

# MAPLE

Cafeteria | VermontHarvestoftheMonth.org

*Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.*



## Tidbit

Vermonters have been boiling maple syrup for centuries—Native Americans in the region used maple syrup for both food and medicine. Today, it continues to be a staple in our region and is one of the most versatile and delicious ways to sweeten dishes. Drizzle syrup on pancakes, incorporate into a vinaigrette or sauce, or substitute maple syrup for sugar or honey in any recipe.

## Mini-activities

- Observe and taste different grades of maple syrup—which is the darkest? Which has the strongest flavor?
- Compare Vermont maple syrup to fake syrup—check ingredient labels and identify similarities and differences between the two
- Maple challenge—have students come up with a fun recipe showcasing syrup and vote on the most creative dish

## Kid-friendly Cooking Tips

- Substitute maple syrup for white sugar in baked goods—decrease the liquid in your recipe by 2-4 Tbsp for each cup of syrup used
- Drizzle vegetables with maple syrup before roasting
- Sweeten homemade vinaigrette dressing with maple syrup
- Stir syrup into plain yogurt for a sweet treat

## Selection Tip

- Lighter-colored syrup is best for topping pancakes and yogurt, save dark syrup for baking
- Information on the new maple syrup grades can be found on the Vermont Maple Syrup Makers Association website: <http://vermontmaple.org/>

## Storage Tips

- Unopened containers of maple syrup can be stored in a cool, dry location but should be refrigerated once opened
- Maple syrup can be frozen—its consistency will be liquid but difficult to pour until defrosted

## Benefits

- Compared to white sugar, maple syrup has lower sucrose content
- Maple syrup contains a number of minerals including calcium, iron, and potassium

## Recipes

### Maple Granola

#### Maple Granola

**Yield:** 20 cups, 80 1/4 cup servings

#### Ingredients:

- 18 cups old fashioned oats
- 1 cup raisins
- 1 cup dried apple slices
- 2 1/2 Tbsp. ground cinnamon
- 2 cups vegetable oil
- 2 cups maple syrup

#### Directions:

1. Preheat oven to 350 °F.
2. Combine all dry ingredients, except dried fruit, and stir until everything is well distributed. Add oil first and maple syrup, and stir until well combined.
3. Pour out onto a large rimmed cookie sheet and place in oven. Bake for 15-20 minutes, stirring every five minutes to ensure that granola cooks evenly.
4. Granola is done when it is browned and crispy. Remove from the oven. Mix in dried fruit.

Source: GMFTS

### Roasted Roots with Maple Glaze

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**Yield:** 50 1/2 cup servings

#### Ingredients:

- 12 lbs mixed root vegetables
- Canola or olive oil
- Salt and pepper, to taste

#### Glaze Ingredients:

- 1/4 cup maple syrup
- 1/4 cup butter

#### Directions:

1. Preheat oven to 400°F.
2. Wash vegetables and chop into chunks/ bite-sized pieces.
3. Toss with just enough oil to coat, plus salt and pepper.
4. Arrange in a single layer on a sheet pan.
5. Roast for 45 minutes or until tender, stirring occasionally.
6. While the veggies roast, prepare your glaze in a small saucepan. Melt butter on low heat, then stir in maple syrup. As soon as they are combined, turn off heat.
7. Top roasted veggies with glaze, and serve hot.

