

MAPLE COOKBOOK GRILLING



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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Burgers with a Spicy Maple Sauce

Prep time: 20 min Cook time: 15 min Portions: 4

Ingredients

PATTIES

- 1 lb lean ground beef
- 1/4 cup quick cooking oats
- 2 tbsp fresh flat-leaf parsley, chopped
- 1 egg
- 1 clove garlic, pressed
- 1 shallot, minced
- 1 tsp Montréal steak spice

SAUCE

- 1/4 cup plain Greek yogourt
- 1/4 cup mayonnaise
- 3 tbsp maple syrup (preferably amber syrup for its rich flavor)
- 1 clove garlic, pressed
- 1/2 tsp harissa sauce (quantity to taste)
- 1/2 tsp smoked paprika

BURGERS

- 4 burger buns
- 4 slices smoked gouda or your choice of cheese
- A few thin slices of red onion
- Lettuce leaves
- 1 tomato, sliced

Method

PATTIES

1. Combine all patty ingredients in a bowl and shape into four 2 cm (3/4 in) thick patties.
2. Grill on the barbecue over medium-high heat for 10 – 15 minutes or until internal temperature reaches 71° C (160° F). Turn twice during cooking.

SAUCE

1. Meanwhile, combine sauce ingredients in a bowl. Set aside in the fridge

BURGERS

1. With 2 minutes until the patties are cooked, put the buns on the grill and keep a close eye on them to prevent burning.
2. Spoon sauce onto the bottom halves of the buns, place a beef patty on each and top with cheese, onion, lettuce, and tomato.



Grilled Maple Tofu Burgers

Prep time: 15 min Cook time: 10 min Portions: 4

Ingredients

- 1 block (1 lb) extra-firm tofu
- 1/4 cup soy sauce
- 2 tbsp maple syrup (preferably dark syrup for its robust flavour)
- 2 tbsp ketchup
- 1 tbsp vinegar
- 1 tbsp black chia seeds
- 1 clove garlic, chopped
- 1 pinch ground black pepper
- 1 tsp chipotle powder (smoked Mexican chile) or to taste
- 1/2 cup mayonnaise
- 4 burger buns
- Toppings of your choice: tomato slices, cucumber slices, lettuce, onion, etc.

Method

1. Cut the tofu into 1.25 cm (1/2 in) slices, place them on a plate between several layers of absorbent paper, and press lightly to remove excess water. Set aside.
2. In a bowl, combine the soy sauce, maple syrup, ketchup, vinegar, chia seeds, garlic, pepper, and chipotle powder. Add the tofu slices, cover and allow to marinate at least 5 minutes at room temperature.
3. Preheat the barbecue to medium and oil the grill.
4. Remove tofu slices from the marinade and reserve it. Grill tofu for 5 minutes, flip and cook another 5 minutes. Grill the buns at the same time.
5. Combine the reserved marinade with the mayonnaise and brush the burger buns generously with it.
6. Garnish grilled maple tofu burgers with your choice of toppings.



Grilled Vegetables

Prep time: 30 min Cook time: 20 min Portions: 4

Ingredients

- 1/2 cup olive oil or vegetable oil
- 1 minced garlic clove
- 1 tbsp pure maple syrup from Canada
- 2 tbsp chopped fresh rosemary or thyme
- Vegetables (peppers, mushrooms, eggplant, zucchini, etc.)

Method

1. In a bowl, combine olive oil or vegetable oil, minced garlic clove, pure maple syrup, and chopped fresh rosemary or thyme, and season to taste.
2. Use as a marinade for vegetables (peppers, mushrooms, eggplant, zucchini, etc.)
3. Then, grill vegetables for 2 to 3 minutes on each side.



Maple Balsamic Chicken Vegetable Skewers

Prep time: 15 min Cook time: 10 min Portions: 4

Ingredients

- 1/2 cup pure maple syrup from Canada
- 2 Tbsp balsamic glaze
- 2 cloves garlic, minced
- 1/2 tsp kosher salt
- 1 lb boneless skinless chicken breasts, cut in 24 (1-inch) pieces
- 1 onion, cut in 20 (1-inch) pieces
- 2 red bell peppers, cut in 20 (1-inch) pieces

Method

1. Combine pure maple syrup, balsamic glaze and garlic in a bowl. Reserve 2 Tbs. maple mixture.
2. Add chicken to remaining maple mixture in bowl and toss until evenly coated. Cover and refrigerate 30 minutes.
3. If using wooden skewers, soak them in water at least 30 minutes before using.
4. Preheat grill for direct heat grilling.
5. Arrange chicken, peppers and onion on skewers and discard any remaining marinating liquid.
6. Grill until chicken is cooked through and vegetables are tender, turning several times, about 10 minutes, and brushing with reserved maple mixture.





GRILLED HANGER STEAKS WITH SHALLOT, MAPLE BROWN BEER SAUCE

Hanger steaks with shallot, maple and brown beer sauce, and grilled vegetables

Prep time: 20 min Cook time: 50 min Portions: 4

Ingredients

Method

SAUCE

- 2 cups minced shallots
- 2 Tbsp canola oil
- 2 Tbsp maple syrup (preferably dark for its robust taste)
- 1/2 cup dark beer, such as a stout or porter
- 1 cup storebought veal or beef stock
- salt and pepper

GRILLED VEGETABLES

- 12 small potatoes (round or fingerling)
- 1 bunch asparagus
- 2 zucchini, cut into 1/2 inch slices
- 4 Tbsp canola oil
- salt and pepper

STEAKS

- 2 Tbsp canola oil
- salt and pepper to taste
- 4 hanger steaks (or flank steaks) of 6 oz each

MAKING THE SAUCE

1. In a saucepan over medium heat, brown the shallots in the canola oil for about 10 minutes to caramelize them well. Add the maple syrup and reduce for 5 to 10 minutes, until the syrup thickens.
2. Deglaze with the beer, reduce until dry, then add the veal stock. Simmer until syrupy, then add salt and pepper.

GRILLED VEGETABLES

3. Heat the barbecue to medium heat (about 350°F).
4. Place the potatoes in a saucepan and cover with cold salted water, then bring to a simmer and cook for about 10 minutes, until tender, testing with a knife. Keep the skin on and cut them in half.
5. Cut off about 2 inches of the bottom of each asparagus. (remove more, or peel as needed depending on thickness of the stalks)
6. In a bowl, mix each vegetable variety in turn with 1 Tbsp canola oil, salt and pepper. Arrange them on a baking sheet. Place the vegetables, separately, on the grill and cook for 4 to 10 minutes, depending on each, until they are cooked and nicely grilled.

MAKING THE STEAKS

1. Oil, salt and pepper the meat.
2. Sear the meat for 2 to 3 minutes per side or until well browned.
3. Remove from heat when desired doneness and cover with aluminum foil. Let stand for 10 minutes.
4. Serve the steaks topped with the sauce and accompanied by the grilled vegetables.

Maple Grilled Peach and Arugula Salad

Prep time: 25 min Cook time: 10 min Portions: 4

Ingredients

- 4 peaches, halved and pitted
- 1/4 cup pure maple syrup from Canada, divided
- 1/4 cup olive oil
- 3 tbsp balsamic vinegar
- 3/4 tsp salt
- 1/2 tsp pepper
- 8 cups arugula
- 1/2 cup crumbled goat cheese
- 1/2 cup halved cherry tomatoes
- 1/2 cup blueberries
- 1/3 cup chopped toasted pecans

Method

1. Preheat grill to medium heat; grease grate well. Brush peaches with 3 tbsp maple syrup; grill, turning a few times, for 8 to 10 minutes or until tender. Let cool slightly; cut into wedges.
2. In large bowl, whisk together olive oil, vinegar, remaining maple syrup, salt and pepper. Add arugula; toss until well coated.
3. Divide arugula among 4 plates (or place on serving platter); top with peaches, goat cheese, tomatoes, blueberries and pecans.

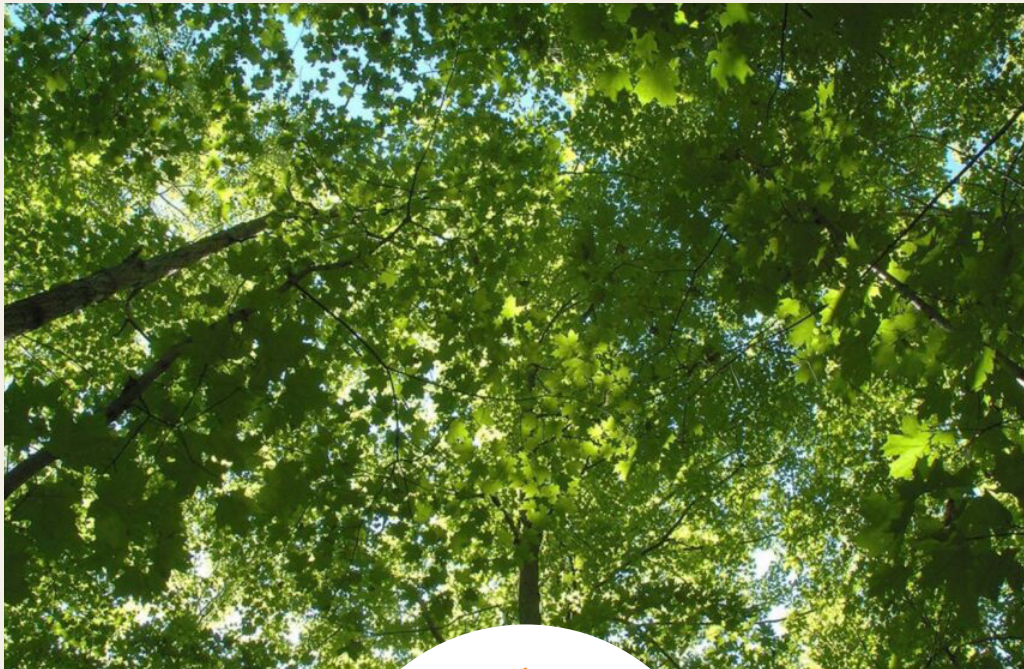


We Are Committed to a Healthy Future

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 1.6 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 220,000 cars per year. Another good news is that active sugar bushes in Quebec capture and store 11 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 one maple tree.



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