



DISCOVER FOOD WITH MAPLE

An at home workbook
for the food-curious







KITCHEN ADVENTURES - THE MAPLE WAY

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 age 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**

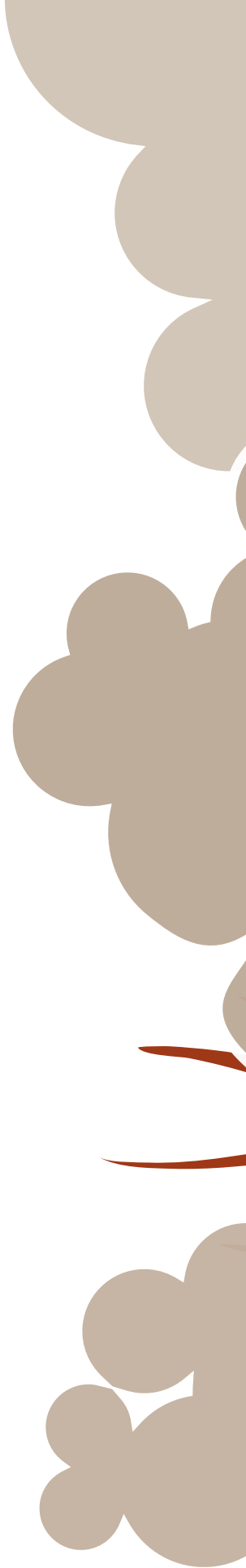
HOW MAPLE IS MADE?

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.

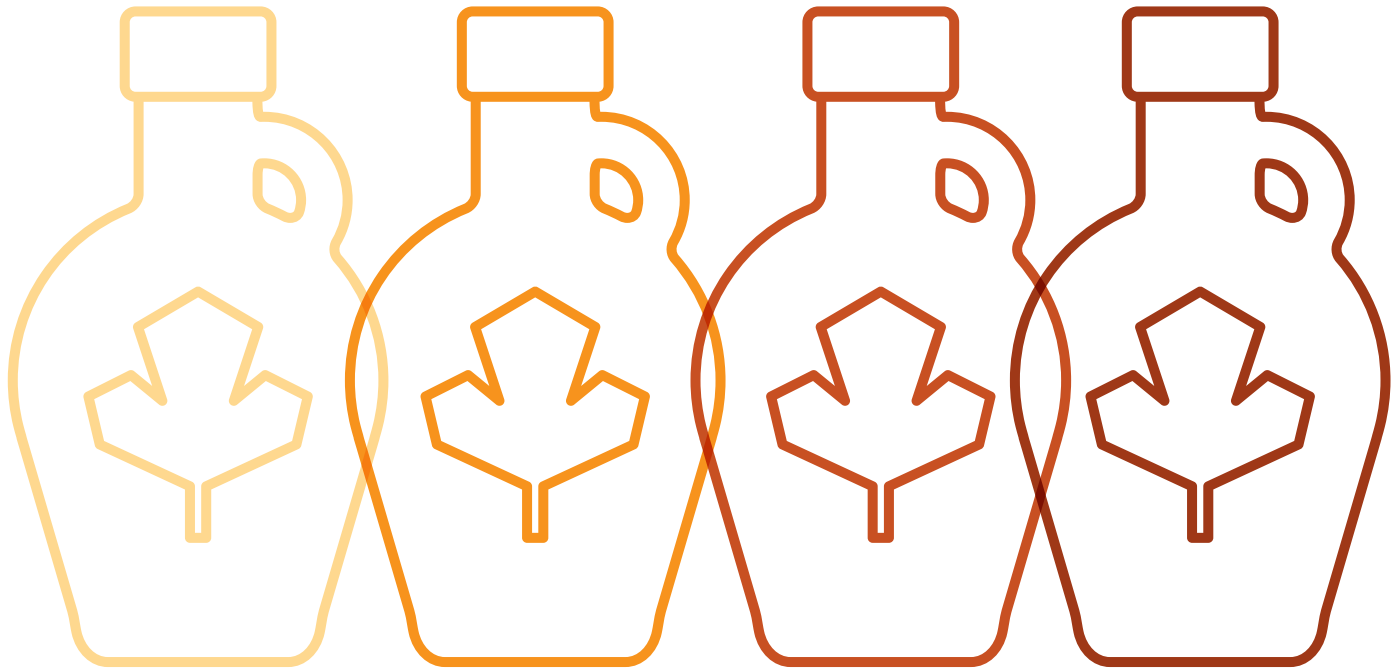
Good to go

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 with a 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.

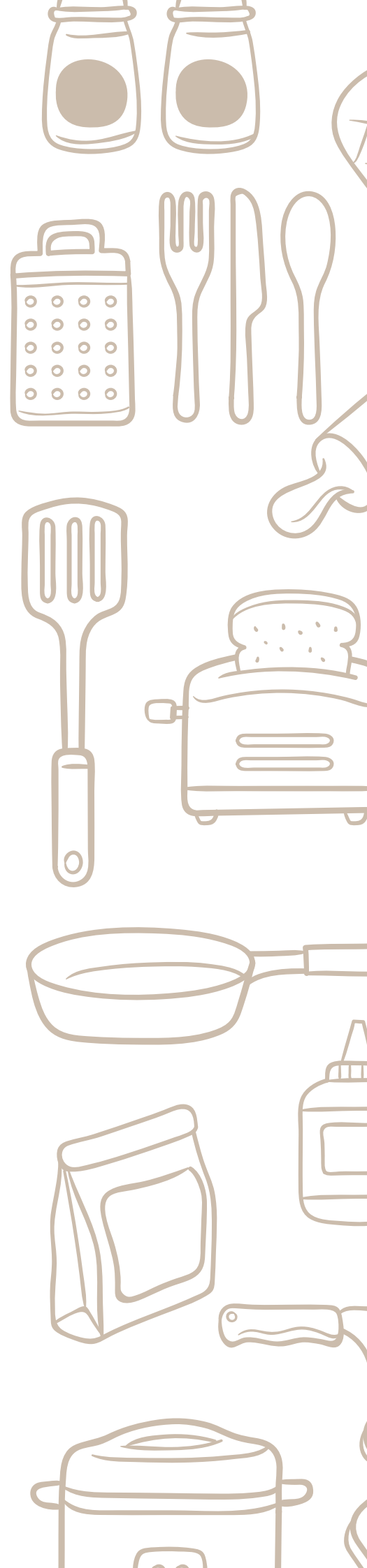


AIMS FOR LEARNING

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:



The background of the entire page is a repeating pattern of various kitchen items in a light brown, line-art style. These items include a waffle iron, a funnel, a grater, two bottles, a spatula, a jar, a rolling pin, a plate, a teacup on a saucer, another waffle iron, a bowl with a whisk, a large bowl, a blender, a stand mixer, a large pot with a lid, a smaller pot with a lid, a bottle, a scale, and a knife.

Activity 1

READY, STEADY, COOK!

Having a go at a new recipe is the perfect way to get ticking off that checklist! Here are a couple of our favourite maple recipes to get you started.

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 and great for learning new cooking techniques.

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.

DELICIOUS!





SPICY!



There are
lots more delicious
recipes on our website so
you can keep on practising
those new skills. Have a
look at them here:

[maplefromcanada.
co.uk/recipes](http://maplefromcanada.co.uk/recipes)

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, it's perfect for experimenting with different ingredients and flavours.

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.

Activity 2

AROUND THE WORLD IN FOOD

Now that you have explored the world of maple syrup and its importance to Canada, it's time think about ingredients from the rest of the world.

Did you know, the origin, how and where a food is produced is called provenance? Understanding provenance will help you make informed decisions around your health, the welfare of food producers and animals, and the impact on the planet.



With provenance in mind:

List an international food from each continent. You could use the internet to do some research or look through your cupboards at home and read the labels on ingredients.

For each ingredient, consider:

- How it is produced
- Why is it unique to that area of the world?
 - Is it due to growing conditions, weather or environment for example?
- Could it be produced elsewhere?
- What makes it important to that area and the people living there?

Feeling inspired? Try planning a meal with some international ingredients.

Use our website for some recipe inspiration:

maplefromcanada.co.uk/recipes



FOR MORE FUN, WHY NOT TRY

Design your own maple bottle

Draw your own bottle of maple syrup and write a product description to go on the label describing its provenance. You can find a worksheet on: **maplefromcanada.co.uk/education/kitchen-adventures**

The flavour of maple

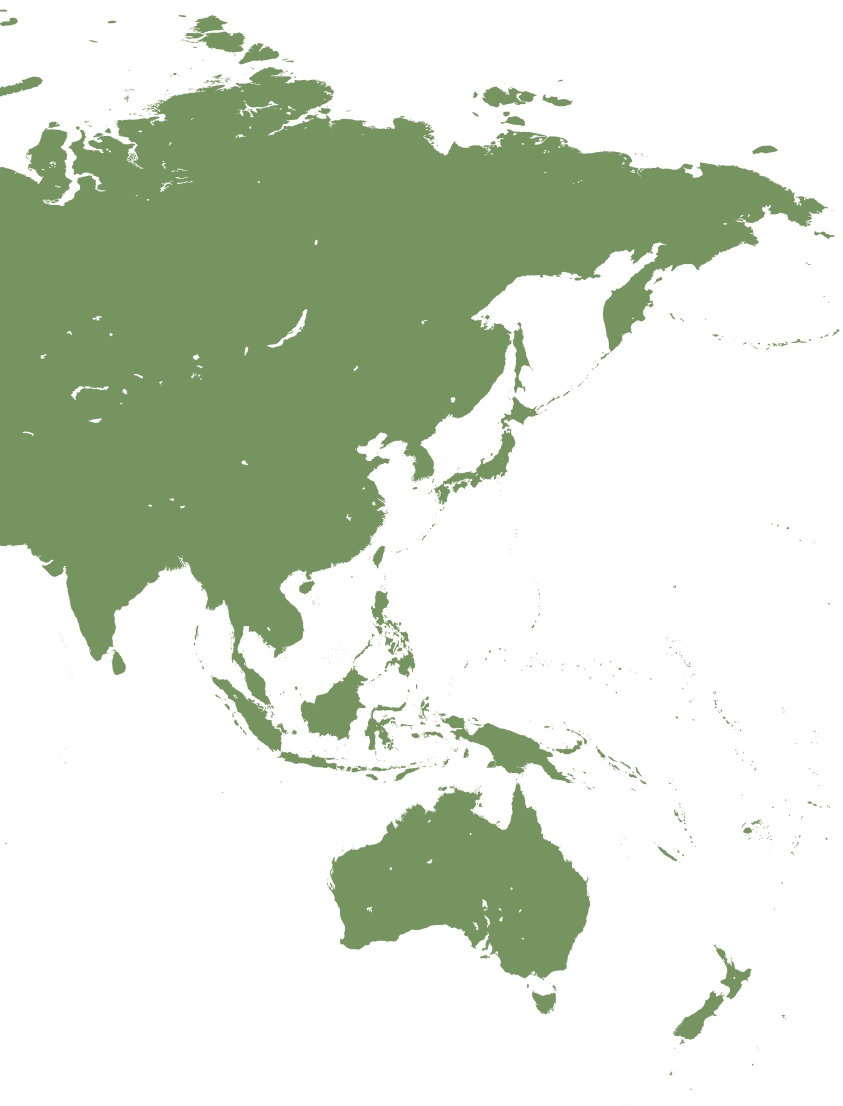
After tasting and cooking with maple, try and think of a few ways to use it in your favourite recipes. Which flavours compliment maple? See if you can plan a week full of meals using maple as an ingredient.

Blind-tasting

Ask your parents to help prepare some bowls of ingredients and create a blind taste test. With taste and smell alone can you guess what it is? Give some different herbs and spices a go!

Grow your own ingredients

Why not try growing some ingredients to use in your cooking? Herbs and chillies pack plenty of flavour and grow well both in and outdoors.



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Find us:



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For more tasty ideas visit:

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