

MAPLE FUDGE 1

- 2 cups sugar
- 1 cup maple syrup
- 1/2 cup light cream
- 2 Tbsp butter

Grease 8-inch square pan. Combine all ingredients in medium saucepan. Cook, stirring, over medium-high heat, until boiling. Clip a candy thermometer to side of the pan and continue cooking and stirring until the mixture reaches 238°, about 10 to 15 minutes. Remove from heat and cool without stirring until lukewarm (110°), about 1 hour. Remove candy thermometer and beat mixture with wooden spoon until color lightens, mixture loses its glaze, and the fudge begins to set. Quickly press into greased pan. When fudge is firm, cut into squares. Store tightly covered.

MAPLE FUDGE 2

- 2 cups maple syrup
- 1 cup granulated white sugar
- 2 Tbsp corn syrup
- 1 cup heavy cream
- 1 pinch salt

Mix all ingredients well and bring to a boil, stirring constantly. Simmer, stirring occasionally, until the mixture reaches 236° on the candy thermometer. Remove from heat and let cool. Stir vigorously until the mixture has thickened and lost its shine. Pour into a buttered dish to harden.

MAPLE FUDGE 3

- 1 cup maple syrup
- 2 cups sugar
- 7/8 cup heavy cream
- 1/8 cup milk

Cook all ingredients together to the soft ball stage. Let cool to lukewarm. Stir well and pour into a buttered dish to harden.



MAPLE BACON FUDGE

- 2 cups light brown sugar
- 1 (5-ounce) can evaporated milk
- 1 cup (2 sticks) unsalted butter
- 2 cups powdered sugar
- 1 tablespoon maple syrup
- 1 cup coarsely chopped pecans
- 4 slices bacon, cooked and crumble

Line an 8x8-inch pan with parchment paper or aluminum foil. Combine the sugar, evaporated milk and butter in a medium saucepan. Bring to a full boil over medium-high heat and let bubble until it reaches 235F. Remove from the heat and let cool for about 5 minutes. Transfer to a stand mixer and add powdered sugar and maple syrup. Beat until thick and glossy, about 3 minutes. Fold in the pecans and bacon. Pour the mixture into the prepared pan. Chill overnight before trying to slice and serve.

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Maple Syrup:
not just for pancakes
anymore!



Maple Fudge

SIMPLE MAPLE SYRUP FUDGE

- 2 cups maple syrup

Pour maple syrup into 2-quart saucepan. Boil to 238° on candy thermometer (soft-ball stage). Pour on buttered marble slab or platter. Cool to lukewarm. Work until creamy. Mixture may be cooled in pan in which it has been cooked and beaten with wooden spoon until mixture loses its gloss. Pour or pat in wax-paper-lined pan. Cut for fudge.

SPRINGTIME MAPLE FUDGE

- 2 cups maple syrup
- 1 cup heavy cream

Boil the syrup to the soft ball stage. Warm the cream and pour into the syrup. Boil this mixture again to the soft ball stage. Remove from heat and stir until the mixture becomes slightly grainy. Pour into a buttered dish to harden. You may add nuts to taste.

QUICK MAPLE FUDGE

- 1 1/2 cups maple syrup
- 1 cup brown sugar
- 1 cup heavy cream

Cook all ingredients together to the soft ball stage (about 238°). Remove from heat and stir until the mixture is smooth. Pour into a buttered dish and let cool.

Note: many recipes require a candy thermometer.

MAPLE NUT FUDGE 1

- 4 cups maple syrup
- 4 Tbsp butter
- 1/2 cup chopped butternuts or walnuts

Boil maple syrup and butter until it reaches 236° to 238° on a candy thermometer (soft ball stage). Stir often. Cool until lukewarm (110°). Stir until thick and creamy. Add nuts. Pour into a buttered pan and cut into squares.

MAPLE NUT FUDGE 2

- 2 cups maple syrup
- 1/2 cup chopped nuts
- 1 Tbsp butter

Boil syrup and butter to 236°. Remove from heat and place in a pan of cold water. Stir vigorously until color begins to change, and then add nutmeats. Pour into well-buttered 8" or 10" square pan. Cut into squares while still warm.

MAPLE NUT FUDGE 3

- 2 cups sugar
- 1 cup maple syrup
- 2 Tbsp corn syrup
- 1 tsp vanilla
- 1/2 cup
- 1 cup chopped nuts
- 1 Tbsp butter

Boil syrup, sugar, milk and corn syrup, stirring constantly until 238°. Remove from heat. Cool to 110°. Add vanilla, nuts and butter. Beat until thick and creamy. Pour into 8" pan and cut into squares when chilled.



MAPLE NUT FUDGE 4

- 2 cups maple syrup
- 1 Tbsp light corn syrup
- 3/4 cup light cream
- 1 tsp vanilla
- 1/2 cup chopped walnuts or butternuts

Combine maple syrup, corn syrup, and cream in saucepan and place over moderate heat. Stir constantly until mixture begins to boil. Continue cooking without stirring to 234° (soft ball stage). Remove from heat; cool to lukewarm (110°) without stirring. Beat with mixer, low speed, until candy loses its gloss and thickens. Stir in vanilla and nuts. Pour into lightly buttered pan. Cool and cut into squares.

SIMPLE MAPLE NUT FUDGE

- 3 cups maple syrup
- 1/2 cup chopped walnuts

Boil syrup to 234°. Cool quickly. Stir until syrup starts to lighten and thicken. Add nuts. Pour into a buttered 8-inch by 8-inch pan.

RICH MAPLE NUT FUDGE

- 2 cups maple syrup
- 1 Tbsp light corn syrup
- 3/4 cup nut meats
- 1 Tbsp butter
- 3/4 cup rich milk or cream

Combine maple syrup, corn syrup and cream, and place over a low flame. Stir constantly until mixture starts to boil. Continue cooking without stirring until small amounts of syrup form soft ball in cold water, or reach 236° F. Remove from heat. Add butter. Do not stir. Cool until lukewarm. Beat until the mixture thickens and loses gloss. Add nuts. Pour into greased pan. When cold, cut into squares.



MAPLE WALNUT FUDGE

- 1 1/2 cups granulated sugar
- 2/3 cup evaporated milk
- 2 Tbsp butter
- 1/4 tsp salt
- 2 cups miniature marshmallows
- 2 cups white morsels
- 1/2 cup chopped walnuts
- 1 1/2 tsp maple syrup
- About 50 walnut halves or pieces

Line 13x9-inch baking pan with foil. Combine sugar, evaporated milk, butter, and salt in medium, heavy-duty saucepan. Bring to a full rolling boil, stirring constantly, over medium heat. Boil, stirring constantly, for 4 1/2 to 5 minutes. Remove from heat. Stir in marshmallows, morsels, nuts, and maple syrup. Stir vigorously for 1 minute or until marshmallows are melted. Pour into prepared baking pan. On top of fudge, place nut halves in rows spacing about 1/2 inch apart. Press into fudge; refrigerate until firm. Cut into squares with 1 nut half per square.



Compiled by Dolores Desalvo – Nutrition Community Educator with Cornell Cooperative Extension of Lewis County, NY in conjunction with The Eat Smart New York Program in 2007