taste

Method

Heat oil in a pan and fry bacon over a high heat until crisp. Set bacon aside on a paper towel to drain excess fat. In the same pan, add maple syrup and fry onion until soft. Put grated potatoes into a clean tea towel and wring out the excess water. Transfer to a bowl and stir in flour, chilli flakes, cheese and salt and pepper. Mix well. Shape portions of mixture into balls and flatten down into round potato discs. Reheat pan with extra oil and fry 2 - 3 potato discs at a time until crisp, turning over to cook both sides. Try serving with a chopped parsley and crème fraîche dip for a lunchtime snack. For a vegan option, make the röstis without bacon and use a vegan cheese.



Chef's tip

Preferably dark maple syrup for its robust taste.





Fruity maple boost bars



Prep
5 mins



Cooking
25 mins



Serves
12

Packed with nutritional ingredients – fruit, nuts and delicious maple – these bars provide an energy-boosting start to the day.

Ingredients

Non-stick cooking spray
125g oatmeal
125g sunflower seeds
80g plain flour
170ml pure maple syrup
2 large eggs
125g dried cranberries
125g dried apricots, chopped
125g flaked almonds
100g desiccated coconut

Method

Pre-heat oven to 170°C/Gas 3. Cover a shallow rectangular baking tray with non-stick cooking spray. In a food processor, blend oatmeal, sunflower seeds, flour, maple syrup and eggs to form a stiff mixture. Transfer to a mixing bowl and add cranberries, half the desiccated coconut, apricots and almonds. Use hands to thoroughly combine all ingredients. Place in baking tray and press down into the corners. Bake for 20 - 25 minutes or until the edges are golden. Sprinkle with the remaining coconut 5 minutes before the end. Leave to cool on a wire rack and cut into slices when ready to serve. These boost bars are ideal for lunch-box treats or travel snacks.



Chef's tip

Preferably golden maple syrup for its delicate taste.

Maple and cinnamon rolls



Prep
105 mins



Cooking
15 - 20 mins



Serves
9 - 12

For delicious rolls with a sweetened cinnamon filling, look no further than these glazed maple buns.

Ingredients

500g plain flour
1 ½ tsp dried fast yeast
2 tsp cinnamon
2 tbsp maple sugar
2 eggs
140ml milk
100g butter
1 tsp salt
1 tbsp of vegetable oil or sunflower oil for greasing

Method

In a mixing bowl, stir flour, yeast, cinnamon and maple sugar together. Make a well in the middle and add the eggs. In a small pan, gently heat milk (just warmed to touch), butter and salt then add to the dough mixture. Using a free-standing mixer, knead on medium setting for 7 minutes or about 15 minutes if kneading by hand. Place dough into a lightly greased bowl, cover with cling film and set aside in a warm place for about 45 minutes or until doubled in size.



Chef's tip

Preferably dark maple syrup for its robust taste.



Ingredients: Cinnamon butter filling

80g softened butter

80g maple sugar

40g plain flour

2 tbsp cinnamon

Cinnamon glaze:

1 egg, beaten

100ml pure maple syrup

1 tbsp cinnamon

Method: Cinnamon butter filling and glaze

For the cinnamon filling, mix together softened butter, maple sugar, flour and cinnamon to form a spreadable paste. When ready, turn out dough onto a well-floured surface and roll into to a 40cm square. Spread cinnamon paste liberally to the edges of the dough then roll tightly into a long tube shape. To retain a neat swirl in the middle of each of your buns, loop a piece of cotton around the width of the dough, crossover the two ends and pull in opposite directions to make a nice clean cut. Repeat the process to divide the dough into 9 pieces. Place spiral side up into a non-stick 3-inch deep tray, leaving room to expand. Leave to prove at room temperature for a further 35 - 45 minutes to double in size. Preheat oven to 180°C/Gas 4. For the cinnamon glaze, brush buns with mixed beaten egg and maple syrup. Dust the buns with cinnamon, bake for 20 minutes. Serve warm.



Easy overnight maple oats



Prep
10 mins



Serves
4

Plums, chia seeds, almonds, yoghurt and maple syrup combine to make a satisfying, energising breakfast.

Ingredients

225g rolled oats

3 tbsp chia seeds

600ml unsweetened
almond milk

4 tbsp Greek or
natural yoghurt

4 tbsp pure maple syrup

4 tbsp roughly chopped
almonds or hazelnuts

1 tsp nutmeg

6 ripe, stoned and
chopped plums

Method

In a bowl or sealable container, mix oats, chia seeds, almond milk, yoghurt, maple syrup, half the chopped nuts and nutmeg together. Stir through 5 chopped plums, cover and leave refrigerated overnight. When ready to serve, stir and divide into bowls or glasses. Top with remaining chopped plums, almonds or hazelnuts, and an extra drizzle of maple syrup. Adapt this year-round dish using your favourite seasonal fruit.



Chef's tip

Preferably dark maple syrup for its robust taste.

Moreish maple breakfast cookies



Prep
15-20 mins



Cooking
12 - 14 mins



Serves
10

Cranberries, dates, almonds and coconut make these cookies a delight – the perfect addition to breakfast or a tasty snack.

Ingredients

150g rolled oats
125g plain flour
80g desiccated coconut
1 tsp cinnamon
1 tsp mixed spice
1 tsp baking powder
½ tsp salt
100g butter, melted
75g maple sugar
2 ½ tbsp pure maple syrup
40g dates, pitted and chopped
40g dried cranberries
40g whole, skin on almonds
roughly chopped

Method

Line a large tray with baking paper. Mix oats, flour, coconut, cinnamon, mixed spice, baking powder and salt together in a large bowl. To the melted butter, add maple sugar, maple syrup and stir in dates. Add to dry ingredients and mix in cranberries and almonds. Combine ingredients using hands. Roll into 60g balls and pat down into thick circles. Place spaced apart onto the tray. Refrigerate for an hour to set. Preheat the oven to 180°/Gas 4 and bake for 12 - 14 minutes until golden brown. Leave for 2 minutes before transferring to a wire rack to cool. Swap plain flour to chickpea flour for a gluten-free option.



Chef's tip

Preferably amber maple syrup for its rich taste.





Maple and blueberry muffins



Prep
20 mins



Cooking
20 - 25 mins



Serves
12

Traditional blueberry muffins get a maple make-over with this fabulous breakfast bake.

Ingredients

100g softened unsalted butter
3½ tbsp pure maple syrup
2 eggs
50g chia seeds
150ml natural yoghurt
250g self-raising flour
½ tsp baking powder
½ tsp bicarbonate of soda
½ tsp salt
100g blueberries

Method

Preheat oven at 180°C/Gas 4. Beat the butter and maple syrup together. Add eggs and beat for a further minute. Mix in chia seeds and yoghurt. In a separate bowl, blend flour, baking powder, bicarbonate of soda and ½ tsp of salt together. Add this to the wet ingredients, stir to combine and fold in blueberries. Line a 12 mould muffin tray with paper cases and divide muffin mix evenly. Bake for an initial 5 minutes then reduce temperature to 160°C/Gas 3 and bake for a further 18 - 20 minutes until risen and a skewer comes out clean. Leave to cool on a wire rack.



Chef's tip

Preferably golden maple syrup for its delicate taste.

Maple shakshuka



Prep
25 mins



Cooking
30 mins



Serves
6 - 8

This popular Mediterranean dish containing eggs, peppers, tomatoes and spices gets a subtle, sweet edge with maple syrup.

Ingredients

2 tbsp olive oil
2 red onions, peeled and finely sliced
2 red peppers, deseeded and sliced
2 yellow peppers, deseeded and sliced
2 garlic cloves, crushed
2 tsp ground cumin
2 tsp cayenne powder
2 tbsp smoked paprika
2 tsp turmeric
1 tsp tomato purée
3 tins of chopped tomatoes
2 tbsp pure maple syrup
6 eggs

Garnish:

Natural yoghurt
Chopped coriander

Method

In a large pan, heat olive oil. Cook onion, peppers and garlic until soft. Add cumin, cayenne, smoked paprika and turmeric followed by tomato purée and cook together for 3 - 4 minutes. Add tinned tomatoes and maple syrup, stir and bring to a simmer on low heat for 10 - 15 minutes. Reduce heat and make six shallow wells with a spoon. Carefully crack eggs into each well, keeping yolks whole. Increase heat and let eggs gently cook in the tomatoes for about 10 minutes or until whites are no longer transparent. Finish with natural yoghurt and freshly chopped coriander.



Chef's tip

Preferably amber maple syrup for its rich taste.





Herb and maple cured salmon



Prep
25 mins



Serves
10

Succulent fish, sweet maple and creamy dill mayonnaise makes the ultimate brunch dish.

Ingredients

1 side of salmon approx.
500 - 600g, filleted and
skin removed

250g sea salt flakes

175g maple sugar

3 tbsp pure maple syrup

2 lemons, zested

½ bunch flat-leaf
parsley, chopped

½ bunch dill, chopped

1 tbsp olive oil

Dill mayonnaise:

½ bunch of fresh dill,
finely chopped

4 tbsp mayonnaise

1 tbsp lemon juice

zest of ½ lemon

Salt and pepper to taste

1 radish, sliced for garnish

Method

Mix the salt, maple sugar, maple syrup and zest of lemon and spread onto the base of a deep tray. Place the salmon on top of the mix. Blend the parsley and dill together with a little oil, season with extra salt and generously cover the salmon. Tightly secure dish with clingfilm and place in the fridge overnight. The next day, and when almost ready to serve, remove the tray from the fridge. (Salmon should have a “firm to the touch” texture.) Gently transfer the cured salmon to a serving board and slice thinly on an angle to include the zesty herb crust. For the dill mayonnaise, mix ingredients together in a bowl and chill until ready to serve. As a serving suggestion, cut slices of sourdough or rye bread, spread with the dill mayonnaise and add a slice of cured salmon. Garnish with fresh lemon and sliced radish.



Chef's tip

Preferably amber maple syrup for its rich taste.





On the go maple

There's no need to compromise on great food if you're busy – just try these amazing maple-inspired soups, salads and tacos

Baked aubergine, halloumi and herby maple crumb



Prep
15 - 20 mins



Cooking
30 mins



Serves
8

This hearty vegetarian dish is packed full of amazing flavour combinations with sweet maple, salty halloumi and delicate fresh herbs.

Ingredients

4 aubergines, halved
Salt and pepper for seasoning
2 tbsp olive oil plus extra for brushing
2 tbsp red wine vinegar
2 tbsp pure maple syrup
60g flaked almonds
6 tbsp natural breadcrumbs
Handful of mixed fresh herbs, chopped (mint, parsley and coriander)
450g halloumi, sliced

Method

Preheat the oven to 160C/Gas 4. Score the flesh side of the aubergines and season with salt, pepper and brush with oil. Heat an oven-proof griddle pan and brush with extra oil. Bring to a high temperature. In a bowl, mix together the vinegar, olive oil, maple syrup and flaked almonds. Season then fold in breadcrumbs, followed by chopped herbs and mix together well. Set aside and allow ingredients to infuse. Place the aubergines flesh side down onto the griddle pan and leave for 5 minutes, allowing time to take on colour. Turn the aubergines over and position halloumi slices on top. Spread breadcrumb and herb mixture over halloumi and bake in the oven for 20 minutes until browned and melting. Be careful not to over-season with salt as halloumi can be quite salty. Delicious with a crisp salad.



Chef's tip

Preferably golden maple syrup for its delicate taste.





Watermelon, feta and radish salad with maple dressing



Prep
15 - 20 mins



Serves
4

This refreshing salad makes a great “on the go” meal or can be served as a side dish. The vibrant colours scream: “Summer’s here.”

Ingredients

½ large watermelon, peeled and cut into bitesize chunks

½ bunch of radish, washed and sliced

100g feta cheese, crumbled

40g roughly chopped walnuts

Handful of chopped fresh mint

Maple dressing:

3 tbsp pure maple syrup

2 tbsp maple vinegar, or cider vinegar

2 tbsp olive oil

Method

In a large serving bowl, mix the watermelon, radish and feta cheese together. Add chopped walnuts and stir again and garnish with chopped fresh mint. In a separate bowl, whisk together maple dressing ingredients and drizzle over prepared salad. This dish is all about the quality of the ingredients, so make sure you use the ripest melon, the best feta and the freshest mint.



Chef's tip

Preferably golden maple syrup for its delicate taste.



Salad Niçoise with maple



Prep
10 mins



Cooking
15 mins



Serves
4

Canadian maple syrup gives a new twist to this classic salad Niçoise. Ideal for a quick lunch.

Ingredients

100g green beans
3 white potatoes, peeled,
diced and cubed
200g mixed salad leaves
16 cherry tomatoes, halved
12 pitted black olives, halved
6 - 8 anchovies
4 x 150g tuna steaks
1 tbsp pure maple syrup
4 soft boiled eggs, halved
1 tsp olive oil
Handful fresh chopped chives

Dressing:

2 tbsp Dijon mustard
1 tbsp pure maple syrup
50ml white wine vinegar
300ml olive oil

Method

To make the dressing, whisk together the mustard, maple syrup and vinegar and slowly add olive oil to make an emulsion, then set aside. Cook the green beans and potatoes in separate pans of salted boiling water until tender and leave to cool. Assemble salad leaves, tomatoes, olives and anchovies. Heat a griddle pan to very hot. Season both sides of tuna with salt, pepper, maple syrup, a little oil and place on pan. Cook for 1 - 2 minutes, turning halfway. When ready to serve, add the cooked beans and potato to the salad, stir together and place the tuna on top. Add eggs, pour over the dressing and sprinkle with chopped chives. Serve the tuna steaks whole or slice into several tranches before placing on the salad.



Chef's tip

Preferably golden maple syrup for its delicate taste.

Crustless tomato quiche with maple



Prep
15 mins



Cooking
60 mins



Serves
8

Juicy tomatoes, tangy Cheddar cheese and maple syrup transform this quick and easy family favourite.

Ingredients

1 tbsp olive oil
125g natural breadcrumbs
4 eggs
175ml whole milk
2 tbsp pure maple syrup
2 carrots, peeled and grated
1 courgette, grated and squeezed to remove excess water
½ leek, thinly sliced
150g mature Cheddar cheese, grated
8 cherry tomatoes, halved
Salt and pepper, for seasoning

Method

Preheat oven to 180C/ Gas 4. Lightly oil a 25cm round non-stick dish and coat with breadcrumbs. Set aside. In a bowl, beat together eggs, milk, maple syrup and stir in the grated carrots, grated courgette and the sliced leeks. Add in the grated cheese, season with salt and pepper and thoroughly stir together. Pour mixture into the non-stick dish and scatter with cherry tomatoes. Bake for 45 - 60 minutes until the middle has set then allow quiche to stand for 10 minutes before serving. Serve with a green salad.



Chef's tip

Preferably golden maple syrup for its delicate taste.





Easy vegan dahl with maple



Prep
20 mins



Cooking
40 - 50 mins



Serves
6

This warming and spicy dahl is easy to prepare and is packed with fragrant flavour.

Ingredients

2 tbsp vegetable oil
1 large white onion, diced
2 garlic cloves, finely chopped
Thumb-sized piece of ginger, peeled and chopped
1 tsp ground turmeric
1 tsp garam masala
1 litre vegetable stock
200g red split lentils
1 tbsp pure maple syrup
250ml coconut milk
50g fresh baby spinach

Garnish:

1 red chilli, deseeded and finely sliced
Black sesame seeds

Method

Heat a pan with oil and cook the onion and garlic until soft. Add the ginger, turmeric and garam masala and cook for another two minutes. Cover with stock and bring to the boil, stir in the lentils and cook for 10 minutes. Reduce heat and simmer for a further 15 minutes with the lid off. Add the maple syrup and coconut milk and stir through. When almost ready to serve, add the spinach and stir through until wilted. Garnish with fresh chillies and black sesame seeds. This dahl is great accompanied by a flatbread, roti or naan.



Vegan



Chef's tip

Preferably golden maple syrup for its delicate taste.

Squash and parsnip maple bake



Prep
20 mins



Cooking
40 - 50 mins



Serves
6 - 8

Simple, delicious and full of flavour, this aromatic squash and parsnip bake makes a rustic side dish.

Ingredients

750g butternut squash,
peeled and cut into chunks

400g parsnip, peeled and sliced
into quarters lengthways

4 cloves of garlic, crushed

8 tbsp olive oil

3 tbsp pure maple syrup

3 tsp ground coriander

2 tsp ground cloves

2 tsp ground cinnamon

2 tsp chilli flakes

2 tsp sea salt

1 tbsp black pepper

6 - 8 sprigs of thyme

Method

Preheat oven to 190°C/Gas 5. In a large oven-proof dish, place the squash, parsnip and garlic. Mix all dry ingredients together in a bowl and add the oil and maple syrup. Stir fully, pour over the vegetables and toss together to ensure an even coating. Cover with foil and bake for 25 minutes. Stir and continue to cook for a further 15 minutes with foil removed adding in sprigs of fresh thyme until the vegetables gain crisp edges and are roasted fully.



Vegan



Chef's tip

Preferably golden maple syrup for its delicate taste.



Tempura fish tacos with maple and sweetcorn relish



Prep
20 mins



Cooking
8 - 10 mins



Serves
4

Light tempura fish tacos with maple syrup make a great sharing dish.

Ingredients

4 thick fillets of skinless white fish (750g - 850g) cut into large chunks

8 medium sized soft tortillas

4 - 5 iceberg lettuce leaves, shredded

2 ripe avocados, peeled, destoned and flesh diced

Handful chopped coriander

1 lime, cut into wedges

Tempura batter mix:

100g cornflour

50g plain flour

100ml sparkling water

1 tsp ground cumin

1 tbsp pure maple syrup

1 tsp paprika

1 tsp sea salt

1 litre vegetable oil for frying

Method

In a bowl, mix together the tempura ingredients and set aside.

Meanwhile, bring a heavy bottomed pan filled with vegetable oil to a high heat. To test the oil temperature for cooking, the batter mix should sizzle when a few drops are added to the pan. Dip each piece of fish into the batter mix and gently place into the hot oil. Fry gently for 2 minutes, turning the fish over during frying. Transfer to a plate covered with paper towel, to absorb excess oil. Warm the tortillas on a heated griddle pan, then fill with the shredded lettuce, avocados, sweetcorn relish and fish. Top with chopped coriander and serve with lime wedges.



Chef's tip

Preferably golden maple syrup for its delicate taste.



Ingredients: Sweetcorn relish

150g tinned sweetcorn, drained

3 tbsp pure maple syrup

1 red chilli, finely diced

1 small red onion

2 tbsp white wine vinegar

Method: Sweetcorn relish

Prepare the relish in a bowl by stirring together the sweetcorn, maple syrup, chilli, red onion and white wine vinegar.

Chicken, bacon, and pea penne with maple



Prep
20 mins



Cooking
30 - 40 mins



Serves
4 - 6

Elevate your pasta with a dash of maple syrup. The smoked bacon works particularly well with the sweetness of the maple.

Ingredients

500g penne pasta
600g chicken breast,
cut into chunks
8 rashers of smoked
bacon, diced
1 red onion, finely sliced
400g baby spinach, washed
150g peas (frozen or
tinned garden peas)
Handful of cherry
tomatoes, halved
150g grated parmesan

Maple dressing:

3 tbsp olive oil
1 tbsp maple vinegar,
or cider vinegar
1 tbsp pure maple syrup
½ lemon, juiced and zested

Method

Bring a medium-sized pan of water to boil and season with salt. In a separate pan, fry the chicken until the juices run clear. Then add the bacon and red onion and continue to cook for a further 5 minutes. Add the cherry tomatoes and peas and stir together. Cook the penne pasta in boiling water for 9 - 11 minutes. Drain and add the pasta to the chicken. Remove from heat and add spinach to wilt. Season with salt and pepper. Top with zested lemon and grated parmesan.

To make the dressing:

Combine the olive oil, maple vinegar, maple syrup and lemon juice in a bowl and pour over pasta. Stir together to combine and serve.



Chef's tip

Preferably golden maple syrup for its delicate taste.





Maple and citrus bulgur wheat salad with baby carrots and fennel



Prep
20 mins



Cooking
30 mins



Serves
6

Elevate your salad to another level with the amazing flavour combinations of sweet maple and sharp citrus.

Ingredients

400g bulgur wheat
500ml vegetable stock
2 baby fennel bulbs finely sliced,
plus extra for dressing
400g baby carrots,
washed and tops removed
5 tbsp pure maple syrup
4 tbsp olive oil
4 oranges peeled and cut
into segments, save juice
2 tbsp red wine vinegar
Handful of green and
black olives, pitted
Fennel tops for garnish

Method

Preheat the oven to 200°C/Gas 6. In a pan, bring the vegetable stock to the boil. Reduce the heat and cook the bulgur wheat on a low simmer until the stock has been absorbed. In a roasting tin, place the baby fennel and carrots and drizzle with half the olive oil and half the maple syrup. Roast for 10 - 15 minutes. In a separate bowl, whisk the remaining olive oil, maple syrup and orange juice with the red wine vinegar. Add extra chopped fennel to marinade and stir together. Set dressing aside. Transfer cooked bulgur wheat to a warmed serving bowl and add roasted fennel and carrots. Stir through olives. Lightly stir in the orange segments, drizzle over dressing and garnish with baby fennel tops and serve.



Vegan



Chef's tip

Preferably amber maple syrup for its rich taste.

Pumpkin, chestnut and maple soup



Prep
15 - 20mins



Cooking
45 mins



Serves
4

The complementary flavours of pumpkin, chestnut and maple syrup make for a delicious soup. Best served with warm, buttery bread.

Ingredients

500g - 600g pumpkin or butternut squash, peeled and cut into chunks

3 tbsp pure maple syrup

180g pre-cooked chestnuts

1 litre vegetable stock

150ml double cream
plus extra for garnish

30g hazelnuts, rough chopped

Salt and black pepper to taste

Handful chopped chives
for garnish

Method

Preheat the oven to 180C/Gas 4. Put the pumpkin or butternut squash onto a baking tray, drizzle with oil, season with salt and pepper and bake for 30 - 35 minutes until soft. In a large pan, boil vegetable stock then transfer pumpkin from oven to pan and add chestnuts. Continue to cook together for a further 5 - 10 minutes reducing liquid by a third, take off the heat and stir through maple syrup and cream. Meanwhile, dry-fry hazelnuts in a pan to toast and set aside. Pour the pumpkin mixture into a blender or food processor and select the "pulse" setting. Pulse until a smooth consistency is formed. To serve, garnish with hazelnuts, chopped chives and drizzle with extra maple syrup and double cream as desired.



Chef's tip

Preferably golden maple syrup for its delicate taste.







One pot maple magic

Explore the flavour alchemy of maple syrup
with a selection of savoury delights –
everything cooked in a single pot



Vegan maple mac 'n' cheese



Prep
10 mins



Cooking
55 mins



Serves
6

An American classic with a maple twist, deliciously creamy, indulgent and vegan.

Ingredients

350g macaroni pasta

For the vegan cheese sauce:

1 large onion, diced

1 litre unsweetened soya/oat milk

80g dairy-free margarine

100g plain flour

2 tsp English mustard

2 tbsp pure maple syrup

1 tbsp yeast extract

100g vegan cheese, grated

Sea salt and black pepper
for seasoning

100g natural breadcrumbs

Method

Preheat the oven to 180°C/ Gas 4. Cook macaroni as per instructions. Drain when cooked and set aside. In a pan, heat milk and poach onions slowly for 5 minutes. Bring to the boil, remove from the heat, pass milk through a sieve, discard the onions and set aside. In another pan, melt margarine then stir in flour until it forms a thick paste. Add warm milk, stirring all the time until smooth, and simmer 10 minutes to cook out the flour. Stir in mustard, maple syrup, yeast extract and grated vegan cheese. Add macaroni to the sauce and stir fully to combine. Season with sea salt and black pepper. Transfer mixture to a large ovenproof dish or 6 individual pots. Top with breadcrumbs and bake for 35 minutes until bubbling and breadcrumbs are browned and crispy. Leave to stand for a few minutes.



Vegan



Chef's tip

Preferably amber maple syrup for its rich taste.

Mushroom "bourguignon" with Cheddar and maple scone topping



Prep
30 - 35 mins



Cooking
60 mins



Serves
6

A beautiful array of mushrooms with mature Cheddar and maple scones makes a tasty vegetarian meal.

Ingredients

2 tbsp olive oil
4 large carrots, peeled and sliced
2 white onions, diced
2 cloves garlic, finely chopped
Handful of fresh thyme
1kg mixed mushrooms, chopped
3 tbsp pure maple syrup
Salt and pepper, to taste
600ml vegetable stock
(2 stock cubes)

Method

In a large pan, heat oil and add carrots, onion, garlic and thyme and cook together for about 6 - 7 minutes. Add mushrooms, season with pepper and stir in maple syrup. Cook until mushrooms start to brown and excess liquid has reduced by over half. Pour in vegetable stock, bring to the boil, reduce heat then gently simmer for up to 30 minutes leaving thick, glossy juices in the pan. Transfer mushroom mix to a deep oven-proof dish, spread out across the base and set aside.



Chef's tip

Preferably dark maple syrup for its robust taste.



Ingredients: Cheddar and maple scones

140g self-raising flour, sieved

100g wholemeal self-raising flour, sieved

1 tsp salt

100g grated Cheddar, plus extra for topping

1 tbsp pure maple syrup

175ml whole milk

1 egg, beaten

Handful of chopped parsley

Method: Cheddar and maple scones

In a mixing bowl, blend both flours and salt together and add 100g of cheese. Make a well in the middle and slowly add milk and maple syrup. Bring the wet and dry ingredients together using hands to form a ball of dough. Turn dough out onto a floured surface and roll with a pin into a circle about 2cm/1in thick. Cut out discs using a pastry cutter. Re-use excess dough to make more scones until all of the pastry is used. Lay scones on top of the mushroom mix, leaving a small gap between. Transfer to oven and bake for 20 - 25 minutes until scones rise. Five minutes before finished baking, brush each scone with beaten egg, scatter with remaining grated cheese and chopped parsley. Continue to bake until cheese has melted and turned golden brown.



Roast pork with maple and sausage stuffing



Prep
20 mins



Cooking
150 mins



Serves
6

A rich maple and sausage stuffing makes a great accompaniment for classic roast pork belly.

Ingredients

2kg pork belly, boned and rolled.
Ask your butcher to prepare it

Olive oil

Sea salt

Baked maple stuffing:

25g butter

1 onion, finely chopped

2 leeks, finely chopped

3 celery stalks, peeled
and finely chopped

2 carrots, peeled and diced

200g sausage meat

2 tbsp pure maple syrup

1 orange, zest and juiced

50g pecans, chopped

6 sage leaves, chopped

100g breadcrumbs

Salt and pepper for seasoning

Method

Preheat oven to 180°C / Gas 4. Heat a pan and melt butter. Fry onions, leeks, celery and carrots together then add sausage meat. Break up the sausage meat using a spoon and continue to cook for a further 5 minutes. Add maple syrup, orange zest and juice, pecans and sage leaves, breadcrumbs and salt and pepper. Mix together and transfer to a square deep baking tray, levelling out with the back of a fork and set aside. Place rolled pork seam down onto a wire rack inside a deep roasting tray, brush with olive oil and season with salt. Roast pork for 2 ½ hours. Increase oven temperature 25 minutes before the end of the cooking time to help develop crispy pork skin. At the same time, place the stuffing in the oven and bake for 25 minutes until sausage meat is cooked through. Rest the pork for up to 30 minutes before carving.



Chef's tip

Preferably amber maple syrup for its rich taste.

Pan-fried maple salmon



Prep
10 mins



Cooking
12 - 14 mins



Serves
4

Using light and aromatic Asian-inspired flavours, this maple-infused dish can be enjoyed at lunch or dinner.

Ingredients

1 tbsp olive oil
4 x 150g salmon fillets
1 lime quartered
Handful of coriander

Maple glaze:

5 tbsp pure maple syrup
2 tbsp soy sauce
1 tbsp sesame oil
2 cloves garlic, finely chopped
20g fresh grated ginger
1 red chilli sliced
Sesame seeds
Salt and pepper to season

Method

In a bowl, whisk maple syrup, soy sauce, sesame oil, ginger, garlic, chilli and sesame seeds together. Transfer to a sealable food bag and add salmon fillets. Place in the refrigerator for at least an hour and leave to infuse. Heat a heavy bottomed pan on high with oil and place salmon fillets skin side down. Gently fry and cook the other side after 3 minutes. Garnish with lime and coriander.



Chef's tip

Preferably amber maple syrup for its rich taste.





Vegan aubergine and maple hot pot



Prep
15 - 20 mins



Cooking
45 - 50 mins



Serves
4 - 6

Bursting with flavour, this veggie one-pot special is great for sharing with family and friends.

Ingredients

2 tbsp olive oil
2 large onions, roughly chopped
3 tsp ground cumin
3 cloves of garlic, thinly sliced
Piece of fresh ginger, sliced
2 red chillies, finely sliced
plus extra for garnish
1 ½ tbsp wholegrain mustard
4 tbsp pure maple syrup
2 tbsp tomato purée
Salt and pepper to season
2 x 400g tins of chopped tomatoes
4 aubergines, diced
250ml vegetable stock
4 large tomatoes, cut into chunks
200g vegan yoghurt
Handful of fresh,
chopped coriander

Method

Heat oil in a heavy bottomed pan. Add onions and cumin and fry for 2 minutes. Add garlic, ginger and red chillies and cook for a further 2 minutes. Add wholegrain mustard, maple syrup and tomato purée, season with salt and pepper and add tinned tomatoes. Stir in aubergines, cover with stock and simmer for 25 - 30 minutes to reduce liquid by half. Add fresh tomatoes about 20 minutes before the end. When ready to serve, stir in yoghurt and garnish with red chillies and coriander. Serve hot with rice.



Chef's tip

Preferably amber maple syrup for its rich taste.

Maple beef casserole with winter root vegetables



Hearty and wholesome, this slow-cooked beef, with a dash of maple sweetness, is well worth the wait.

Ingredients

2 tbsp vegetable oil

850g – 1kg lean braising steak cut into chunks

6 bacon rashers, chopped

2 onions peeled and diced

4 carrots, peeled and cut into chunks

1 small swede, peeled and cut into chunks

2 cloves of garlic, chopped

1 tbsp tomato purée

3 tbsp pure maple syrup

50ml Worcestershire sauce

20g fresh thyme

1 bay leaf

1 litre beef stock

150ml red wine

1 tsp cornflour plus 2 tsp of water mixed together

Method

Preheat oven to 160°C/Gas 3. Heat oil in a large casserole dish and brown the beef and bacon together. Remove meat and set aside. Using the same casserole dish, add the onions, carrots and swede and cook for about 5 minutes to soften. Add the garlic, tomato purée, maple syrup and Worcestershire sauce then return the beef and bacon to the casserole dish, stir together and cook for another 10 minutes. Add the thyme and bay leaf and cover with the beef stock and red wine. With the lid on, transfer to the oven and bake for 2 hours until all the meat and vegetables are cooked. Remove casserole from the oven and stir in the mixed cornflour and water mix into the cooked casserole. Serve with buttery creamed mashed potato.



Chef's tip

Preferably amber maple syrup for its rich taste.





Summer vegetable pilaf with maple



Prep
15 - 20 mins



Cooking
30 mins



Serves
6

Fluffy rice that's full of flavour – enjoy this pilaf with the rich sweetness of maple and fresh vegetables.

Ingredients

2 tbsp olive oil
3 large red onions,
peeled and sliced
3 garlic cloves, peeled and sliced
2 tbsp wholegrain mustard
3 tbsp pure maple syrup
2 courgettes, sliced into discs
Salt and pepper to season
200ml vegetable stock
6 - 8 fresh tomatoes, mixed variety,
cut into quarters
250g basmati rice

Method

Heat olive oil in a heavy-bottomed pan. Add onions and garlic and fry until soft. Next add mustard, stir in maple syrup then add courgettes. Season with salt and pepper. Add vegetable stock followed by tomatoes, mix together then leave to simmer on a medium heat for about 20 - 25 minutes allowing the liquid to reduce down. In the meantime, boil rice following packet instructions. When cooked, transfer rice to the pan with courgettes and tomatoes. Fold in rice, check for seasoning and serve.



Chef's tip

Preferably amber maple syrup for its rich taste.



Chicken and bean maple bake



Prep
10 mins



Cooking
80 mins



Serves
6

Tender chicken packed with robust flavours and paired with butter beans, crème fraiche and spinach.

Ingredients

6 large chicken thighs
4 leeks sliced at an angle
2 x 400g butter beans, drained
750ml chicken stock
200g crème fraiche
300g baby spinach
150g Parmesan cheese

Marinade:

200ml pure maple syrup
2 tbsp Worcestershire sauce
8 tbsp olive oil
2 tbsp wholegrain mustard
1 tbsp soy sauce
3 garlic cloves, crushed
Salt and pepper to taste

Method

Mix all marinade ingredients together and cover the chicken. Leave to infuse overnight. Heat oven to 200°C/Gas 6. In an oven-proof tray, heat oil and seal chicken skin side down until crisp and brown, and then turn over and seal. Cook for 8 - 10 minutes in oven. Turn oven down to 160°C/Gas 3 and add leeks, butter beans, chicken stock and leave to slow cook for 1 hour until juices run clear. Before serving, add crème fraiche and spinach to wilt and cook for a further 10 minutes. Finish with grated Parmesan.



Chef's tip

Preferably dark maple syrup for its robust taste.



Sweet spiced roast beef with maple chickpea mash



Prep
20 mins



Cooking
55 - 60 mins



Serves
6

An alternative twist on roast beef, maple adds depth of flavour and a sweetened note to creamy chickpea mash.

Ingredients

2kg topside of beef joint

Topside rub:

2 cloves of garlic, finely minced

2 tbsp olive oil

2 tbsp pure maple syrup

1 tsp ground cumin

1 tbsp sea salt

1 tsp paprika

Chickpea mash:

2 x 400g tin of chickpeas, drained

1 onion, finely sliced

2 tbsp olive oil

¼ tsp of paprika

1 tbsp pure maple syrup

Thyme sprigs

Method

Preheat oven to 160°C/Gas 3. In a bowl, blend the beef rub ingredients together to make a paste. Put the joint in a snug-fit roasting tin and rub the paste all over. Transfer to the oven and roast for 55 minutes based on a 2kg weight for medium-rare. Remove from the oven when cooked, keep covered with foil and leave to rest before carving. For the chickpea mash, bring a pan of lightly salted water to the boil and add chickpeas. Reduce heat and simmer until chickpeas are tender. Drain off the excess water and save about 100ml. In another pan, heat olive oil and soften the onions then stir in paprika and maple syrup. Transfer chickpeas and cooked onions to a food processor. Purée together until smooth and creamy, slowly adding a little chickpea water if required to loosen. Carve roast beef and serve with a generous helping of sweetened and creamy chickpea mash with a few sprigs of thyme for garnish.



Chef's tip

Preferably dark maple syrup for its robust taste.

Baked beans – maple style



These flavoursome baked beans with toasted sourdough provide a luxury twist on a classic staple.

Ingredients

2 tbsp olive oil
1 large onion, peeled and diced
2 carrots, peeled and diced
250g smoked streaky
bacon, chopped
4 tbsp pure maple syrup
1 garlic clove, crushed
2 tbsp smoked paprika
2 - 3 bay leaves
1 tbsp Dijon mustard
2 x 400g tinned haricot beans or
400g dried and soaked overnight
in water
250ml vegetable stock
Salt and pepper to season

Method

Preheat oven to 160°C/Gas 3. In a pan, heat oil and fry onions with carrot, bacon, maple syrup, garlic and paprika for about 5 minutes. Add bay leaves and Dijon mustard and stir. Transfer ingredients to an ovenproof dish, add beans followed by stock and stir together. Bake for 25 - 30 minutes, without the lid to allow water to evaporate, leaving juices marinating the beans. Serve on toasted sourdough.



Chef's tip

Preferably dark maple syrup for its robust taste.







The big maple weekend

The weekend starts here... crowd-pleasing vegetable, meat and fish dishes, elevated by the unique flavours of pure maple syrup

Maple and soy glazed mackerel



Prep
15 mins



Cooking
25 mins



Serves
4

Packed with fatty acids, rich tasting mackerel pairs beautifully with these sweet, sticky flavours.

Ingredients

4 whole mackerel, descaled
4 tbsp olive oil for greasing
Zest and juice of 1 lime
2 tbsp soy sauce
2 tbsp pure maple syrup
Thumb-sized piece of ginger, peeled and grated
1 lemon, halved and griddled
4 vine tomatoes, halved and griddled
Fresh parsley, chopped

Method

Preheat the oven to 170C/Gas 4. Make 3 - 4 shallow, diagonal incisions into the mackerel and season with olive oil, salt and pepper to taste and grated lime zest. Squeeze over juice of half a lime and leave to marinate for 10 minutes. Heat an oven-proof griddle pan on high and lightly brush with oil. When hot, griddle the mackerel for 5 minutes on each side. Transfer pan to the oven to bake for a further 15 minutes until flesh is no longer translucent. Meanwhile, put together soy sauce, maple syrup and ginger in a saucepan and bring to the boil. Lower heat to a simmer and reduce liquid by half to a glossy, sticky consistency. Plate mackerel and drizzle with the maple and soy glaze and serve with griddled vine tomatoes and a squeeze of a lemon.



Chef's tip

Preferably amber maple syrup for its rich taste.





Baby back ribs with a tangy maple glaze



Prep
10 mins



Cooking
150 mins



Serves
4

Gloriously sticky ribs with a caramelised maple glaze, oozing with flavour.

Ingredients

2 racks baby back ribs

for the pork rib glaze:

605ml tomato ketchup

2 tbsp Worcestershire sauce

2 tbsp pure maple syrup

2 tbsp cider vinegar

1 tbsp Dijon mustard

1 tbsp smoked paprika

1 tsp dried oregano leaves

1 tsp ground cumin

Method

Pre-heat oven to 160C/Gas 3. Combine all glaze ingredients together and gently warm on a low heat in a pan. Add a splash of water to keep consistency pourable yet glossy. Leave $\frac{1}{4}$ of glaze for later. Lay ribs on a baking tray and fully coat with glaze using a pastry brush. Cover with foil and oven bake for 2 hours. Remove ribs from oven and coat with the remaining glaze. Return re-glazed ribs uncovered to the oven and bake for a further 25 minutes, until crispy edges appear and caramelised sauce shows. Serve with a tangy homemade slaw and garnish with chopped spring onions.



Chef's tip

Preferably amber maple syrup for its rich taste.

Cauliflower and tofu maple korma



Prep
30mins



Cooking
40 - 45 mins



Serves
6

Easy to prepare, this fragrant vegan korma is subtly enhanced by golden maple syrup.

Ingredients

60g blanched almonds
2 tbsp pure maple syrup
Salt and pepper to season
1 tbsp olive oil
1 onion, diced
2 cloves garlic, crushed
1 green chilli, finely chopped
15g fresh ginger, peeled and grated
1 tsp ground cardamom
1 tbsp ground coriander
1 tbsp ground cumin
½ tsp ground turmeric
400ml - 500ml water

Method

In a food processor, blend almonds, maple syrup and salt and pepper together until smooth. In a pan, heat olive oil and fry onion, garlic, chilli and grated ginger until soft. Add ground cardamom, coriander, cumin and turmeric and cook for a further 5 minutes. Add the contents of the pan to the food processor and blend together for 60 seconds. Transfer korma sauce to a saucepan, add water, stir and simmer on a low heat to warm through.



Vegan



Chef's tip

Preferably golden maple syrup for its delicate taste.



Ingredients: Cauliflower and tofu

Hard tofu, cubed

1 tbsp pure maple syrup

1 tbsp olive oil

Bunch spring onion,
chopped for garnish

Method: Cauliflower and tofu

In a bowl, toss cauliflower florets and cubed tofu together in maple syrup and olive oil. Transfer to a baking tray, season with salt and pepper and oven roast for 20 - 25 minutes until tofu is golden brown and cauliflower is cooked through. Into serving bowls, ladle the warmed korma sauce over the roasted cauliflower and tofu. Garnish with chopped spring onions and serve with rice.



King prawn and spicy maple coconut curry



Prep
10 mins



Cooking
20 mins



Serves
6

This spicy, creamy coconut curry is quick to cook but delivers on taste.

Ingredients

2 tbsp olive oil
400g shelled king prawns
1 bunch spring onion,
finely chopped
30g fresh ginger, peeled
and finely sliced
2 cloves garlic, sliced
2 red chillies, finely sliced
3 tbsp Madras curry paste
1 ½ tins of 400ml
coconut milk
4 tbsp pure maple syrup
700ml water
360g basmati rice
Salt and pepper to taste
Fresh chopped coriander
for garnish
1 lime, squeezed

Method

In a pan heat olive oil and flash-fry king prawns for 2 - 3 minutes until opaque. Remove from pan and set aside. Heat more oil and add spring onions, ginger and garlic. Cook for 5 minutes then add half of the red chillies and Madras paste. Keep stirring together and slowly pour in coconut milk and maple syrup. Bring to the boil, add water then turn down to a simmer. Reduce liquid by ¼. Prepare rice according to packet instructions. Five minutes before serving, add part-cooked prawns to the Madras curry sauce, stir through to fully heat and finish off cooking. Serve curry with rice. Garnish with chillies, fresh chopped coriander and a squeeze of lime juice.



Chef's tip

Preferably amber maple syrup for its rich taste.

Moroccan-style maple lamb with spiced chickpeas



Prep
20 mins



Cooking
240 mins



Serves
4

Slow-cooked lamb and chickpeas flavoured with Moroccan spices and maple syrup makes a great sharing platter.

Ingredients

1.2kg lamb shoulder
2 tbsp olive oil plus extra

Moroccan spice rub:

1 tbsp ginger
1 tbsp cumin
1 tbsp paprika
1 tbsp cinnamon
1 tbsp turmeric
1 tsp salt
1 tbsp black pepper
2 cloves garlic, chopped
2 tbsp harissa paste
4 tbsp pure maple syrup
175g natural breadcrumbs

Method

Mix all spice rub ingredients together in a bowl and spread all over scored lamb. Transfer to a deep roasting tin and cover with foil. Leave to marinate overnight in the fridge. Preheat oven to 150°C/ Gas 3. Place marinated lamb in the oven and slow cook untouched for 3.5 to 4 hours. Transfer to serving plate, still covered with foil, and let the meat rest before serving.



Chef's tip

Preferably dark maple syrup for its robust taste.



Ingredients: Chickpeas

2 red onions, sliced
3 garlic cloves, chopped
2 x 400g tinned chopped tomatoes
2 x 400g tinned chickpeas, drained
2 tbsp ras el hanout
Fresh coriander, chopped
Salt and pepper for seasoning
600ml chicken stock

Method: Chickpeas

Halfway through cooking the lamb, prepare chickpeas by heating olive oil in a casserole dish and cook onions with garlic for 5 minutes. Add tomatoes, chickpeas, ras el hanout. Stir in chopped fresh coriander, season with salt and pepper and cover with chicken stock. Mix together, replace lid and cook on a low heat for up to 2 hours in the oven. Serve chickpeas with lamb and natural yoghurt. Garnish with fresh chopped coriander.



Seared scallops with maple roasted cauliflower and pancetta



Prep
10 mins



Cooking
40 mins



Serves
6

Succulent caramelised scallops, paired with roasted spiced cauliflower and the delicate sweetness of maple syrup.

Ingredients

1 large cauliflower,
leaves removed

450ml whole milk

3 tbsp pure maple syrup plus
extra for drizzling

30g sultanas

12 slices of pancetta

18 scallops, roe removed

20g unsalted butter

Cauliflower spice mix:

2 tbsp olive oil

2 tbsp pure maple syrup

1 tsp cumin

1 tsp turmeric

1 tsp ground coriander

Method

Heat oven to 180°C/Gas 4. Cut cauliflower into florets. In a pan, poach half the florets with milk and maple syrup. Cover and simmer florets until tender, then drain and transfer to a food processor to purée and set aside. (Retain 100ml of poaching liquid and use as required to increase smoothness of purée). To make the spiced cauliflower, mix together the cauliflower spice mix in a separate bowl and add the remaining half of the florets, toss to fully coat. Spread cauliflower across a baking tray and roast for 15 minutes, adding sultanas 5 minutes before the end. At the same time and on a separate baking tray, drizzle pancetta with maple syrup and roast until crispy. Whilst cauliflower and pancetta are roasting, melt butter in a hot pan and sear scallops 2 - 3 at a time for 1 ½ minutes each side until golden brown. Serve scallops with pureed and roasted cauliflower and crispy maple pancetta.



Chef's tip

Preferably golden maple syrup for its delicate taste.

Maple "Waldorf" with chorizo



Prep
15-20 mins



Serves
4 - 6

This Canadian take on a classic Waldorf salad works well as a main meal or can be served as a side dish.

Ingredients

200g chorizo sausage, sliced
3 red apples, cored and sliced
100g seedless red grapes, halved
60g walnuts, halved
3 leaves of baby gem lettuce, sliced
3 sticks of celery, peeled
and chopped

Dressing:

4 tbsp natural yoghurt
2 tbsp balsamic vinegar
3 tbsp pure maple syrup
2 tbsp olive oil
½ lemon, juiced and zested
Salt and pepper to season

Method

In a bowl, whisk together the dressing ingredients then add chorizo, apple, grapes, walnuts, lettuce and celery and stir together to fully coat in dressing. Garnish with celery tops.



Chef's tip

Preferably amber maple syrup for its rich taste.





Butternut squash and maple pilaf



Prep
15 mins



Cooking
50 - 60 mins



Serves
4 - 6

Roasted sweet butternut squash with maple pilaf rice makes a super easy, tasty meal.

Ingredients

750g butternut squash, peeled, deseeded and cut into chunks

1 tbsp sea salt

6 tbsp olive oil

240g – 360g basmati rice
(60g per person)

Several sprigs of thyme

100g butter

3 medium white onions,
thinly sliced

1 cinnamon stick

2 star anise

1 tsp allspice

½ tsp ground cardamom

3 tbsp pure maple syrup

60g sultanas

50g toasted flaked almonds

Method

Preheat oven to 220°/Gas 8. In a bowl, place the squash, thyme, salt and olive oil and mix together. Spread onto a baking tray and roast for 30 minutes or until tender. Meanwhile, bring a litre pan of water to the boil and follow rice cooking instructions. Melt butter in a separate pan and add onions, cinnamon, star anise, allspice and cardamom, stir and cook until onions are soft. Reduce heat and add maple syrup, stirring in the sultanas and almonds. Cook for a further 5 minutes. Check the squash is tender and remove from the oven and add to pan with onions, sultanas and almonds. Drain rice and add to the butternut squash pan, stir together, season as required and serve.



Chef's tip

Preferably dark maple syrup for its robust taste.

Maple pork loin, pineapple and roast potatoes



Prep
15 mins



Cooking
20 mins



Serves
4

A new maple take on the classic pork and pineapple pairing – great with a crisp green salad.

Ingredients

4 pork loin steaks, boneless
100g plain flour
½ tsp ground turmeric
½ tsp ground cumin
Salt and pepper to taste
2 eggs, beaten
50g natural breadcrumbs
3 tbsp sunflower oil for light frying

Glazed pineapple:

5 tbsp pure maple syrup
250g tinned, sliced pineapple, keep juice
1 red chilli, finely sliced plus extra for garnish
40g fresh ginger
1 garlic clove

Potatoes:

See facing page for potato ingredients

Method

Preheat oven to 170°C/Gas 3. In a pan, gently heat maple syrup and pineapple juice. Add chilli, ginger and garlic and simmer together reducing liquid by half and set aside to cool completely. Set out 3 bowls. Mix flour, turmeric, cumin, pepper and salt in one. Put beaten eggs and cooled pineapple and maple reduction in the second bowl and breadcrumbs in the last bowl. Using a 3 - step coating process, dip the pork loin into each bowl starting with flour, then egg and pineapple reduction and then breadcrumb. Set coated pork aside on a plate. In a roasting tray, toss potatoes in sunflower oil, sprinkle with nigella seeds and oven bake for about 35 minutes or until roasted. At the same time, heat 3 tbsp of sunflower oil in a shallow pan and fry coated pork loins for 6 - 8 minutes until golden. Transfer the pork to an ovenproof dish and finish off cooking for a further 20 minutes in the oven or until meat is no longer pink. Using the same shallow pan and residual oil, warm the pineapple rings. Serve pork loins topped with pineapple rings accompanied by roast potatoes and a fresh green salad.

Chef's tip

Preferably dark maple syrup for its robust taste.





Ingredients: Potatoes

4 - 5 roasting potatoes, quartered

2 tbsp sunflower oil

2 tsp nigella seeds



Maple and apple pot pie



Prep
15 -20 mins



Cooking
40 - 45 mins



Serves
8

This simple but tasty fruit pot pie combines sweet apples and maple for a family favourite.

Ingredients

375g pack of ready-rolled shortcrust pastry

5 apples, peeled, cored and cut into chunks

3 tbsp pure maple syrup

2 tsp cinnamon

1 lemon, juiced and zested

100g sultanas

1 beaten egg for pastry egg wash

Maple sugar, for dusting

Method

Heat oven to 180C/Gas 6. Follow packet instructions for preparing pastry. In a pan, cook apples on a medium heat with maple syrup, cinnamon, lemon juice, zest and sultanas. Try and keep apples chunky in texture and shape. In an ovenproof dish spread out apples and carefully place pastry over the top. Trim excess pastry with a sharp knife and secure the edges down using the back of a fork. Lightly brush pastry with beaten egg and then prick pastry with a fork. Bake for 15 - 20 minutes until golden brown. Dust with maple sugar and serve.



Chef's tip

Preferably amber maple syrup for its rich taste.





Just maple desserts

Maple syrup is made for sweet treats,
from family favourites to celebration
show-stoppers



Plum and almond traybake



Prep
20 mins



Cooking
35 mins



Serves
12

Maple syrup, plum and almond is a winning flavour combination. Serve straight from the oven with ice cream.

Ingredients

250g softened unsalted butter
160g maple sugar
300g ground almonds
plus 25g extra for filling mix
140g plain flour, plus
25g extra for filling mix
2 eggs
2 tsp cinnamon
1 tsp baking powder
6 plums, stoned, halved
and cut into thin slices
(about 6 per plum)
1 tbsp pure maple syrup
50g flaked almonds

Method

Preheat the oven to 180°C / Gas 4 and line a rectangular baking tray with greaseproof paper. In a large bowl, mix together the butter, maple sugar and ground almonds until the mixture resembles breadcrumbs. Divide the mixture and place half into another clean bowl. Add the flour to one of the bowls and bring the mixture together using your hands to form a dough ball. Tip the mixture onto the lined baking tray and gently flatten down all over. Bake in the oven for 15 minutes, or until golden in colour, remove and leave to cool on a wire rack. Prepare the filling by adding the eggs, extra flour, additional ground almonds, 2 tsp of cinnamon and baking powder to the remaining mix and stir together. Transfer mixture to the cooled almond base and spread evenly. Top neatly with plum slices. Bake for another 15 - 20 minutes, remove from oven and cover with maple syrup. Scatter the flaked almonds and bake for a final 5 minutes or until browned. Take care not to burn the almond flakes.



Chef's tip

Preferably golden maple syrup for its delicate taste.

Vegan maple pancakes



Prep
10 mins



Cooking
5 mins



Serves
6 - 8

These dairy-free vegan pancakes are too good to have only once a year. Maple syrup and pancakes are simply made for each other.

Ingredients

500g gram flour (chickpea flour)
1 tbsp baking powder
3 tbsp pure maple syrup, plus extra for topping
300ml water or almond/oat milk
1 tsp vegetable oil

Method

In a large bowl, add the dry ingredients. Slowly adding water or almond/oat milk, whisk together to form a thick batter. Heat oil in a frying pan and add a ladle of batter mix. Leave to spread out into a thick circular shape. Look for air bubbles, browning and dry edges on one side then flip to cook the other side for 1 minute. Plate and serve with toppings of your choice including extra maple syrup.



Vegan



Chef's tip

Preferably golden maple syrup for its delicate taste.



Chocolate, avocado and maple vegan tart



This indulgent vegan chocolate tart is perfect for parties. It's rich, subtly sweet and totally delicious.

Ingredients

175g hazelnuts
1 tbsp coconut oil
3 tbsp pure maple syrup
plus an extra 2 tbsp
Pinch of salt
135g dried dates,
pitted and halved
4 avocados, peeled,
stone removed
100g cocoa powder
45g dried goji berries
Handful of raspberries and
edible flowers for garnish

Method

To make the hazelnut base, blend the hazelnuts into a fine texture then add coconut oil, 3 tbsp of maple syrup and salt. Bring together to form a spreadable consistency. Spread this mixture into the base of a round springform tin and leave to chill in the refrigerator overnight.

In a food processor, blend the dates and 2 tbsp of maple syrup into a smooth paste and add the avocado flesh. Pulse until smooth. Pour blender contents into a bowl and stir in cocoa powder and goji berries. Combine well together. Remove set hazelnut base from the refrigerator and spoon and spread over the date and avocado mix. Smooth and level out using a palette knife and leave to refrigerate overnight to fully set. Dress with the raspberries and edible flowers. Slice using a warmed knife when ready to serve. Prepare the tart in advance to take the stress out of entertaining and store covered in the fridge.



Vegan



Chef's tip

Preferably amber maple syrup for its rich taste.





Maple bundt party cake



Prep
20 mins



Cooking
40 - 50 mins



Serves
6

Whatever you're celebrating, mark the occasion in style with this deliciously zesty maple party cake.

Ingredients

150g soft butter
200g maple sugar
3 medium eggs, beaten
2 tbsp pure maple syrup
150g self-raising flour
Zest of 4 oranges
(plus extra zest for decoration)
½ tsp baking powder
1 tsp salt

Icing:

150g icing sugar
1 tbsp pure maple syrup

Method

Preheat the oven to 180°C/Gas 4. Grease a large bundt tin with non-stick cooking spray. Beat together the butter and maple sugar in a bowl until light and creamy. Gradually add the eggs and maple syrup. Continue to mix, folding in the flour and orange zest. Add baking powder, salt and stir. Pour cake mixture into the bundt tin and bake for 50 minutes until golden brown. Allow to stand for a few minutes before turning the cake upside down onto a plate and transferring to a wire rack to cool. To make the topping, blend together the icing sugar and maple syrup to make a smooth and pourable glaze. Drizzle over the bundt cake, leave to set. Garnish with extra orange zest. Decorate the cake with edible flowers for a pretty, fresh finish.



Chef's tip

Preferably golden maple syrup for its delicate taste.

Berry and maple pavlova



An irresistible dessert with a crunchy, sweet outside and a moreish chewy inside, wonderful with summer berries.

Ingredients

4 egg whites
250g maple sugar
1 tsp white wine vinegar
1 tsp cornflour
1 tsp vanilla extract
1 litre whipping cream
500g strawberries, washed,
stalks removed and quartered
300g blackberries,
washed and halved
300g blueberries, washed
300g apricots,
stoned and quartered
120g pure maple syrup,
plus extra for drizzling

Method

Preheat the oven to 150°C/Gas 2. On a baking paper, draw around your serving plate in pencil to mark the shape for your meringue. Using a hand-held mixer, whisk the egg whites together until they form stiff peaks. Then add maple sugar a tablespoon at a time until the appearance is glossy and smooth. Whisk in the vinegar, cornflour and vanilla extract. Pour the mixture onto the baking paper and keep within the drawn circle. Spread out using a palette knife creating a dip in the centre. Keep sides slightly higher than the middle. Transfer onto a tray and bake in the oven for 1 hour. Turn off the heat and allow the meringue to completely cool whilst in the oven. For additional layers, repeat the process. Once all the meringue layers have thoroughly cooled, whisk together the cream and maple syrup in a bowl to form soft peaks and spread between each layer of meringue topped with a mixture of prepared fruits and drizzled with maple syrup.



Chef's tip

Preferably golden maple syrup for its delicate taste.





Coffee, maple and walnut cake



Prep
30 mins



Cooking
40 mins



Serves
12

This classic British coffee and walnut cake gets a Canadian twist with golden maple syrup.

Ingredients

5 tsp strong instant coffee
2 tbsp pure maple syrup
150ml buttermilk
175g unsalted butter
150g maple sugar
3 large eggs
200g self-raising flour
50g cornflour
½ tsp bicarbonate of soda
75g rough chopped walnuts

Buttercream icing and filling:

300g softened unsalted butter
275g maple sugar
4 tbsp of instant coffee
25g walnuts, chopped/halved for decoration

Method

Preheat the oven to 180°C/ Gas 4 and lightly grease two 8" round cake tins. Dissolve the coffee granules in the maple syrup and stir in the buttermilk before mixing together. In a large mixing bowl, add the butter, maple sugar and eggs and beat until creamy and fluffy. To this, add flour, cornflour and bicarbonate of soda and stir together slowly adding coffee, maple and buttermilk mix. Fold through. Finally, stir through the chopped walnuts. Divide mixture evenly between both cake tins, place on a middle shelf and bake for 35 minutes, reducing temperature to 155°C/Gas 2 after 25 minutes. Remove from oven and leave to stand in the tins for 2 minutes before turning out onto wire racks to cool.

To make the topping:

Place the butter, maple sugar and coffee into a bowl and beat together until creamy, light and fluffy. Make sure the coffee granules are fully dissolved and blended in. Divide mixture in two and when sponge cakes are fully cooled, apply a thick layer of butter cream to one side and spread out all over to the edges. Cover with second sponge and apply remaining butter cream to the top, spread and decorate with walnut halves.

Chef's tip

Preferably golden maple syrup for its delicate taste.



Fig and maple frangipane tart



Prep
20-25 mins



Cooking
45 mins



Serves
12

Impress your family and friends with this figgy maple tart. Naturally sweet maple pairs perfectly with this luscious fruit.

Ingredients

130g unsalted butter, softened
160g maple sugar
1 tbsp finely grated lemon zest
1 tbsp finely grated orange zest
3 medium eggs
1 tsp vanilla essence
180g ground almonds
80g flaked almonds
75g plain flour, sieved
2 tbsp pure maple syrup, plus
an extra 2 tbsp for glazing
½ tsp baking powder
4 figs, quartered

Method

Preheat the oven to 180°C / Gas 4. Lightly grease a round 28cm, fluted loose-bottomed tart tin. Beat the butter, maple sugar, lemon zest and orange zest in a bowl until smooth and light. Gradually whisk in the eggs and vanilla essence followed by ground and flaked almonds, sieved flour, maple syrup and baking powder. Pour into the tart tin and smooth over. Arrange figs and press down into place onto the almond filling. Place tart tin onto a baking tray and transfer to oven. Bake for 45 minutes until slightly risen and golden brown. Remove from the oven and brush figs with extra maple syrup whilst still hot.



Chef's tip

Preferably amber maple syrup for its rich taste.





Quick and easy maple sponge pudding



Prep
10 mins



Cooking
6 mins



Serves
4 - 6

This simple maple sponge pudding takes minutes to prepare so it's ideal for any day of the week.

Ingredients

100g softened unsalted butter,
plus extra for greasing

3 - 4 tbsp pure maple syrup

50g maple sugar

100g self-raising flour

2 large eggs

2 tbsp whole milk

Method

Grease a 1 litre microwavable pudding basin/bowl with butter and add 3 - 4 tbsp of maple syrup into the base. In a separate bowl, beat the butter and maple sugar together until light and creamy. Gradually add the eggs, milk and flour and mix well together. Pour the mix into the pudding bowl, on top of the syrup. Level up using the back of a spoon. Place pudding bowl into a microwave and on a heatproof plate without a lid. Microwave for 6 minutes and leave to stand for 1 - 2 minutes before serving. Cover with a plate and turn upside down and out onto your serving plate. Drizzle more maple syrup if desired and serve with clotted cream, ice cream or hot custard.



Chef's tip

Preferably golden maple syrup for its delicate taste.

Iced maple lemon cake



This tangy iced lemon loaf cake can be enjoyed at anytime of the day – or night.

Ingredients

225g unsalted butter, softened
plus extra for greasing

175g maple sugar

4 medium eggs

4 tbsp pure maple syrup

225g self-raising flour, sieved

1 tsp baking powder

1 ½ tsp ground ginger

Zest of 1 lemon

Iced topping:

Juice of ½ lemon

2 tsp pure maple syrup

150g icing sugar

Method

Preheat the oven to 160°C/Gas 3 and grease a loaf tin with butter.

In a large bowl, beat together the butter and maple sugar until pale, creamy and fluffy. Mix in eggs one at a time, followed by maple syrup. To this, fold in the flour, baking powder, ginger and lemon zest and stir to fully combine. Pour into a greased loaf tin and smooth over the top. Bake for 50 - 60 minutes or until an inserted skewer comes out clean. Remove from the oven, turn out onto a wire rack and leave to cool. Meanwhile, mix together all of the iced topping ingredients in a small bowl until a thick but pourable consistency is formed. When the cake is fully cooled, pour the topping in a zig-zag motion and leave to set. Garnish with extra lemon zest and serve. Keep in an airtight container for 3 - 4 days or freeze straightaway for up to a month.



Chef's tip

Preferably amber maple syrup for its rich taste.





British summer fruit trifle with maple



Prep
30 mins



Serves
8 - 10

Fruit trifle is a British classic and you'll love this twist with added maple syrup. It makes a colourful table centrepiece for a summer celebration.

Ingredients

12 trifle sponge fingers
200g fresh strawberries, washed, destalked and quartered
2 sachets of strawberry flavour jelly crystals plus 285ml of hot water
3 tbsp pure maple syrup
300ml ready-made custard
125ml whipping cream
125g fresh blueberries
125g fresh raspberries
100g fresh blackberries

Method

Break the sponge fingers into pieces and place in the base of the trifle dish. Scatter with a handful of strawberries. Dissolve one sachet of jelly crystals in 285ml of boiling water and add the maple syrup. Pour over the sponge fingers and strawberries and leave to set overnight in the fridge. Spread a layer of cold custard over the set jelly and strawberries and top with raspberries and blueberries and set aside. (Leave enough for topping.) Repeat the process for a second layer of jelly and fruit. In a separate bowl, whip the cream to form stiff peaks and generously spread a thick layer on top of the fruit. Decorate with the remaining strawberries, raspberries, blueberries and blackberries and chill to set before serving.



Chef's tip

Preferably dark maple syrup for its robust taste.

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Cooking with maple, naturally

Discover the versatility and flavour-boosting magic of pure Canadian maple syrup. This new collection of practical, tasty recipes celebrates the best of British seasonal produce and the exciting, surprising ways everyday dishes can be enhanced.