

MAPLE COOKBOOK BREAKFAST



www.maplefromcanada.com

Discover the Magical World of Maple

About Pure Maple Syrup From Canada

CANADA'S GIFT TO THE WORLD

Maple from Canada is the official US website and brand for Québec Maple Syrup Producers (QMSP). Each year in Canada, deep in the forests of Québec, a remarkable natural event occurs as maple sap, frozen solid over the long, cold winter, starts to thaw, and the maple tapping season begins.

Thousands of producers collect the sap from maple trees and boil the liquid to make pure maple syrup, a 100% natural sweetener with a high-quality taste and a versatile range of uses.

Unrefined and unprocessed, pure Canadian maple syrup is ideal for brunches, baking, and barbecues, imparting the flavor of Canada's iconic ingredient into many dishes, free from artificial additives or flavorings.

From Tree to Table

The maple syrup production process starts with one of nature's true phenomena. In springtime, when the nights are below freezing, water from the soil is absorbed into the maple tree. During the day, warmer temperatures of about 40 degrees Fahrenheit create pressure that pushes the water back down to the bottom of the tree, making it easy to collect the precious maple sap. The sap is gathered over 4-6 weeks, usually between early March and late April.



MAPLE TREE TAPPING

Maple syrup producers tap sugar maples and red maples.



COLLECTING THE SAP

When the spring thaw comes, the sap runs out of the taps into buckets or tubing that leads to the sugar house.



MAPLE SYRUP EVAPORATION

The sap is transported to the sugar house, where it is boiled down to become real maple syrup.

Sugar Alternative

Pure Canadian maple syrup can be used as an alternative to sugar in a variety of dishes, such as desserts and baked goods (pies and cakes, just to name a few). The natural sweetener also adds depth and complexity to a wide range of entrees and can be used as an ingredient in glazes, rubs, or barbecue sauces for poultry, meat, seafood, or vegetables.

HOW TO SUBSTITUTE MAPLE SYRUP FOR SUGAR

For most recipes, maple syrup can easily replace an equal amount of granulated white or brown sugar. To substitute for a cup of sugar, use one cup of maple syrup and reduce the quantity of other liquids in the recipe by a total of $\frac{1}{4}$ cup.



*This method works for most recipes. It may not, however, be suitable for pastry recipes that use large amounts of sugar.

Maple syrup can also serve as a one-to-one substitution for other liquid sweeteners, such as honey, molasses, and corn syrup.

Pure maple syrup can also be used to:

- Add a subtle sweetness and a hint of maple flavor to fresh fruit, cereal, and ice cream.
- Sweeten tea, hot chocolate, coffee, eggnog, and smoothies.
- Jazz up a cocktail instead of using simple syrup.

Storing your maple syrup

WHEN THE CONTAINER IS UNOPENED

Maple syrup has a long shelf life. Maple syrup (if it's been boiled and packaged according to our standards) keeps at room temperature for a very long time in most containers, including glass or squeeze-type plastic bottles. However, tests have shown that some receptacles, while quite lovely, do not provide foolproof barriers to oxygen. That's why we recommend that you put that beige plastic jug with the maple scenery on it into the fridge. It'll prolong the life of your maple syrup.

AFTER THE CONTAINER'S BEEN OPENED

Using an entire can of maple syrup at once is rare, so you're likely to have leftovers. We have these two simple rules for keeping maple syrup once it's open: Avoid prolonged open-air exposure and; keep it in an airtight container in a cool place.

We'd love to guarantee that your syrup will keep indefinitely but that hypothesis has never been tested: the maple syrup jug always gets emptied out before very long!

Four Classes of Maple, One for Every Taste

The classification of maple syrup is based on the color and strength of its maple flavor. There are four classes of maple syrup:



GOLDEN – DELICATE TASTE

This syrup comes from sap harvested at the very beginning of the sugaring season. It's distinguished by its light golden hue and sweet, delicate flavor. It's a delicious topping for yogurt and ice cream.



AMBER – RICH TASTE

This syrup has a pure, rich taste and an attractive amber color. It's ideal as an ingredient in vinaigrettes and all sorts of dishes and desserts and is the most commonly found maple syrup on store shelves.



DARK – ROBUST TASTE

With its more pronounced, caramelized flavor, this syrup is well-suited for cooking, baking, and sauces. It's celebrated for the way it enhances the taste of fruity dishes.



VERY DARK – STRONG TASTE

This syrup is the product of maple sap harvested at the end of the sugaring-off season. Its flavor, more pronounced than any of the previously listed syrups, is rich and distinctive. It colors and perfumes, sauces, and glazes to perfection. Before 2015, this was known as Grade B maple syrup.

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Triple Berry Maple Vegan Crepes

Prep time: 15 min

Cook time: 10 min

Portions: 6

Ingredients

CREPES

- 1 cup flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 1/4 cups almond milk
- 1 Tbsp pure maple syrup (preferably amber syrup for its rich flavor)
- 2 tsp vegetable oil
- 1 tsp vanilla extract
- Additional oil for cooking crepes

FILLING

- Vegan plain Greek yogurt
- Orange zest
- Assorted fresh berries, such as blueberries, raspberries and strawberries (sliced)
- Pure maple syrup (preferably amber syrup for its rich flavor)
- Vegan mini chocolate chips, optional

SUGGESTED GARNISH

- Additional strawberries
- Additional pure maple syrup (preferably amber syrup for its rich flavor)
- Fresh mint
- Orange slices

Method

CREPES

1. Whisk flour, baking powder and salt.
2. Add almond milk, pure maple syrup, vegetable oil and vanilla and whisk until smooth and blended.
3. Heat medium non-stick skillet over medium-high heat and brush lightly with additional oil.
4. Add about 1/4 cup crepe batter to skillet and swirl to cover skillet, making a 6-inch diameter crepe.
5. Cook until lightly browned, about 2 minutes. Turn and cook until lightly browned, about 1 minute.
6. Repeat with remaining batter to make 6 crepes.

FILLING

1. Combine Greek yogurt and orange zest. Toss berries with pure maple syrup.

TO ASSEMBLE

1. Divide yogurt mixture evenly between crepes, placing in center of each crepe.
2. Top with berries and sprinkle with mini chips, if desired.
3. Fold crepes.
4. If desired, top with additional strawberries, drizzle with additional pure maple syrup and garnish with fresh mint leaves and orange slices.



Oatmeal Peanut Butter Banana Pancakes with Maple Syrup

Portions: 5

Ingredients

- 1/3 cup whole wheat flour
- 1/3 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 2 cups buttermilk
- 2/3 cup old fashioned rolled oats (not instant)
- 2 overripe bananas, mashed with a fork to a fine pulp
- 2 egg whites, whipped to stiff peaks
- 2 tsp canola oil or non-stick pan spray
- Crunchy or creamy peanut butter, for serving
- Pure maple syrup (preferably amber syrup for its rich flavor), for serving

Method

1. In a mixing bowl, combine both flours, baking soda and salt. Set aside.
2. In a non-reactive mixing bowl, combine buttermilk, oats and bananas. Fold in dry ingredients. Fold in egg whites and mix until just combined.
3. Heat 1 teaspoon of oil in a 12-inch non-stick skillet over medium-high heat. Drop 1/4 cup of batter onto pan and cook, turning once until lightly browned. Hold pancakes warm on a platter until you've got them all cooked.
4. Spread a teaspoon or so of peanut butter on each pancake and then the Pièce de résistance of course...a generous drizzle of pure maple syrup from Canada.



Whole Grain Maple Pancake Board

Prep time: 20 min

Cook time: 60 min

Portions: 4-6

Ingredients

PANCAKES

- 1 cup all-purpose flour
- 1 cup oat flour
- 1 cup whole wheat flour
- 1/4 cup flax meal
- 4 tsp baking powder
- 2 tsp cinnamon
- 1/2 tsp salt
- 2 cups milk
- 1 cup pure maple syrup (preferably amber syrup for its rich flavor), divided
- 2 eggs
- 1/4 cup vegetable oil (approx.)
- 2 tsp vanilla extract

FOR SERVING

- Assorted fruits, chia seeds, chocolate hummus, granola, Greek yogurt, hard-cooked eggs, turkey bacon and/or sausage, and whipped lemon ricotta.

Method

1. In large bowl, combine all-purpose, oat and whole wheat flours, flax meal, baking powder, cinnamon and salt.
2. In separate bowl, whisk together milk, 1/4 cup maple syrup, eggs, oil and vanilla; stir into flour mixture just until combined.
3. Refrigerate for 10 minutes.
4. Heat 1 tsp oil in skillet set over medium-low heat. Pour 1/2 cup batter into pan; cook 1 to 2 minutes or until bubbles form on surface. Flip over; cook for 2 or 3 minutes or until browned and cooked through. Repeat with remaining batter, adding oil to pan as needed, to make 12 pancakes.
5. In small pot set over medium heat, warm remaining maple syrup; transfer to small jug.
6. Arrange pancakes on large board with jug of pure maple syrup.
7. Arrange fruits, chia seeds, chocolate hummus, granola, yogurt, eggs, bacon and ricotta on board.

TIP: Customize the board with your favorite pancake toppings and breakfast side dishes.



Maple Apple-Cinnamon French Toast

Prep time: 25 min

Cook time: 25 min

Portions: 4

Ingredients

- 2 tbsp butter
- 4 apples, quartered
- 1/2 tsp ground cinnamon
- 1/2 cup pure maple syrup (preferably golden syrup, for its delicate flavor)
- 4 eggs
- 1 cup milk
- 2 tbsp pure maple syrup (preferably golden syrup, for its delicate flavor)
- 1 tsp pure vanilla extract
- 8 slices bakery-style multigrain bread
- Butter for the pan
- 1/2 lb cheese (Cheddar, Brie, Swiss, Oka, etc.), sliced

Method

1. Set a pan on medium heat, melt the butter, and cook the apples in it for 5 minutes.
2. Add the cinnamon and 125 ml (1/2 cup) maple syrup, and cook 5 minutes more.
3. Meanwhile, beat the eggs with the milk, the 30 ml (2 tbsp) maple syrup, and the vanilla.
4. Soak the bread slices in the egg mixture, a few minutes on each side.
5. Preheat a large pan on medium heat, melt a little butter, and fry each slice 3 minutes per side. Keep in a 150° C (300° F) oven while you do the remaining slices, or use two pans.
6. Serve sandwich-style: a slice of cheese between 2 slices of French toast, topped with apple sauce.

STORING: Cooked French toast and apple-cinnamon sauce will keep 4 – 5 days in the fridge.



Maple Golden Yogurt

Prep time: 10 min Portions: 1

Ingredients

- 1 cup unsweetened whole milk yogurt
- 1 tbsp pure maple syrup (preferably amber syrup for its rich flavor), plus more to serve
- 3/4 tsp ground turmeric
- 1/4 tsp ground ginger
- 1/4 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1/2 banana, sliced
- 3 tbsp granola
- 2 tbsp toasted coconut chips

Method

1. In a bowl, whisk together yogurt, maple, turmeric, ginger, cinnamon and cardamom.
2. Top with sliced banana, granola and coconut chips.

TIP: For a deeper yellow color, allow yogurt mixture to refrigerate overnight.



Maple-Blueberry Muffins

Prep time: 20 min

Cook time: 30 min

Portions: 12

Ingredients

- 1 1/2 cup unbleached all-purpose flour
- 1 cup quick-cooking oats
- 2 tsp baking powder
- 1/2 tsp salt
- 1 cup pure maple syrup (preferably amber syrup for its rich flavor)
- 1/2 cup plain yogurt
- 1/2 cup canola oil
- 2 eggs
- 1 tsp vanilla extract
- 1 3/4 cup large blueberries, fresh or frozen and thawed

Method

1. Preheat oven to 180° C (350° F), rack in center position. Place paper liners in 12 muffin cups.
2. In a bowl, combine the flour, oat flakes, baking powder, and salt. Set aside.
3. In another bowl, use a whisk to mix the pure maple syrup, yogurt, oil, eggs, and vanilla until smooth. Add the dry ingredients and mix with a wooden spoon or spatula. Incorporate the blueberries.
4. Use a large ice cream scoop to fill the muffin cups to the brim with batter. Bake for about 30 minutes.
5. Let the muffins cool in their moulds before removing from the tin.



We Are Committed to a Healthy Future

Maple groves offer us much more than syrup! In Quebec, the 34 million maple trees in working sugar bushes provide ecological goods and services essential to human well-being, the value of which reaches 1 billion Canadian dollars each year.

For example, you may be surprised to learn that Quebec's maple groves capture the carbon produced by the equivalent of 290,000 cars per year. Another good news is that active sugar bushes in Quebec capture and store eight times more carbon than their own production processes emit.

By choosing maple products, you are helping to preserve these maple groves and their ecological services and increase the area of natural forests in use. More specifically, if every day for a year, you put 1 teaspoon of maple syrup or maple sugar in your coffee instead of 1 teaspoon of sugar, you participate in the protection of two maple trees.



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