

DISCOVER FOOD WITH MAPLE

An at home workbook for the food-curious







Food, it keeps us nourished, energised and happy. It brings families and cultures together and makes us healthy and strong.

We believe it's important to inspire children from an early age to be curious about food, to try new things and learn about the history, origin and importance of the food they eat.

The eating habits we form as children follow us into our adult lives and shape our decision-making when it comes to the food we enjoy. So, developing a diverse diet full of nutritious foods from a young ag is vital.

The kitchen is also a wonderful place for children and young people to learn new skills, whether it's counting and weighing out ingredients, or practising harder cooking techniques. We have developed a series of fun workbooks for children and teens, to encourage them to get curious, explore the wonderful world of food and learn more through cooking. Inside each booklet, there is a checklist for your child to complete with some fun activities and delicious maple recipes to help them on their way.

Like this book?

Find us on Facebook, Twitter and Instagram at @maplecanadauk and let us know what you think.

We love to see what you get up to in your kitchens, so don't forget to share your food adventures and maple creations with us using the hashtag #MapleKitchenAdventures

HOW MAPLE IS MADE?

That's easy: most things are left to nature. You just need trees, the right climate – and plenty of time.

How is maple syrup made?

Deep in the Canadian forests, primarily of Québec, a unique natural freeze/thaw phenomenon creates the conditions for the sugary sap to be harvested from maple trees.

And there are a lot of trees – 34 million in full syrupy, working order in the world's biggest production hotspot.

1.

Part of our history

Canada's indigenous Amerindian peoples first shared the sweet secret of the maple tree with early settlers, and the wonders of this natural sugar reserve have become woven into the rich fabric of the nation's culture.

2.

The big thaw

Springtime temperature fluctuations see the mercury flit above and below freezing. This creates the pressure inside the trees that allows the magic sap to be tapped from the trunks, typically over a period of 12-20 days from early March to late April.

3.

Tapping the tree

Tapping the tree is a time-honoured artisan trade and requires a small hole being drilled into the trunk. The hole is between 1.5 and 2.5 inches deep. A metal spile, or spout, is inserted and the sap drips out into a covered metal container. By regulating tapping, the growth of trees is unaffected. New technology is often employed and networks of tubes can be used for larger-scale sap collection. The tubes are connected to a vacuum pump inside a so-called sugar shack or house and the sap is gently prompted to flow.

4

The sugar shack

Inside the shack, the sap is boiled to remove water and concentrate the delicious syrup. The process takes place in an evaporator, and the high temperatures spark the clever chemical reactions that contribute to the density, flavour and colour of the syrup.

5.

Good to go

The syrup is then filtered, inspected, graded and transferred from barrels to be bottled or canned before it is shipped to the UK – ready for you to use in lots of ways, every day.

Québec means quality – it is the only province where every drop of pure maple syrup is independently inspected, ensuring you always enjoy the very best.



In total, it takes about 40 litres of sap to produce 1 litre of pure Canadian maple syrup.



MAKING THE GRADE

There are four grades of Canadian maple syrup and each has its own distinct colour, flavour profile and qualities – just like olive oil.

The colour, which ranges from a golden-hued syrup to the seductive very dark grade, is a result of when it is harvested. The sap harvested at the beginning of the season produces a lighter colour maple syrup, and as the season progresses, the maple syrup is darker witha stronger taste.

Exact grading is determined using a spectrophotometer, a scientific instrument that calculates the amount of light penetrating the syrup. A grade is allotted depending on the percentage of light that emerges from the sweet stuff.

But regardless of grade, all Canadian maple syrup shares a common, enduring characteristic: it is 100% pure, free from colourings and additives.

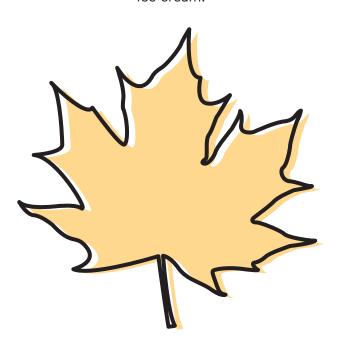
Québec = quality. It is the only province where every barrel of pure maple syrup is independently inspected and graded. Quality is ensured by expert inspectors who taste up to 250 syrups in a single day. Rigorous, third-party inspection means consumers can be assured that all maple syrup makes the grade...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

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.

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.





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.

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.





AIMS FOR LEARNING

The earlier kids start thinking about food, what it is and where it comes from, the better equipped they will be to make good choices around food, nutrition and sustainability when they grow up.

The following activities have been designed to help children learn about healthy and balanced eating and start building important life skills such as following instructions, mathematics and being organised.

To help your children recognise how much they are learning, here is a handy checklist of 5 new skills to tick off as you work your way through the booklet:







MAPLE BUNDT PARTY CAKE







This bundt cake is simple but delicious and the perfect blank canvas for practising your decorating skills!

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.

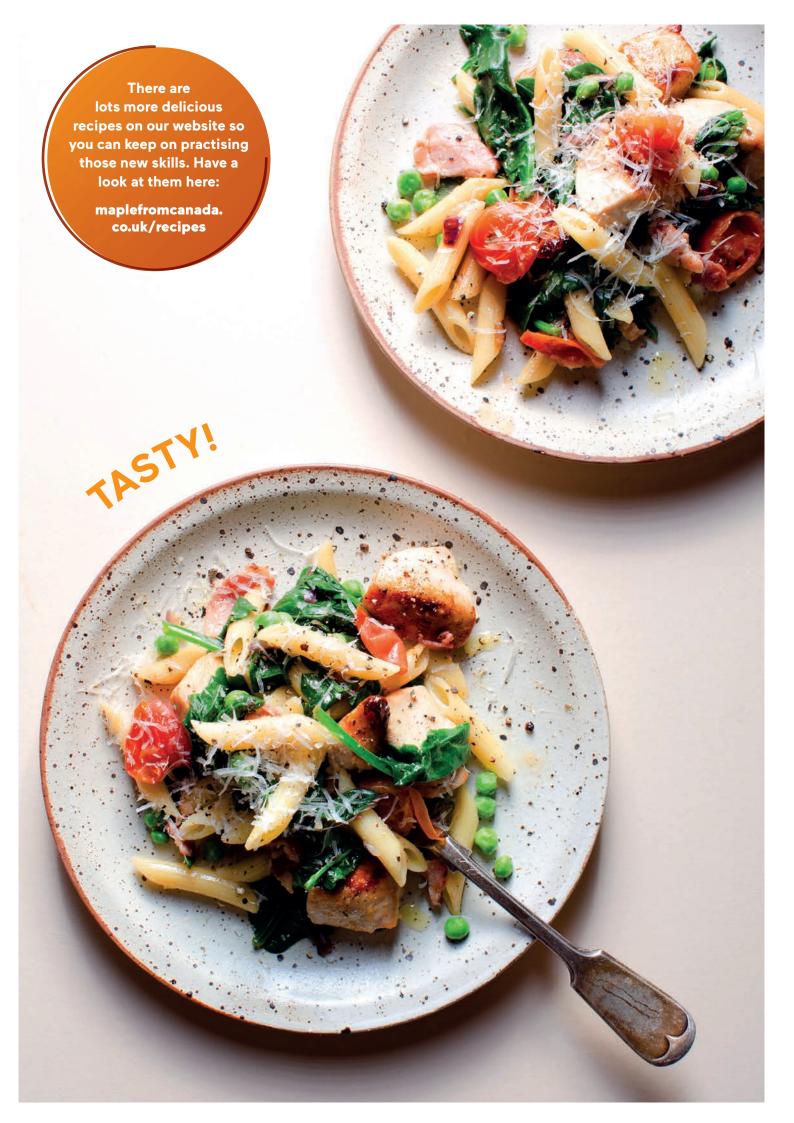
Drizzle over the bundt cake, leave to set. Garnish with extra orange zest. Decorate the cake with edible flowers for a pretty, fresh finish.



Chef's tip

Preferably golden maple syrup for its delicate taste.





CHICKEN, BACON, AND PEA PENNE WITH MAPLE







This pasta dish is a crowd-pleaser and ideal family dinner. There are a few things to keep your eye on at once so it's great for practising organisation and timing!

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.

HELP PLAN A MEAL

Now you have learnt a bit more about time management and working with different ingredients, why don't you plan a meal as a family?

This is your opportunity to get creative and put your new skills to the test! Use the menu template to plan a three-course meal, you could use our recipes for inspiration or have a look at some cookbooks.

Here are some things to consider when planning your meal:

Does it contain all food groups?

Is it healthy or balanced?

What ingredients will you need, could you replace some things with ingredients you already have in the cupboard?

If the recipe doesn't include maple, could you add some in to change the taste?

FOR MORE FUN, WHY NOT TRY

Plan more tasty meals

Make a list of all the meals you would like to try and cook one together each week – guaranteed fun for the entire family!

Try growing some food

Whether you have a garden or not, there's plenty of tasty things you can try to grow. Lettuce, tomatoes and chillies grow well both in and outdoors so why not plant a seed and watch it grow. The reward for your hard work will taste great!

Food from around the world

Research the ingredients you have in the cupboard, where in the world they come from and how they are produced. How many countries' ingredients can you include in one dish?

Blind-tasting

Ask your parents to set out some bowls of ingredients and cover them up. Cover your eyes, taste each ingredient and see if you can guess what it is.

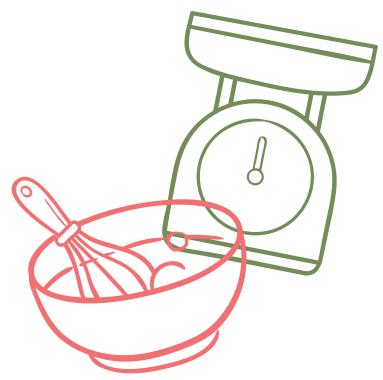


FOOD LIST	STARTER (AI	re you serving a starter before your main meal?)
	MAIN COUR	SE (What is your main dish?)
	SIDE	(Do you need a side dish or is it an all in one meal?)
	VEGETABLE	(Are there plenty of vegetables in the dish or are you serving any vegetables on the side?)
	DESSERT	(Will you be serving a dessert?)
	DRINK	(What will you be drinking alongside your meal?)

Use the template to give jobs or courses to each person and cook the meal as a family, make sure you take pictures and share them with us!

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Find us:

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For more tasty ideas visit:

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