



# 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 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

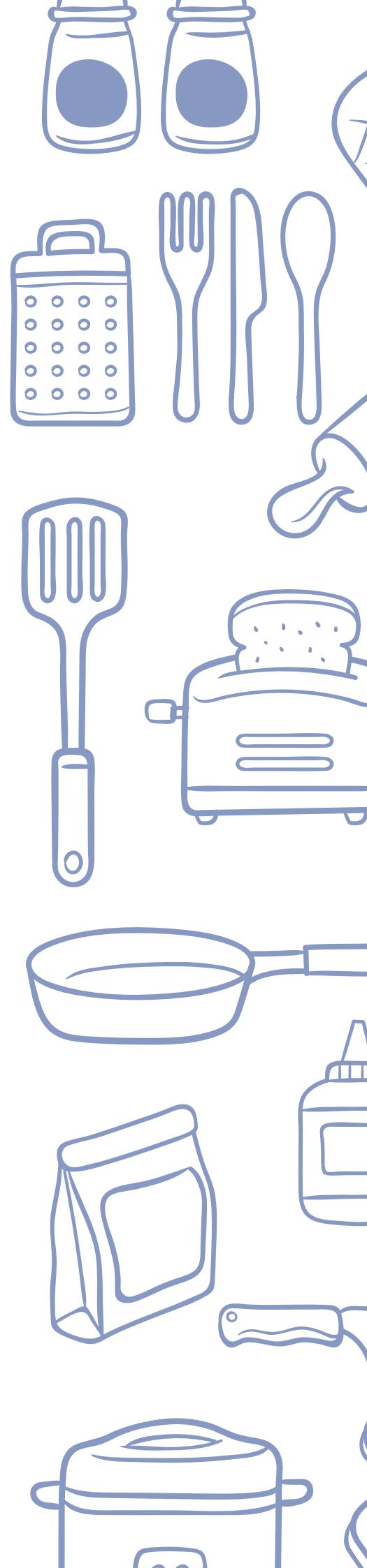
The earlier kids start thinking about food, what it is and where it comes from, the better equipped they will be to make good choices around food, nutrition and sustainability when they grow up.

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:

## Learning objectives

- ☐ Following a simple recipe
- ☐ Frying
- ☐ Chopping
- ☐ Baking
- ☐ Peeling





The background of the entire page is a repeating pattern of various kitchen items drawn in a simple, blue 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 stand mixer, a pot with a lid, a blender, a bottle, a knife, a cutting board, a small pot with a lid, another bottle, and a kitchen scale.

### 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 BLUEBERRY MUFFINS



Prep  
20 mins



Cooking  
20 - 25 mins



Serves  
12

These traditional blueberry muffins have been given a maple make-over. It's the perfect recipe for your children to have a go at following on their own.

## 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 seed 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 160C/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.







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)

SCRUMMY!





# 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 and give your children the chance to learn new skills like frying and chopping.

## 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 fraiche dip for a lunchtime snack

For a vegan option, make the röstis without bacon and use a vegan cheese.

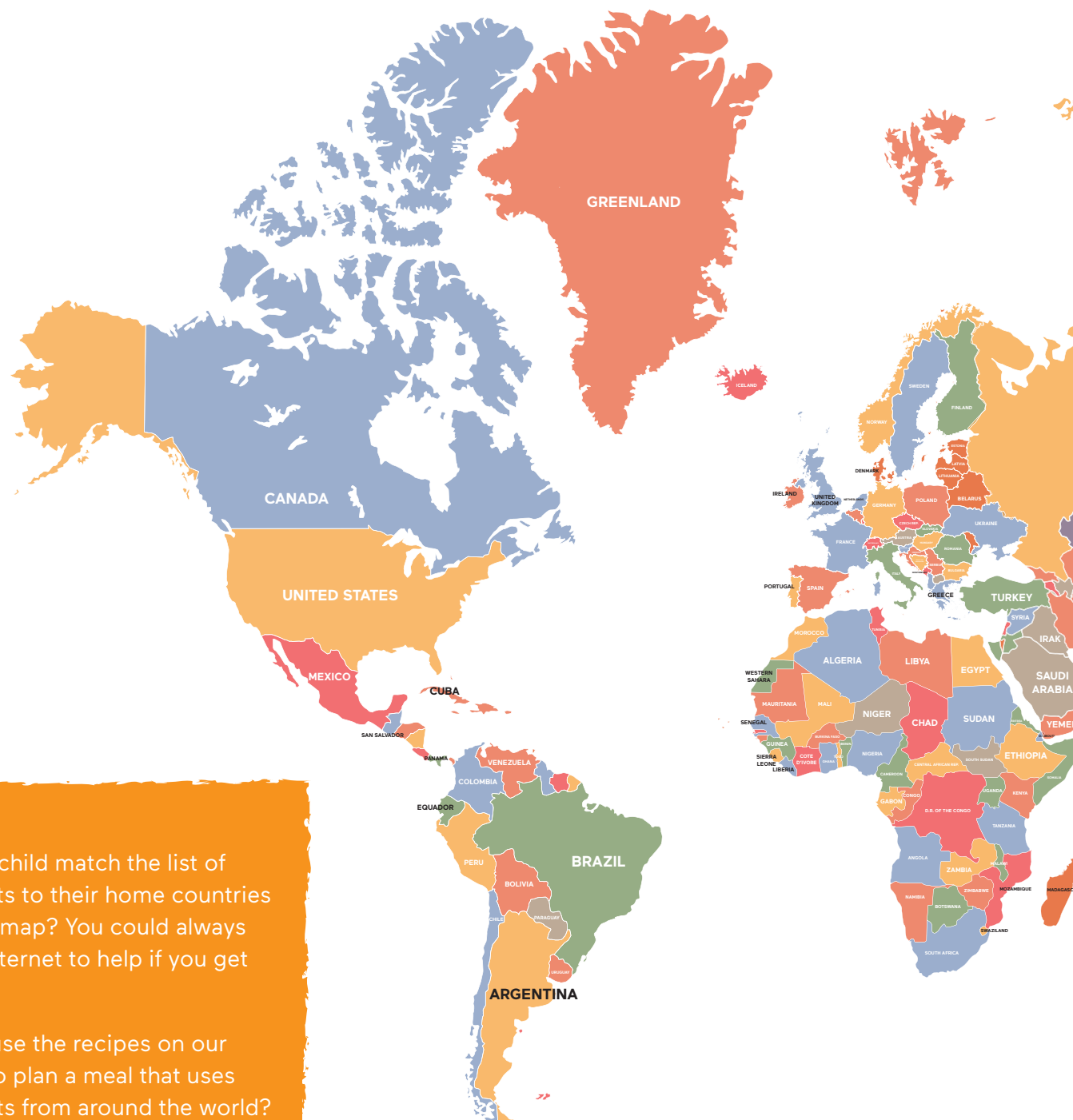


## Chef's tip

Preferably dark maple syrup for its robust taste.

# FOOD FROM AROUND THE WORLD

Now you have learnt a bit more about where maple comes from, see if your children can identify where other ingredients originate from.



Can your child match the list of ingredients to their home countries using the map? You could always use the internet to help if you get stuck.

Why not use the recipes on our website to plan a meal that uses ingredients from around the world?

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Avocado  | <input type="checkbox"/> Maple Syrup |
| <input type="checkbox"/> Banana   | <input type="checkbox"/> Pasta       |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Pineapple   |
| <input type="checkbox"/> Coffee   | <input type="checkbox"/> Rice        |
| <input type="checkbox"/> Ginger   | <input type="checkbox"/> Tea         |

## FOR MORE FUN, WHY NOT TRY

### Try growing some food

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.

### Dig out the cookbooks

Ask your child to look through cookbooks and find a dish they've never tried before and cook it together for dinner. If you don't have any cookbooks you can use the recipes on our website.

### Colouring in

Why not print off some of our fun maple colouring in sheets? [maplefromcanada.co.uk/education/kitchen-adventures](https://www.maplefromcanada.co.uk/education/kitchen-adventures)

### Tasting Plate

Create a tasting plate with some new and unusual foods your child is yet to discover. Ask them to describe the taste, how you might use it in cooking and give it a rating from 1 - 5.

### Shopping list

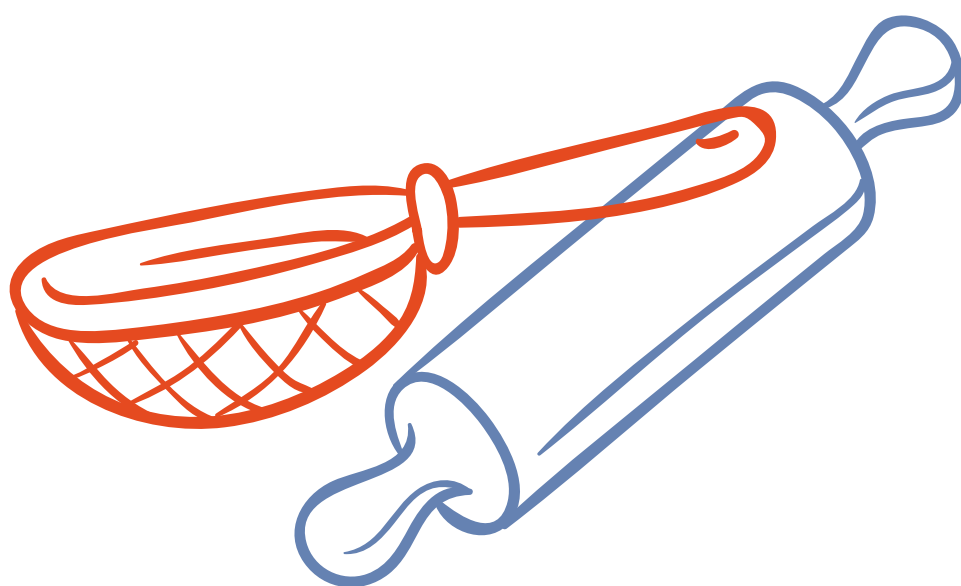
Set up a table full of ingredients in different quantities. Create shopping lists for your children and challenge them to find all the correct ingredients and quantities from the table.





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Find us:



@maplecanadauk

For more tasty ideas visit:

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E. [maple@weareliquid.com](mailto:maple@weareliquid.com)



Canada