

# Maple Syrup Recipes

## from Deets' Sugar House

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### RECIPES

#### Maple Syrup – Gift of the Indians

The art of making maple syrup was discovered by the Algonquin Indians. Legend relates that a squaw was preparing venison during the “Season of the Melting Snow”. On her way to the spring for water, she noticed in a huge sugar maple tree, a large cavity full of water dripping from a broken branch. She used this “water” to boil the venison. When her Chief ate the meat he found the gravy sweet and delicious. He spread the good news that the “Great Spirit” had guided his squaw in making a delicious new food. Soon all the squaws were sugar-making — “seensibaukwut”, and the braves were doing the “Sugar Dance” during the “Season of the Melting Snow.”

#### Candied Sweet Potatoes

Cook 6 medium sweet potatoes until tender. Peel and slice into buttered baking dish. Cover with 3/4 cup maple syrup, dot with butter, add 1/4 cup water, and season with salt and pepper. Bake about 35 mins. at 350°. Remove from oven, dot with marshmallows and return to oven until marshmallows are melted and lightly browned. Serves 6. Carrots may be candied in the same manner.

#### Maple Coffee Cake

1 1/2 cup sugar, 1/2 cup maple syrup (Maple Crumb works best), 2 tsp. cinnamon, 1 1/2 tsp. salt, 1 cup ground walnuts, 1/4 lb. oleo 2 cups flour (unsifted), 2 eggs, 1 tsp. baking powder, 1 tsp. vanilla, 1 tsp. baking soda, and 1 cup sour milk. Grease & flour an Angel Food baking pan. Mix 1/2 cup sugar, cinnamon, maple syrup, and nuts. Set aside. Mix flour, soda, baking powder. Set aside. Cream 1 cup sugar and oleo. Add vanilla and eggs. Beat. Add milk. Beat. Add flour mixture. Divide nut mixture into parts and sprinkle over layers of batter placed in pan alternating batter and mixture. Bake at 350°F for 35 to 40 minutes.

#### Ham Loaf

3 lbs ham loaf mixture, 1 cup milk, 1 cup bread crumbs, and 2 eggs (beaten). Mix ingredients thoroughly and bake in a covered roaster at 350° oven for 1 hour. Baste at least 4 times throughout the cooking time with the following mixture:

3/4 cup maple syrup, 1 tsp. ground cloves, 1/2 cup vinegar, 1 tsp dry mustard, 1/2 cup water, and 1/4 cup brown sugar.

#### Maple Walnut Tart

1 cup plus 3 tbsp all purpose flour, 1/3 cup plus 2 tbsp. firmly packed brown sugar, 1/8 tsp. salt, 1/4 cup plus 3 tbsp. butter, 1 tbsp. solid vegetable shortening, 3 eggs lightly beaten (divided), 1/2 cup pure maple syrup, 1/3 cup dark corn syrup, 2 tsp. fresh lemon juice, and 1 1/2 cups coarsely chopped walnuts. To prepare crust, in medium bowl stir

together 1 cup flour, 2 tbsp. sugar and salt. With pastry blender or 2 knives, cut in 1/4 cup butter and shortening until it resembles coarse crumbs. Stir in 2 tbsp. beaten egg. With hands knead pastry for 1 minute or until it holds together. Then cover and chill 30 minutes. Place pastry between 2 sheets of lightly floured wax paper. With rolling pin, roll into a circle 1" larger than 9 1/2" tart pan or 9" pie plate. Fit into pan and trim edges. For pie plate, flute edges. Chill 15 minutes. Preheat oven to 400° F. Melt remaining 3 tbsp. butter, set aside. In medium bowl, combine remaining eggs, 1/3 cup sugar, 3 tbsp. flour, maple, and corn syrups. Melt butter and lemon juice. Stir into mixture with a fork until blended. Stir in nuts. Pour into tart pan. Bake 10 minutes, lower oven temperature to 350° F. Bake 25 minutes or more until center is done.