

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

We think it's really important to know where your food is coming from, so we'd like to tell you a little story about our favourite ingredient.

How is maple syrup made?

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

Deep in the Canadian forests, primarily of Québec, the unique weather creates the perfect conditions for the sugary sap to be harvested from maple trees – as the winter temperatures rise, the sap thins and can be collected.

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 people first shared the sweet secret of the maple tree with early settlers, it is now woven into the rich fabric of the nation's culture.

2.

The big thaw

In springtime, the temperatures change between above and below freezing. This creates a pressure change inside the trees that allows the sap to be tapped from the trunks.

3

Tapping the tree

Tapping the tree requires a hole around 1.5 and 2.5 inches deep being into the tree trunk. A metal spout, is inserted which allows the sap to drip out into a metal container. It is the Maple producer's job to make sure the trees aren't tapped too often so they stay healthy and continue to grow.

4.

The sugar shack

Inside the shack, the sap is boiled to remove any water from the delicious syrup. The high temperatures spark the clever chemical reactions that contribute to the flavour and colour of the syrup.

5

Good to go

The syrup is then filtered, inspected, graded and put in bottles or cans 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.

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.

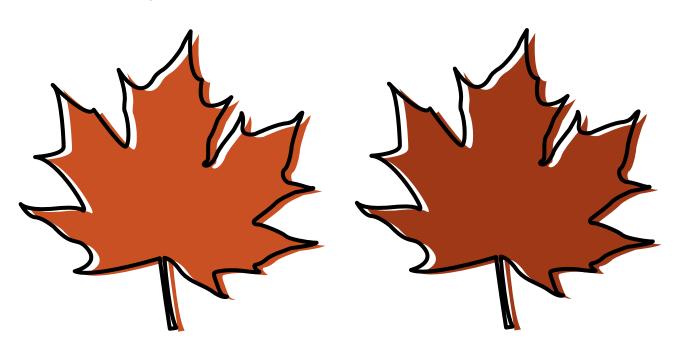


Dark, robust taste

This syrup has a more pronounced, caramelised flavour, and is wellsuited 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:

Learning objectives
Measuring
Grating
Beating/whisking
Pouring
Lining a cake tin



Activity 1

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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 BANANA BREAD







Banana bread is simple but absolutely delicious. It's perfect for breakfast, dessert or a snack and the best thing is that making it involves lots of measuring and weighing!

Ingredients

Method

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 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.



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

CRUSTLESS TOMATO QUICHE WITH MAPLE







This quiche is a quick and easy family favourite, ideal for lunchtime. There's lots of careful grating to do and some yummy vegetables to prepare!

Ingredients

Method

1 tbsp olive oil Preheat oven to 180C/ Gas 4. 125g natural breadcrumbs Lightly oil a 25cm round non-stick dish and coat with breadcrumbs. Set aside. 4 eggs In a bowl, beat together eggs, milk, maple syrup and 175ml whole milk stir in the grated carrots, grated courgette and the 2 tbsp pure maple syrup sliced leeks. 2 carrots, peeled and grated Add in the grated cheese, season with salt and 1 courgette, grated and pepper and thoroughly stir together. squeezed to remove Pour mixture into the non-stick dish and scatter with excess water cherry tomatoes. 1/2 leek, thinly sliced Bake for 45 - 60 minutes until the middle has set then 150g mature Cheddar allow quiche to stand for 10 minutes before serving. cheese, grated Serve with a green salad. 8 cherry tomatoes, halved Salt and pepper, for seasoning



Chef's tip

Preferably golden maple syrup for its delicate taste.

MAPLE MASTERPIECES

Here are some fun maple colouring sheets to keep you busy! Can you make this sugar shack as colourful as a rainbow, so it stands out in the maple forest?



FOR MORE FUN, WHY NOT TRY

Explore new flavours

Prepare bowls including ingredient that are salty, sour, sweet, bitter and spicy. Ask your children to try each one and describe what they can taste, can they taste the difference? See if they can match the bowls to the taste descriptors.

Make a fruit and vegetable face

Prepare some fruit and vegetables and put them in different containers and let your child create a tasty master-piece on their plate. Will they create a fun face or something completely different? The choice is theirs.

Make some pancake art

Mix food dye with milk and some maple syrup to create edible paints for your child to decorate their own pancake – tasty and fun!

Make a maple tree

Print off our maple leaf templates maplefromcanada.co.uk/education/ kitchen-adventures

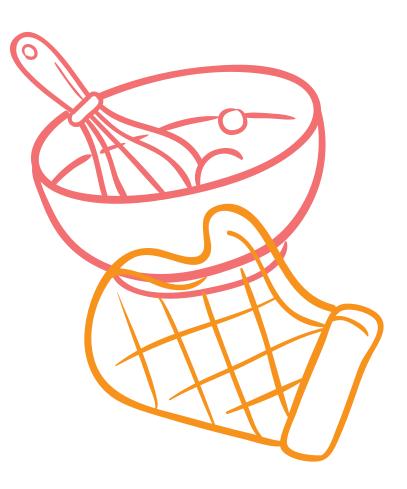
and decorate them however you like! When you're finished either glue them to branches collected on a walk, or try drawing your own tree trunk.

Shopping list

Set up a table full of ingredients in different quantities. Create shopping lists for your children and challenge them to find all the correct ingredients and quantities from the table.

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Find us:

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For more tasty ideas visit: W. maplefromcanada.co.uk E. maple@weareliquid.com





