



Bear Paw

Scout Camp

Maple Syrup Recipes

Not just for breakfast anymore

Maple Meatballs

- 1 lb. hamburger
- 1 egg
- $\frac{3}{4}$ c. oatmeal
- $\frac{1}{4}$ c. Bear Paw Maple syrup

Combine ingredients in large bowl. Shape into balls 1 $\frac{1}{2}$ " in size. Put on charcoal grill until brown or bake in oven. Place in crockpot with maple barbeque sauce; heat through

Maple Mustard Dip

- $\frac{1}{2}$ c. Dijon mustard
- 1 tablespoon brown sugar
- $\frac{1}{4}$ c. Bear Paw Maple syrup
- $\frac{1}{2}$ teaspoon dried parsley flakes

Combine in small bowl; serve with pretzels

Death by Chocolate Waffles

Try these crisp, double chocolate waffles with a small mountain of vanilla ice cream and a pool of Bear Paw Maple Syrup.

Butter for greasing waffle iron

1 1/3 cups unbleached or all-purpose flour

1/3 cup whole-wheat flour

1/4 cup unsweetened cocoa

1 tablespoon baking powder

1 teaspoon cinnamon

1/2 teaspoon salt

1/2 cup (1 stick) butter

3 oz semisweet chocolate

2 tablespoons sugar

2 1/4 cups milk

2 eggs, beaten until frothy

Warm Bear Paw Maple Syrup

Preheat a waffle iron and grease it lightly. Combine the flours, cocoa, baking powder, cinnamon, and salt in a large bowl. Toss to mix. Set aside.

Combine the butter, chocolate, and sugar in a heavy-bottomed saucepan and melt over very low heat. Whisk to smooth, remove from the heat, then whisk in the milk and eggs.

Make a well in the dry ingredients, pour in the chocolate mixture, and blend, just until everything is combined; watch for dry clumps. Let the batter stand for several minutes; it will thicken slightly.

Cook the batter in the prepared waffle iron until crisp and golden, about 2 minutes. Repeat with remaining batter.

Maple Breakfast Rolls

¼ c. butter, melted

½ c. chopped walnuts

8 oz. cream cheese, softened

1 c. packed brown sugar

1/3 c. Bear Paw Maple syrup

½ c. powdered sugar

(4) 6 oz. tubes refrigerated buttermilk biscuits

In small bowl, combine butter, brown sugar, nuts and maple syrup. Spread into a greased 9x13 pan; set aside. In a small bowl, beat cream cheese and powdered sugar until smooth. On a lightly floured surface, roll out each biscuit into a 4" circle. Spread 1 tablespoon cream cheese mixture down center of each biscuit. Bring dough from opposite sides over filling just until edges meet; pinch to seal. Place seam side down over nut mixture. Bake at 350 degrees for 25-30 minutes or until golden brown. Immediately invert onto a serving plate. Serve warm.

Oatmeal Maple Pancakes

¼ cup Bear Paw Maple Syrup
¾ cup milk
1 egg
1 cup pancake mix
½ cup quick-cooking cereal
2 tablespoons melted shortening

Combine Bear Paw Maple Syrup, milk and egg. Add pancake mix, oats and shortening. Beat lightly until blended. Bake on hot griddle, greased. Makes about 1 dozen, 4 inch pancakes.

Maple Granola

- 2 cups Bear Paw Maple Syrup
- 2 pounds of 10 oz of rolled oats (large container)
- 2 cups wheat germ
- 1 cup sesame seeds
- 2/3 cup of vegetable or canola oil
- 1 cup chopped almonds
- 1 cup chopped cashews
- 1 cup sunflower seeds
- 1 cup coconut
- 1 teaspoon vanilla
- Wheat, oat or bran flakes (optional – in amounts desired)
- 1 cup raisins, cranberry raisins or other dried fruit (optional)

This is a flexible recipe – modify it depending upon your own taste and ingredient availability.

Preheat the oven to 350 degrees. Combine the dry ingredients except for raisins or dried fruit. In a separate bowl combine the wet ingredients; pour over dry ingredients and mix well. Spread on well-greased baking sheets and bake for 30 minutes or more, checking occasionally. Turn the mixture from time to time. Remove from the oven when lightly browned. Add raisins or dried fruit. Cool; store in airtight container.

Bear Paw Maple Mustard Pork Tenderloin

2 tbsp Bear Paw Maple Syrup
1 whole pork tenderloin
3 tsp Sage
Salt and pepper to taste
1 tbsp butter
1 cup low sodium chicken broth
2 tbsp coarse grain Dijon mustard
Fresh sage for garnish

Slice pork tenderloin into 1/3 inch thick slices. Sprinkle with 1 1/2 teaspoons sage salt and generous amount of pepper. Melt butter in heavy skillet over medium high heat. Add pork and cook until golden brown. Transfer pork to plate, leaving drippings in skillet. Add broth, Bear Paw Maple Syrup, mustard and remaining 1 1/2 teaspoon of sage to skillet. Boil approximately 3 minutes. Reduce heat to low. Return pork and any accumulated juices to skillet and cook until just heated through, about 1 minute. Garnish with fresh sage. Yield 4 servings.

Bear Paw Maple BBQ Spareribs

3/4 Cup Bear Paw
Maple Syrup
3 lbs Spareribs
1 tbsp catsup
1 tbsp finely chopped onion
1 tsp Worcestershire sauce
1 tsp salt
1/4 tsp dry mustard
1/8 sp black pepper
1 tbsp cider vinegar

Place spareribs into a sauce pan and add enough water to cover. Bring to a boiling point, reduce heat and simmer for 30 minutes. Drain. Mix Bear Paw Maple Syrup, catsup, vinegar and onion, Worcestershire sauce, salt, mustard, black pepper together in a small bowl. Place ribs in a shallow baking pan, and pour about 1/2 the sauce mix over the ribs. Bake in 350 degree oven for 30 minutes or until tender. Turn and baste occasionally with remaining sauce while baking. Broil 5 minutes to finish browning.

Maple BBQ Chicken

$\frac{3}{4}$ c. BBQ sauce

$\frac{1}{2}$ t. salt

$\frac{3}{4}$ c. Bear Paw Maple syrup

$\frac{1}{2}$ t. maple extract

8 skinless boneless chicken breast halves

Combine first four ingredients; mix well. Reserve $\frac{3}{4}$ c. to small bowl for serving; cover and refrigerate. Grill chicken, uncovered, over medium heat 3 minutes on each side. Grill 6-8 minutes longer or until juices run clear, basting with remaining sauce and turning occasionally. Serve with reserved sauce.

Maple Crème Apple Pie

Step 1:

Peel, core and slice 6-8 medium size tart apples. Arrange apples in pastry-lined pie plate.

Step 2:

Combine $\frac{1}{4}$ cup sugar, 2 tablespoons flour, 1 tsp. cinnamon, $\frac{1}{4}$ tsp salt, 2 tablespoons butter (melted) and $\frac{1}{3}$ cup Bear Paw Maple Syrup. Pour this combination over the apples. Put top crust on pie. Cut several slits in top crust. Bake at 425 degrees for 40 minutes or until crust is browned and apples are tender. Cover rim or crust with foil if it browns too rapidly. Remove from oven.

Step 3:

Combine $\frac{1}{4}$ cup brown sugar, 2 tablespoons flour, 2 tablespoons soft butter and $\frac{1}{4}$ cup Bear Paw Maple Syrup. Spread this mixture over top of pie. Return pie to oven for 5 minutes. Put larger pan underneath to catch drippings. *Can also sprinkle $\frac{1}{4}$ cup chopped nuts on top of pie in Step 3.

Vermont Maple Pumpkin Pie

1 1/3 cup cooked, mashed pumpkin (1- 15 oz. can)
3/4 cup Bear Paw Maple Syrup
1 1/2 cups milk
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1 unbaked pie shell
2 eggs
1 teaspoon salt
1/8 teaspoon ginger

Beat or blend ingredients thoroughly together. Pour into unbaked pie shell. Bake in 350 degree oven for 45 minutes or just until firm in the middle.

Quick Maple Krunchies

¾ cup sugar
½ cup light corn syrup
½ cup chopped dates
½ cup sunflower nuts
5 cups Rice Krispie cereal
½ cup Bear Paw Maple Syrup
¾ cup peanut butter
½ cup raisins
½ cup slivered almonds
Sprinkle with maple sugar

Heat syrups and sugar until hot, but not boiling. Melt and stir in peanut butter. Stir in cereal and other ingredients. Press into buttered 9x13 pan. Sprinkle maple sugar granules on top after pressed into pan and still warm. Cut when cool.

Maple Pudding Cake

1 ½ cups flour (preferably unbleached)
2 teaspoons baking powder
¾ cup of milk
¾ cup water
2 tablespoons butter
¾ cup maple or white sugar
¾ teaspoon salt
1 ½ cups Bear Paw Maple Syrup

Preheat oven to 350 degrees. Combine flour, sugar, baking powder and salt. Stir in milk. Spread batter in a 9" greased baking pan or dish.

Combine syrup, water and butter in saucepan and heat until butter is melted. Gently pour the heated liquid over batter in the pan and bake about 45 minutes until cake is lightly browned. The maple syrup mixture will sink to the bottom where it forms a pudding-like sauce. Cool briefly, and top with whipped cream or ice cream.

Yield: 8 servings

Strawberry Maple Cake

½ c. shortening
1/3 c. Bear Paw Maple syrup
1 teaspoon vanilla
½ c. water
½ c. wheat flour
3 ½ teaspoons baking powder
1 c. sugar
2 eggs
½ c. orange juice
1 ½ c. flour
1 teaspoon salt
1 c. strawberries*

*Can also use frozen sweetened berries, and drained.

Preheat oven to 350 degrees. Grease and flour 9x13" pan. Cream together shortening, sugar, and Bear Paw Maple syrup. Mix in eggs, vanilla, orange juice and water. Mix in flour, wheat flour, salt, baking powder. Fold in strawberries. Pour into pan; bake at 350 degrees approx 35 minutes.

Maple Cheesecake

1 cup graham cracker crumbs
3 – 8 oz pkgs cream cheese
1 ½ tsp. vanilla extract
1 ¼ cups Bear Paw Maple Syrup
2 tablespoons butter, melted
3 large eggs
¼ tsp. salt
1 cup sour cream
1 tsp. vanilla
2 tablespoons honey

In small bowl, combine graham cracker crumbs and butter. Lightly butter a 9-inch springfoam pan. Dust sides with crumbs and press the remainder into the bottom of the pan. Chill.

In large bowl, beat the cream cheese well, adding eggs one at a time and beating well after each addition. Add 1 ½ tsp. vanilla, salt and Bear Paw Maple Syrup. Beat well, pour into the chilled crust. Bake at 350 degrees until firm (about 40-45 minutes).

Combine sour cream, honey and 1 tsp. vanilla. Pour over top of cheesecake. Increase oven temperature to 400 degrees. Bake 5 more minutes. Chill overnight. Drizzle Bear Paw Maple Syrup over each serving. Serves 8 to 12.

Blonde Ginger Cutout Cookies

2/3 cup vegetable shortening
1/3 cup (5 1/3 tablespoons) butter, softened
1 cup Bear Paw Maple Syrup, at room temperature
1 tablespoon blackstrap molasses
1/2 teaspoon pure vanilla extract
4 cups unbleached or whole-wheat flour
2 teaspoons baking soda
1/2 teaspoon salt
1/2 teaspoon ginger
1/4 teaspoon ground cloves
1/4 teaspoon nutmeg

Cream together the shortening and butter in a large bowl. Gradually beat in the Bear Paw Maple syrup, molasses and vanilla. Mix the flour, baking soda, salt, ginger, cloves, and nutmeg and work them into the creamed mixture about 1 cup at a time. Using floured hands, divide the dough in half and wrap each half in plastic, each flattened into a disk. Chill for at least 2 hours.

Preheat oven to 350 degrees and lightly grease a baking sheet. Roll the dough out, one part at a time, onto a sheet of wax paper; make it a little less than 1/4 - inch thick. Cut into whatever shapes you like, transfer to the baking sheet, and bake for 10 to 12 minutes, until the bottoms are golden. Cool briefly on the sheet, then transfer to a wire rack to finish cooking.

Mother's Old-Fashioned Baked Beans

2 c. navy beans or great northern beans
½ lb. pork, sliced, cut into cubes
1 large onion, chopped
1 teaspoon salt
Dash pepper
4 tablespoons molasses
½ c. Bear Paw Maple syrup

Soak beans overnight (covered with water). Then precook in open kettle, using ¼ t. baking soda (removes gas out of beans). Cook and watch closely for ½ hour. Drain. Put beans in casserole dish; mix in remaining ingredients, cover and bake at 375 degrees for 1 ½ hours.

Maple Butter

1 c. Bear Paw Maple syrup
¾ c. butter

Cook syrup until soft ball. Add butter, beat with rotary beater until thick and creamy.

Maple Caramels

2 c. brown sugar
½ c. cream
1 tablespoon butter
1 ½ c. Bear Paw Maple Syrup
1/8 teaspoon salt
½ c. chopped nuts

In a very large and deep saucepan, combine all ingredients; stir over medium heat until all are dissolved. Cook without stirring to 253 degrees F; pour into greased 9" square pan. Cut and wrap.