

MAPLE FROSTING

2 egg whites 1/2 cup maple syrup
3/4 cup sugar 1/4 tsp cream of tartar
1/4 tsp salt 1 tsp vanilla

Combine all ingredients but vanilla in top of double boiler. Cook over boiling water, blending constantly with egg beater until mixture stands in peaks. Add vanilla and continue beating until thick enough to spread.

MAPLE FOAM FROSTING

1 cup maple syrup
1/3 cup sugar
2 egg whites, beaten stiff

Cook syrup and sugar together until it threads when dropped from a spoon. Pour slowly over egg whites. Beat until it holds its shape.

MAPLE ICING

6 oz softened cream cheese
2 Tbsp softened butter
2 cups confectioners sugar
2 tsp maple syrup

Beat cream cheese, softened butter, and sugar in small mixer bowl until smooth. Stir in maple syrup.



BITTER CHOCOLATE GANACHE

1 1/2 cups soy milk
1 cup maple syrup
8 oz bitter chocolate
4 oz tofu chocolate (Barat chocolate)
1 Tbsp vanilla

This variation, which calls for genuine chocolate, has a robust, bittersweet flavor. This recipe yields 3 1/2 cups of icing. Bring the soy milk and syrup to a simmer. Chop both kinds of chocolate into small pieces and add to the soy milk mixture. Stir until the chocolate has melted. Remove from heat. If the icing tends to separate, add a little more chocolate. When the mixture is smooth and of the desired consistency, stir in the vanilla.

MAPLE SUGAR ICING

1/2 cup maple sugar
1/2 cup granulated sugar
1/4 cup of water
1 egg white

Boil sugars and water until it will hair from a spoon. Stir briskly into the beaten white of an egg. Beat until cool enough to spread.



**Maple Syrup:
not just for pancakes
anymore!**

**Maple
Frostings & Icings**

EASY MAPLE FROSTING

1 3/4 cups maple syrup
1/2 cup brown sugar
3 egg whites

Combine maple syrup and brown sugar in 1 quart saucepan. Cook until it spins a thread. Beat egg whites until stiff, but not dry. Drizzle cooked syrup into egg whites, beating all the while and until it loses its gloss. Sometimes just letting it sit for a few minutes and beating again will do the trick to make it lose its gloss, otherwise it will be very "sticky".

SIMPLE MAPLE FROSTING

1/4 cup softened butter
2 cups confectioners sugar
Maple syrup

Cream butter, and gradually add sugar. Stir in enough maple syrup until it becomes a spreading consistency.

SEVEN MINUTE MAPLE FROSTING

- 3/4 cup maple syrup
- 1 tsp light corn syrup
- 1/4 cup sugar
- 1 egg white
- 1/8 tsp salt

Place all of the ingredients in the top of the double boiler. Beat the mixture for 1 minute with an electric mixer or rotary beater. Place the mixture over boiling water and cook it, beating constantly, until it is stiff enough to stand in peaks (about 7 minutes). Keep the water in the double boiler boiling actively throughout and scrape the mixture from the sides of the pan with a rubber spatula several times during the cooking. Remove the frosting from the heat and continue to beat it until it is cool and of a spreading consistency.

MAPLE BUTTER NUT FROSTING

- 1/3 cup butter
- 3 cup confectioners sugar
- 1/2 cup maple syrup
- 1/4 cup nuts, finely chopped

Blend butter and sugar. Stir in maple syrup and nuts. Beat until smooth and of spreading consistency.



MAPLE BUTTER NUT ICING 1

- 6 Tbsp butter
- 6 Tbsp maple syrup
- 2 cups confectioners sugar
- 1/2 cup chopped walnuts

Cream butter and beat in syrup. Gradually add sugar. Beat till smooth. Spread icing between layers. Sprinkle with nuts. Will ice a double layer cake.

MAPLE BUTTER NUT ICING 2

- 1/2 cup butter
- 1/4 cup chopped walnuts or pecans
- 3 cup confectioners sugar
- 4-6 Tbsp maple syrup

Thoroughly cream butter and sugar, adding maple syrup until light and spreadable. Add nuts and ice the cake.

MAPLE CREAM CHEESE FROSTING

- 12 oz cream cheese, softened
- 2/3 cup maple syrup
- 1 tsp vanilla
- 1 tsp finely grated lemon zest

Beat cream cheese with electric mixer until soft and fluffy. Gradually add maple syrup, vanilla, and lemon zest. Frosts 9x13-inch cake.

MAPLE "GRAVY"

- 1 qt maple syrup
- 1/2 cup butter
- 1 cup flour
- 1 1/2 tsp vanilla

Combine melted butter with flour until smooth. Add syrup slowly. Cook 10 min. in microwave. When thickened, add vanilla. This can be served over spice cake.

WINTER RASPBERRY FRUIT GLAZE

- 8 oz frozen raspberries, defrosted
- 3 tbsp maple syrup
- Juice from 1/2 an orange
- 1 1/2 tbsp arrowroot
- Pinch sea salt

Place raspberries, maple syrup, and sea salt into a pan over medium heat, and bring to a gentle boil. Dissolve the arrowroot in the orange juice until completely dissolved, using some raspberry juice if necessary. Pour the orange juice mixture into the raspberries, stirring constantly. When mixture clears and thickens, remove from heat and pour over prepared cheesecake. Refrigerate to set.

MAPLE BUTTER GLAZE

- 1/2 cup butter
- 2 cups confectioners sugar
- 2 tsp maple syrup

Heat butter until golden brown. Blend in confectioners sugar, and maple syrup. Stir in 2-4 Tbsp hot water until icing spreads smoothly.



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