

# MAPLE SYRUP-BASED RECIPES



CANADA AGRICULTURE AND FOOD  
MUSEUM – MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION DU CANADA

**Program**

Online

**Location:**

## Canadian Maple Dumplings

### INGREDIENTS

#### Dumplings:

- 2 cups (500 mL) all-purpose flour
- 1 cup (250 mL) milk
- 4-tsp. (20 mL) baking powder
- 4 tbsp. (60 mL) butter
- Pinch of salt

#### Syrup:

- 2 cups (500 mL) pure maple syrup
- 1 cup (250 mL) water
- Pinch of salt
- ½ cup (125 mL) raisins

### PREPARATION

Sift together all-purpose flour, baking powder and salt.  
Cut in butter with 2 knives or pastry blender.



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Add milk and stir to obtain a smooth paste.

Drop thick dough, by spoonfuls, into boiling pure maple syrup and allow to cook for 20 minutes without removing lid from the pan.

Serve with the pure maple syrup, thickened if desire, to which raisins have been added.

N.B: It is very important to add milk to dry ingredients at the last minute when pure maple syrup is ready to start cooking dumplings.

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### Maple Syrup Biscuits

#### INGREDIENTS

- 2 cups (500 mL) flour
- ½ tsp. (2.5 mL) salt
- 4 tsp. (20 mL) baking powder
- 4 tbsp. (60 mL) shortening
- ¼ cup (65 mL) milk plus ½ cup (125 mL) maple syrup (mixed together)
- 1 cup (250 mL) pure maple syrup

#### PREPARATION

Sift dry ingredients into a bowl.

Mix in shortening.

Add milk and maple syrup mixture to make a soft dough.

Pat or roll out dough to one-half inch thickness.

Cut into small pieces.

Spread with softened butter and with maple syrup.

Bake on a greased baking sheet at 400°F (205°C) for 15 minutes.

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### Creamy Maple Fondue

#### INGREDIENTS

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- 1 cup (250 mL) pure maple syrup
- 2 ½ cups (625 mL) cream
- 4 tbsp. (60 mL) corn starch
- Firm fruits and berries, cut into small pieces

### PREPARATION

Gently heat pure maple syrup in a pan for 5 minutes.

In a bowl, mix the corn starch with 2 tsp (10 mL) of the cream.

Bring the remaining cream to a boil and add the pure maple syrup.

Blend the corn starch into the syrup mixture.

Heat gently, stirring continuously until thickened.

Serve the fondue in a small pan over a spirit lamp.

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## Maple Cookie Bars

### INGREDIENTS

- ½ cup (125 mL) sugar
- ½ cup (125 mL) shortening, softened
- ½ cup (125 mL) pure maple syrup
- 1 egg
- 2/3 cup (170 mL) flour
- 1 cup (250 mL) chopped nuts (optional)
- 1 cup (250 mL) rolled oats
- ½ tsp. (2.5 mL) baking powder
- 1 tsp. (5 mL) vanilla

### PREPARATION

Mix all ingredients together.

Pour mixture into greased square pan.

Bake at 350°F (177°C) for 30-35 minutes.

Cut into squares while warm.

### Maple Syrup Nut Cake

#### INGREDIENTS

- 2 ¼ cups (565 mL) flour
- 2/3 cup (170 mL) white sugar
- 1 tbsp. (15 mL) baking powder
- 1 tsp. (5 mL) salt
- 1 cup (250 mL) pure maple syrup
- ½ cup (125 mL) soft shortening
- ½ cup (125 mL) milk
- 2 eggs
- 1 cup (250 mL) chopped nuts (optional)

#### PREPARATION

Sift dry ingredients together into bowl.

Add maple syrup, shortening and milk.

Beat for 2 minutes.

Add eggs and beat for 2 minutes.

Add chopped nuts (if applicable) and mix well.

Pour into 2 greased and floured 9" cake pans.

Bake in 350°F (177°C) oven for 25 to 30 minutes.

Frost with Maple Butter Frosting (see recipe below).

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### Maple Butter Frosting

#### INGREDIENTS

- ½ cup (125 mL) butter
- ¼ cup (65 mL) chopped walnuts or pecans (optional)
- 3 cups (740 mL) icing sugar

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- 4 to 6 tbsp. (60 to 90 mL) pure maple syrup

### PREPARATION

Thoroughly cream butter and sugar, adding maple syrup until light and spreadable.  
Add nuts (if applicable) and frost cake.