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Notes on Forestry and Wood-use



Purdue University
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USING MAPLE PRODUCTS IN THE HOME

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Some Facts about Maple Sirup

Store maple sirup in a cool, dry place. Once the container has been opened, store it in the refrigerator and keep the container capped to prevent air from entering.

Maple sirup and maple sugar are similar to other table sirups and sugars in food value. Maple sugar contains 85% carbohydrates. One tablespoon of maple sirup contains 50 calories and gives 5% of needed daily iron requirement.

When maple sirup is substituted for all sugar in a recipe, cut down on liquid one-half. When maple sirup is substituted for half the sugar, cut down liquid one-fourth.

There are definite standards for maple sirup. It is required by law that maple sirup weigh not less than 11 pounds to the gallon and contain not more than 35 percent water.

If mold develops on the sirup while in storage, skim it from the sirup, then cook the remaining sirup. The mold which causes the musty flavor is not poisonous.

If a sugary crust forms on the surface of maple sirup while in storage, heat the sirup to re-dissolve the sugar.

To keep a gallon of maple sirup over a period of several weeks, the sirup should be brought to a boil and bottled in sterilized pint sealers or other jars of convenient size.

Storage of maple sirup in a freezer is easy. For this do not re-can the sirup. Simply set the original container with sirup in freezer. Sirup does not freeze hard; just to a mushy stage. Spoon out amounts as needed. Re-cap container and return to freezer.

The Federal Food and Drug Administration has recently approved a food preservative which can be added to the maple sirup by the producer to eliminate the problem of mold on the sirup in the household. If the preservative has been used it will be indicated on the product label.

Maple sirup color varies from light to dark. If the evaporation process is fast, the lighter the color of the sirup and the more delicate the flavor. The darker the sirup the

stronger the flavor. Since grades rarely appear on the labels it is necessary to learn to judge by the color.

How Maple Sirup May Be Used

- | | |
|----------------------|---|
| As a sweetener | on breads, pancakes, waffles, French toast, cereals, fruits. |
| As a glaze | on meats, especially ham. |
| | on vegetables, especially carrots, sweet potatoes, and lima beans. |
| | on fruits, especially apples, pears, peaches, pineapple and cherries. |
| As a sauce | served hot or cold on ice cream, custards and puddings. |
| As a base or topping | mixed with chopped nuts and butter for cakes and rolls. |

Some Maple Recipes

Maple Sugar

Boil a good grade of maple sirup until it forms a soft ball, or 240 degrees Fahrenheit, whip until almost cool and pour in molds. This is then a regular form of maple sugar.

Maple Fudge

- | | |
|-------------------------------|----------------------------|
| 2 cups maple sirup | 1 tablespoon butter |
| 1 tablespoon light corn sirup | 3/4 cup rich milk or cream |
| 3/4 cup nut meats | |

Combine maple sirup, corn sirup and cream and place over low flame. Stir constantly until mixture starts to boil. Continue cooking without stirring until small amounts of sirup forms soft ball in cold water, or reaches 236 degrees F. Remove from heat. Add butter. Do not stir. Cool until lukewarm. Beat until mixture thickens and loses gloss. Add nuts. Pour into greased pan. When cold cut into squares.

Maple Cream

Boil maple sirup to a temperature of 20 degrees F. above the boiling point of water. Cool quickly until temperature reaches at least 70 degrees F. and stir continuously until of a creamy consistency.

Maple Fluff

Determine the boiling point of water. Heat sirup until its boiling temperature has been elevated 17 degrees F. above that of boiling water. Allow sirup to cool, with occasional

stirring, to 175-185 degrees F. To the warm sirup add an amount of a highly purified monoglyceride (Myverol 18-00*) equal to 1% of the weight of the maple sirup used; that is, 1/3 cup per gallon, or 2 level teaspoonfuls per pint. Dissolve the monoglyceride by adding it slowly with stirring. If the sirup cools below 145 degrees F. the monoglyceride will not dissolve. Cool to 150-160 degrees F. and whip the mixture with high-speed beater. Fluffing should occur within 2 minutes.

As the time of beating lengthens, the consistency of the product increases. The initial, thin whip can be used as a topping for ice cream or other desserts. The stiffer fluffed product resulting from longer beating is an excellent icing for baked goods or as a spread. The beating time will be affected by the temperature of the mixture at the start of the beating. The higher the temperature the longer it will take to reach a given consistency.

Pralines

1 cup maple sirup	1/2 cup white sugar
1/2 cup light brown sugar	1-1/2 cups pecans

Cook first three ingredients together, boiling rapidly until mixture reaches 236 degrees or until soft ball may be picked up when tried in cold water. Remove from heat, cool slightly. Drop by spoonfuls over pecans which have been arranged on wax paper. If mixture hardens too fast, melt over hot water so it drops and spreads over nuts.

Maple Sirup Cake

1/2 cup sugar	3 teaspoons baking powder
1/3 cup shortening	1/4 teaspoon salt
3/4 cup maple sirup	1/2 cup milk
2-1/4 cups flour	3 egg whites

Cream sugar and shortening together. Add maple sirup. Cream a little more. Sift flour. Measure. Add baking powder, salt, sift again. Add milk and flour alternately. Fold in beaten egg whites. Bake in oblong pan in preheated 375-degree oven 30 to 35 minutes. Cool. Frost with maple frosting.

Maple Sirup Frosting

1 cup maple sirup	1 egg white
1/4 cup white sugar	

Boil sirup and sugar until last drops falling from spoon make a fine thread which blows back. Beat egg white until stiff. Add sirup gradually while continuing to beat. Beat until it holds its shape. Spread at once over cake.

*Myverol 18-00 produced by Distillation Products Industry, Rochester, N. Y. The mention of commercial products or companies in this publication, does not constitute an endorsement of them by Purdue University over other products or companies of equal usefulness.

Maple Nut Cookies

1 cup shortening	1/2 teaspoon soda dissolved in 1/2 cup hot water
3 eggs slightly beaten	1 cup walnut meats
1-1/2 cups maple sirup	1 cup dates cut into pieces
3 cups sifted flour	1/2 teaspoon salt
1 teaspoon baking powder	

Cream shortening and add eggs and maple sirup. Mix well. Sift together all dry ingredients. Add alternately with soda dissolved in hot water to creamed mixture. Add nut meats and drop by spoonfuls on greased cooky sheet. Bake in moderate (350-degree) oven. Store in airtight can as cookies improve with age.

Candied Sweet Potatoes

Cook sweet potatoes in boiling, salted water until tender, but not soft. Peel. Remove all skin and traces of dark discoloration. Slice potatoes lengthwise. Arrange in buttered baking dish and half cover with maple sirup. Dot with butter. Bake slowly until well glazed.

Maple Spice Cake

1 cup chopped raisins	1/2 cup shortening
2-1/4 cups flour	1/2 cup maple sugar
2 teaspoons baking powder	2 eggs, slightly beaten
1/4 teaspoon baking soda	1/2 cup maple sirup
1/4 teaspoon salt	1/2 cup sour milk or buttermilk
1/4 teaspoon each cloves, nutmeg, ginger and cinnamon	

Prepare raisins by scalding, draining and chopping. Sift flour, measure, sift with other dry ingredients. Cream shortening and maple sugar. Add eggs one at a time. Cream well. Add dry ingredients alternately with sour milk and sirup. Stir in raisins with last amount of flour. Bake in greased loaf pan in preheated 350-degree oven one hour or until done.

Maple Pecan Pie

2 tablespoons butter	1 teaspoon salt
1/2 cup granulated sugar	2 eggs
2 tablespoons flour	1 teaspoon vanilla
1 cup pecan meats coarsely chopped	1 unbaked 9-inch pie shell
1 to 1-1/2 cups maple sirup	

Cream butter. Add sugar, flour and salt. Add slightly beaten eggs to creamed mixture. Add vanilla and 1-1/2 cups of sirup and 1 cup nuts. Pour into unbaked pie shell. Bake in preheated 375-degree oven 45 minutes. If pie plate is 8-inches or smaller use less sirup.

Maple Nut Pudding

1-1/2 cups hot milk	1 cup maple sirup
2 eggs, separated and beaten	1/4 teaspoon salt
1 tablespoon gelatin	1/2 teaspoon vanilla
1/4 cup cold water	1/4 cup nuts, chopped

Place hot milk and slightly beaten egg yolks in a double boiler. Cook over boiling water until the mixture coats a silver spoon. Stir constantly.

Sprinkle gelatin on cold water and let stand 5 minutes. Add to hot mixture and stir until dissolved. Add the maple sirup and salt.

Cool in refrigerator, and when the mixture begins to congeal, fold in stiffly beaten egg whites, vanilla and nuts.

Pour into serving glasses and chill. Serve with custard sauce.

Maple Whipped Butter

1 cup butter	1-1/4 cup maple sirup
1/4 teaspoon plain gelatin	1 teaspoon cold water

Whip butter in an electric mixer until fluffy. Slowly drizzle maple sirup on butter. Soak gelatin in cold water, then dissolve over hot water. Cool slightly and add slowly to butter. Mix well. Makes about 2 cups.

Maple Custard

4 egg yolks	3/4 cup chopped nut meats
3/4 cup maple sirup	(butternut excellent)
4 cups milk	4 egg whites
	1/8 teaspoon salt

Beat yolks and sirup together. Add milk and nut meats. Whip egg whites until stiff with salt. Fold the custard into the egg whites. Fill individual custard cups, place them in a pan of hot water and bake until custard is firm. Oven temperature - 325 degrees F. Serves 4-6.

GLAZES FOR HAM

Spread part of glaze on ham before last 30 minutes of baking; then spread on rest of glaze in 2 or 3 applications (about every 10 minutes).

Maple-Apple Glaze

1/2 cup maple sirup
1/2 cup apple juice
2 tablespoons mustard

Pour over ham; baste occasionally.

Maple-Cranberry Glaze

Cook 1/2 lb. fresh cranberries with 1 cup maple sirup until skins pop open. Press mixture through a sieve and spread over ham.

Maple-Orange Glaze

1 cup maple sirup
1/2 cup orange juice
1 tablespoon grated orange rind (if desired)
1/2 teaspoon cinnamon
Mix ingredients together.

These are but a few of many recipes and ways to use maple products. Following are some references for further information:

Fluffed Maple Products - A New Use for Maple Sirup, ARS 73-39, Eastern Utilization Research and Development Division, Agricultural Research Service, U. S. Department of Agriculture, Philadelphia, Penn.

Maple Syrup, Sugar, Butter, Taffy, Consumer Section, Canada Department of Agriculture, Publication 1096, March, 1961. Available from Information Division, Canada Department of Agriculture, Ottawa, Ontario, Canada.

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