



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 Quebec, 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.

Quebec 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

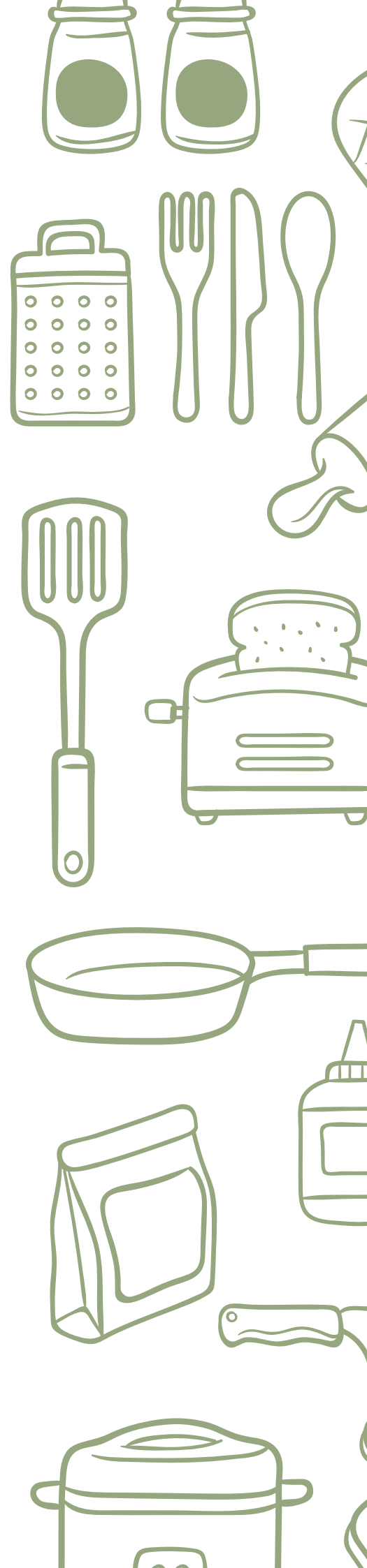
The earlier kids start thinking about food, what it is and where it comes from, the better equipped they will be to make good choices around food, nutrition and sustainability when they grow up.

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

- Counting _____
- Mixing _____
- Weighing _____
- Sieving _____
- Spooning _____





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.

MOREISH MAPLE BREAKFAST COOKIES



Prep
15 - 20 mins



Cooking
12 - 14 mins



Serves
10

Cranberries, dates, almonds and coconut make these cookies delicious and really tasty. There are lots of ingredients to count out and keep your little one busy!

Ingredients

150g rolled oats
125g plain flour
80g desiccated coconut
1 tsp cinnamon
1 tsp mixed spice
1 tsp baking powder
½ tsp salt
150g butter, melted
75g maple sugar
4 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.





TASTY!

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](https://maplefromcanada.co.uk/recipes)



ICED MAPLE LEMON CAKE



Prep
15 mins



Cooking
50 - 60 mins



Serves
8 - 10

This tangy iced lemon loaf cake is the perfect treat and simple enough to get your children interested in baking.

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 golden maple syrup for its delicate taste.



Activity 2

MAKE A MAPLE TREE

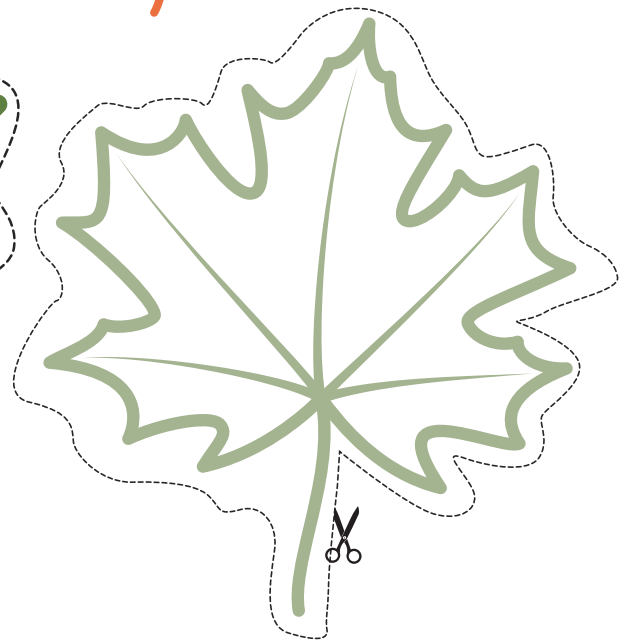
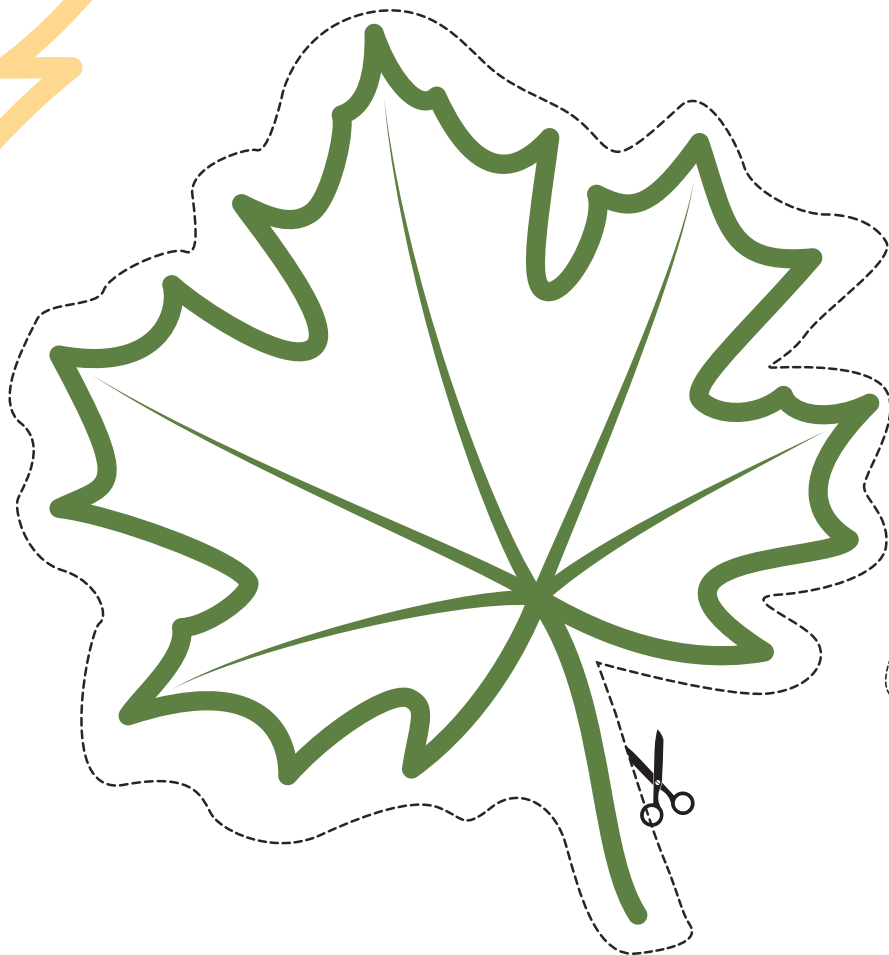
Now you know where maple comes from and have practised using it in recipes, why don't you have a go at creating your own maple tree.

Here are some maple leaves to cut out and decorate however you like – you could stick them on a branch that you've found on a walk or draw your own tree trunk too!

If you need more leaves to colour in, you can download some from here:

maplefromcanada.co.uk/education/kitchen-adventures

Don't forget to share pictures of your maple trees with us when you're finished!





FOR MORE FUN, WHY NOT TRY

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!

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!

Tasting Plate

Create a tasting plate of new and exciting foods and ask your child to rate each new item from 1 to 5 and describe what they taste like.

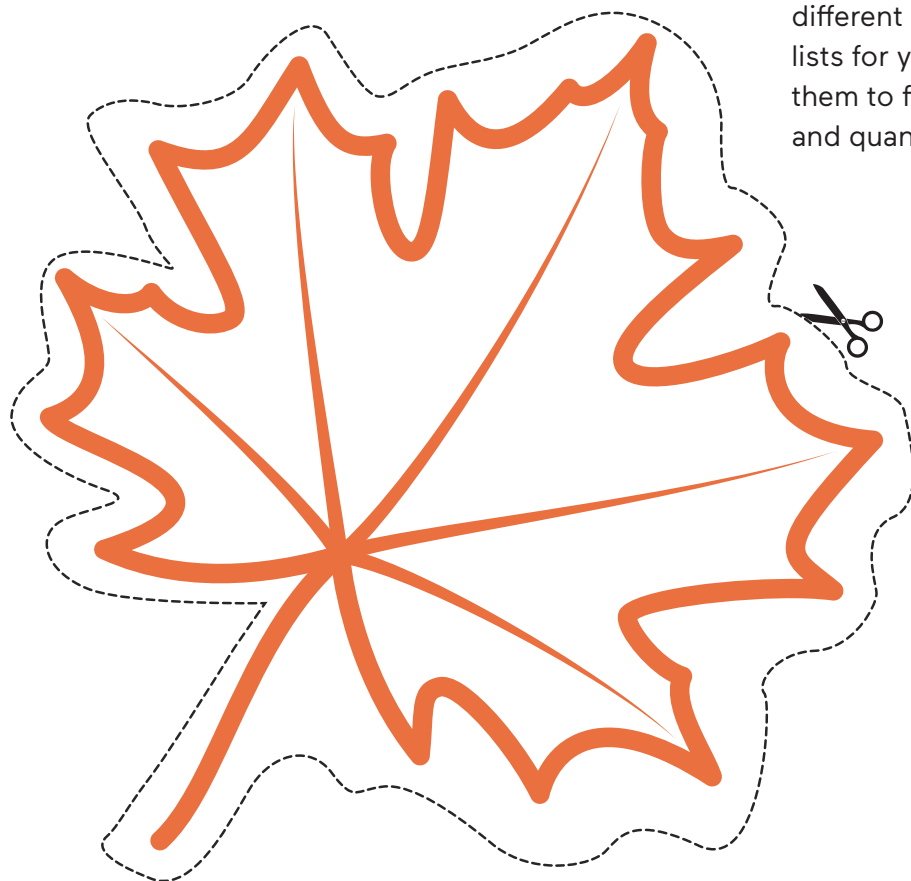
Colouring in

Why not print off some of our fun Maple colouring in sheets?

maplefromcanada.co.uk/education/kitchen-adventures

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 on the table.



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Find us:



@maplecanadauk

For more tasty ideas visit:

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