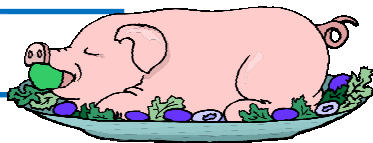


Apple and Maple Syrup Pork Roast



Ingredients

Flour
Pork loin roast, about 2.5 lbs/1.2 kg.
3 tbsp. butter
3 tbsp. maple syrup
1 onion, finely chopped
3 tbsp. Dijon mustard
1 c. white wine
3 apples, peeled, cored and quartered
1 c. chicken broth
1/2 tsp. dried tarragon
1 bay leaf
1/4 c. whipping cream
Salt and pepper

Serves 6

Preheat oven to 350°F. **Dust** the roast with flour on all sides. In large pan, **melt** butter. Add roast and **brown** on all sides. **Add** the maple syrup and allow to caramelize, about 2-3 minutes. **Remove** roast from pan and **set aside**.

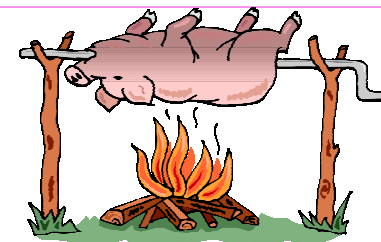
In the same pan, **saute** onion until softened. **Place** the roast back in pan and **brush** with Dijon mustard. **Add** the wine and **reduce** for 2 minutes. **Add** the apples, broth, tarragon and bay leaf. Season with salt and pepper. Bring to a **boil**.

Bake for about 45 minutes, or until internal temperature is just under 70°C (158°F). **Remove** roast from pan and cover with foil. **Let rest** for 10 minutes. **Place** pan back on stove. **Stir in** cream and bring to a **boil**. **Reduce** by half. **Adjust** seasoning. **Slice** roast and **drizzle** with sauce.



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Maple Glazed Pork Ribs



Ingredients

2 kg. baby back ribs
1 c. maple syrup
1/4 c. ketchup
1 tsp. horseradish puree
1 tbsp. Worcestershire sauce
1 tbsp. white wine vinegar
1 tbsp. Dijon mustard
Salt and pepper

Serves 4

In large pot, **cover** the ribs with cold water. Bring to a **boil**, skimming frequently. **Cover and simmer** for 50 minutes. Drain.

Preheat oven to 350°F.

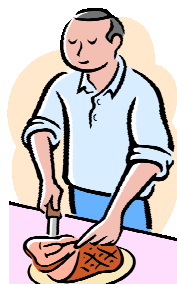
In a bowl, **combine** the remaining ingredients. Coat the ribs with the **marinade**. If time allows, they can marinate in the refrigerator for a few hours. **Drain** the ribs. Place on a baking sheet lined with foil. **Bake** for about 30 minutes, **basting frequently**.

This recipe would probably work well for the **barbeque** as well.



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Maple Glazed Pork Tenderloin



Ingredients

Flour
2 pork tenderloins (about 1 lb/454 g each)
1 tbsp. butter
1 tbsp. vegetable oil
Salt and pepper
4 shallots (or 1/2 c. onion), chopped
1 tbsp. Dijon mustard
1/2 c. maple syrup

Serves 6

Preheat the oven to 350°F

Dust tenderloins with flour. In an ovenproof skillet, **brown** the meat in the butter and oil. **Season** with salt and pepper. **Remove** from the skillet and set aside.

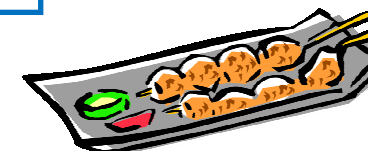
Add a little butter in the skillet, if necessary, and **soften** the shallots. **Add** the mustard and maple syrup and **simmer** for about 1 minute, until it thickens. **Return** the pork to the skillet and coat with the sauce.

Bake for 16-17 minutes for medium rare (20 minutes for medium). **Remove** from the oven, cover with foil and **let rest** for 5 minutes before slicing. Garnish with fresh thyme.



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Maple Pork Tenderloin Skewers



Ingredients

8 wooden skewers
3 tbsp. maple syrup
2 tbsp. miso paste (or soy sauce)
2 tbsp. grainy Dijon mustard
2 tsp. finely grated ginger
2 tsp. rice vinegar
2 pork tenderloins (375 g. each), cut into 1 inch cubes
2 tsp. canola oil
1/4 tsp. salt
2 green onions, thinly sliced
1 tbsp. toasted sesame seeds

Serves 6

Soak skewers in warm water for 15 minutes. **Whisk** maple syrup with miso, mustard, ginger and rice vinegar in a small bowl.

Preheat barbeque to medium-high. **Toss** pork cubes with oil and salt. **Thread** pork onto skewers. Oil grill, then **barbeque** pork with the lid closed until pork is cooked through, about 8—10 minutes. Flip the pork halfway through cooking.

Transfer from grill to a large platter and generously **brush** with maple mixture. Garnish with green onions and sesame seeds.



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Maple Mustard Chicken Wings

Ingredients

2-1/2 lb (1.1 kg) chicken wings
1/3 c. maple syrup
1/4 c. Dijon mustard
1/4 c. grainy mustard
2 tbsp. cider vinegar
2 tbsp. vegetable oil
2 garlic cloves, minced
1/2 tsp. salt
1/2 tsp. pepper

Dip:

1/4 c. mayonnaise
1/4 c. sour cream
2 tbsp. fresh mint, chopped

Cut tips off chicken wings and save for stock. **Separate** wings at joints.

In bowl, **combine** maple syrup, Dijon mustard, grainy mustard, vinegar, oil, garlic, salt and pepper. **Add** wings and stir to coat.

Cover and refrigerate for at least 4 hours and up to 24 hours.

Reserving marinade, **arrange** wings on rack on foil-lined baking sheet. **Spoon** half of the marinade over wings. **Bake** in 400°F oven for 20 minutes. **Turn and brush** with remaining marinade. **Cook** for a further 20 minutes or until juices run clear when wing is pierced. **Broil** for 1 minute per side or until browned and crisp.

Dip: In bowl, whisk together mayonnaise, sour cream and mint. Serve with wings.

Uncooked wings can be frozen with marinade in freezer bag for up to 3 weeks; thaw in refrigerator and bake as directed.



Maple Chicken with Napa Cabbage Salad

Ingredients

1/4 c. maple syrup
2 tbsp. soy sauce
1 tsp. sesame oil
2 cloves garlic, minced
4 boneless chicken breasts (about 1 lb/500g)

Salad:

2 tbsp. rice vinegar
2 tbsp. vegetable oil
1 tsp. maple syrup
1/2 tsp. sesame oil
Salt and pepper
4 cups napa cabbage, shredded
15 snow peas, sliced diagonally into thirds
1 carrot, grated

Serves 4



In resealable freezer bag, **combine** maple syrup, soy sauce, sesame oil and garlic. **Set aside** 1 tbsp. of the marinade. **Add** chicken breasts to bag; **refrigerate** for at least 30 minutes or up to 8 hours.

Remove chicken from marinade, **discarding** marinade. **Place** on greased grill over medium high heat (375°F); **grill** covered, **turning once**, for 12 to 15 minutes or until no longer pink inside and a meat thermometer registers 165°F(74°C). **Brush** with reserved marinade.

Napa Salad: In large bowl, **whisk** together vinegar, oil, maple syrup, sesame oil and salt and pepper to taste. **Add** cabbage, snow peas and carrot; **toss** to combine. **Serve** with grilled chicken.



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Maple Pepper Salmon and Sauce

Ingredients

1 tbsp. pepper
1 tbsp. maple syrup
4 salmon fillets, about 6 oz/175 g each
2 tbsp. fresh parsley, chopped

For sauce

1/4 c. white wine or vermouth
1/2 c. chicken stock
1/3 c. whipping cream
1 tbsp. maple syrup
1/2 tsp. pepper

Serves 4



In small bowl, **mix** pepper with maple syrup; **spread** paste over fillets, patting into fish. **Refrigerate** for 30 minutes. **Place** fish, pepper side down, on greased grill over medium-high heat; **close lid** and cook for 3 minutes. **Turn**; cook until flesh flakes easily, about 5-6 minutes longer.

Sauce: In small skillet, **boil** wine over high heat until reduced to 1 tbsp. **Add** stock; **boil** until reduced by half. **Stir** in cream and maple syrup; **reduce** heat and **simmer**, stirring occasionally, until slightly thickened, about 5 minutes. **Stir** in pepper and salt. **Serve** pooled around fish.

Maple Glazes for Salmon, Pork, Trout, or Chicken

Salmon Glaze

4 salmon fillets (about 6 oz/175 g each)
1/4 c. maple syrup
2 tsp. soy sauce
2 tsp. lime juice
1 jalapeno pepper, seeded and minced
1 small clove garlic, minced
Pinch pepper

Place salmon in shallow dish. **Combine** maple syrup, soy sauce, lime juice jalapeno pepper, garlic and pepper; **pour** half over salmon and **turn to coat**. **Cover and refrigerate** for 30 minutes turning once. **Place** salmon on foil-lined baking sheet. **Roast** in 450°F oven for about 10 minutes, brushing with marinade about halfway through the cooking process. Bake until fish flakes easily. **Broil** until glazed, about 3 more minutes.



For Salmon, Trout, Pork or Chicken

1/4 c maple syrup
2 tbsp. miso paste (or soy sauce)
2 tbsp. olive oil
2 green onions, chopped
1 tbsp. sambal oelek (hot pepper sauce)
1 tsp. curry powder
1/2 tsp. pepper

Combine all the ingredients in a bowl. **Brush** glaze onto chosen fish or meat. **Broil** or **barbeque**.



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Maple Balsamic Salad Dressing

Ingredients

- 5 parts olive oil
- 1 part balsamic vinegar
- 1 part maple syrup
- 1 part Dijon mustard



Salad suggestions

- Mixed greens
- Red cabbage
- Toasted nuts (pine nuts, cashews, pecans, walnuts or almonds all work)
- Green onion

Mix all ingredients together in a jar and shake. Use between 1 teaspoon and 1 tablespoon per part for a family sized salad



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Slow Cooker Maple Barbeque Sauce

Ingredients

- 2 tbsp. vegetable oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1-1/2 c. chili sauce
- 1 c. maple syrup
- 2/3 c. orange juice
- 1/2 c. cider vinegar
- 2 tbsp. dry mustard
- 2 tbsp. brown sugar, packed
- 2 tbsp. Worcestershire sauce
- 4 tsp. chili powder
- 2 tsp. celery seeds
- 1 tsp. cinnamon
- 1/2 tsp. salt



In a large skillet, heat oil over medium heat; cook onion and garlic, stirring occasionally, until softened, about 5 minutes. Transfer to slow cooker.

Stir in chili sauce, maple syrup, orange juice, cider vinegar, mustard, brown sugar, Worcestershire sauce, chili powder, celery seeds, cinnamon and salt.

Cover and cook on low until thickened enough to coat spoon, about 5-7 hours.

Refrigerate in airtight container for up to one week or freeze for up to one month.

Makes 5 cups



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Maple and Squash

Butternut Squash with Potatoes and Maple Syrup

- 4 c. butternut squash, peeled and cubed
- 2 c. potatoes, peeled and cubed
- 2 tbsp. maple syrup
- 1/2 c. chicken broth
- Salt and pepper

In a saucepan, combine squash and potatoes and cover with cold salted water. Bring to a boil and cook for about 10 minutes or until tender. Drain. With a potato masher, mash vegetables. Then, with an electric mixer, puree vegetables with maple syrup and broth. Adjust seasoning.

Serves 4



Mashed Acorn Squash with Maple Syrup

- 1 acorn squash, about 3 lb/1.5 kg
- 2 tbsp. maple syrup
- 3 tbsp. butter
- Pinch ground ginger
- Salt and pepper

Preheat oven to 350°F. Line

baking sheet with parchment paper. Cut squash in half and remove seeds. Season with salt and pepper. Place on baking sheet, cut side down. Cook for 1 hour until squash is tender. Let cool.

Remove the flesh with a spoon and put in food processor. Puree squash with remaining ingredients until smooth. Season with salt and pepper.

Serves 4

Apple Pie French Toast

Ingredients

- 10 cups cubed egg bread (1 inch cubes)
- 3 cups apples, diced (about 3)
- 2 tbsp. brown sugar, packed
- 1-1/2 tsp. cinnamon
- 6 eggs
- 3 cups milk
- 1/3 cup maple syrup
- 1 tbsp. vanilla

Plus extra maple syrup to drizzle

Serves 8



Spray 13X9 inch glass baking dish with vegetable spray; **spread** half of the bread in dish.

In medium bowl, **toss** together apples, sugar and cinnamon; **scatter half** over bread. **Top** with remaining bread and apples. In same bowl, **whisk** together eggs, milk, maple syrup and vanilla; **pour** over bread mixture. **Press down gently** with spatula to coat in liquid. **Let stand** for 30 minutes. (Can be made ahead to this point; cover and refrigerate overnight. Let stand at room temperature while preheating oven). **Bake** in 350°F oven for 50 to 55 minutes or until golden brown and egg mixture is set. **Drizzle** with warm maple syrup, if you like.

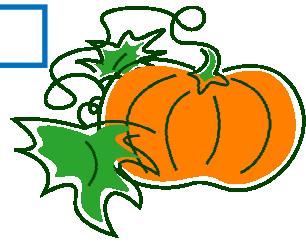


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Maple Pumpkin Crème Brûlée



Ingredients

8 egg yolks
2 c. whipping cream
1 c. pumpkin purée
1/2 c. maple syrup
1/4 c. sugar
1 tsp. vanilla
1/2 tsp. nutmeg
1/4 tsp. cinnamon

In a large bowl, whisk together egg yolks, cream, pumpkin purée, maple syrup, sugar, vanilla, nutmeg and cinnamon until smooth. Divide among eight 6 oz (175 ml) ramekins or custard cups. Place in shallow metal pan; pour in boiling water to come halfway up side of ramekin.

Bake in 350°F oven until edges are set and center still jiggles, about 35 minutes. Remove from water; refrigerate until cold, at least 2 hours. Can be made up to 2 days ahead.

Topping: Sprinkle with sugar; broil 6 inches from heat or burn with pastry torch until melted and caramelized, about 2 minutes.

Topping:

1/2 c. sugar

Serves 8

Individual Maple Walnut Cheesecakes



Ingredients

Base:
1 c. walnut halves
3 tbsp. dark brown sugar, packed
2 tbsp. butter, melted

Filling:
1 pkg. (8 oz/250g) cream cheese

1/3 c. maple syrup
1 tsp. vanilla
1 egg

2 tbsp. all purpose flour

Candied Walnuts:

3 tbsp. sugar
3 tbsp. corn syrup
12 walnut halves

Base: In food processor, finely chop walnuts with brown sugar; pulse in butter. Press over bottom of 4 oz/125 ml mini-cheesecake cups (or 8 inch square pan or muffin tin). Bake in center of 350°F oven until golden at edges, about 12 minutes. Let cool on rack.

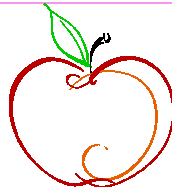
Filling: In large bowl, beat cream cheese until fluffy; gradually beat in syrup and vanilla until smooth. Beat in egg and flour, scraping down bowl as necessary. Pour about 3 tbsp. over each base. Bake in center of 325°F oven until edges are set but centers still jiggle slightly, about 15 minutes. Let cool on rack. Cover and refrigerate for 2 hours or until set. Can be refrigerated for up to 2 days.

Candied Walnuts: Line baking sheet with parchment paper. Place sugar in small bowl, pour corn syrup into a separate bowl. Dip each walnut in corn syrup; scrape off any excess and roll in sugar to coat. Place, top side down, on prepared pan. Bake in 325°F oven, turning once, until bubbly and nuts are deep golden, about 15 minutes. Let cool on baking sheet. Can be stored in airtight container for up to 3 days.

Place one walnut on each cheesecake.

Serves 12

Steamed Apple Maple Puddings



Ingredients

1/3 c. butter, softened
1/4 c. dark brown sugar, packed
1/4 c. maple syrup
2 eggs
1 tsp. maple extract
1 c. apples, peeled and grated
1 c. all purpose flour
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1/4 tsp. nutmeg

Butter six 3/4 cup (175 ml) ramekins (or custard cups); set aside.

In a large bowl, **beat** together butter, sugar and maple syrup until smooth. **Beat in** eggs, one at a time. **Stir in** maple extract and apple.

In separate bowl, **combine** flour, baking powder, baking soda, salt and nutmeg. **Stir into** apple mixture until combined.

Divide batter between ramekins. **Place** ramekins in 13X9 inch baking dish. **Pour** hot water halfway up sides of ramekins. **Bake** in 350°F oven for 20 to 25 minutes or until toothpick inserted in center comes out clean.

Remove to wire rack to cool.

Serves 6

Maple Syrup Dumplings (Grand-Pères)



Ingredients

2 c. all purpose flour
1/4 c. sugar
2 tsp. baking powder
1/4 tsp. salt
1/4 c. butter, softened
1 c. milk
1/2 tsp. vanilla
1 can* maple syrup (540 ml/19 oz or about 2-1/4 c.)
1 c.* water

*can decrease maple syrup and increase water with no loss of flavour

In a bowl, combine the flour, sugar, baking powder and salt. Work the butter into the dry ingredients with your fingers or a fork until the mixture resembles coarse sand. Add the milk and vanilla, stirring with a wooden spoon until the dough is smooth.

In a large saucepan, pour in the syrup and water and bring to a boil. With two spoons or a moistened ice cream scoop, shape the dough into about 12 balls; use about 2 tbsp. for each ball. Drop the balls one by one into the boiling syrup mixture.

Cover, reduce the heat and simmer for about 15 minutes.

Serve with hot syrup and a scoop of vanilla ice cream.

Makes 12



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