

SAUERKRAUT SALAD

1 can sauerkraut (28 oz) 1/2 cup onion
1/2 cup green pepper 1/2 cup chopped celery
1/2 cup cider vinegar 1/2 cup olive oil
1/2 cup maple syrup or to taste

Mix drained sauerkraut, chopped onion, chopped pepper, and chopped celery. Add vinegar, oil, and maple syrup. Refrigerate, keeps well for 1 week. Serves 6-8

MAPLE-GLAZED BUTTERNUT SQUASH

1 butternut squash 4 Tbsp maple syrup
1/4 tsp ground mace 4 Tbsp dark rum
2/3 cup water

Take the squash and peel, seed, cut into half-inch slices. Place all ingredients in a large saucepan. Bring to a boil. Simmer for 15 min., or until the squash is tender. Reserve cooking liquid. Transfer the squash to a heated serving dish. Boil the cooking liquid until thickened, then pour it over the squash. Serves 4

MASHED MAPLE BUTTERNUT SQUASH WITH PECANS

3 pounds butternut squash 1/4 cup butter
1/4 cup real maple syrup 1/4 cup chopped pecans
1/2 cup chopped toasted pecans

Peel, cook, mash and puree the squash with the butter and maple syrup until smooth. Fold in the chopped pecans. Place in a greased casserole. Sprinkle the pecans on the top of the dish. Bake at 350° for 20-25 minutes to warm through and lightly toast the whole pecans. Servings: 6



CREAMED BUTTERNUT AND APPLE SOUP

5 pounds butternut squash 1-1/2 pounds apples
1 cinnamon stick (1-inch) 1/2 gallon chicken stock
11/2 cups unsalted butter 1/3 cup pure maple syrup
1/2 tsp ginger 1/2 tsp salt
1/2 tsp nutmeg 1 pint light cream, hot

Steam the peeled and diced butternut squash, quartered apples, cinnamon, and chicken stock together until the squash is soft. Run through a food mill and return to the pot. Add the remaining ingredients except cream and simmer fifteen minutes. Add the cream, strain, and serve.

GLAZED SWEET POTATOES

4 sweet potatoes 1 can (20oz) sliced pineapple
2 Tbsp butter 1 cup maple syrup
1/4 cup pineapple juice

Boil the potatoes with their jackets on until they are tender. Cool slightly. Peel them and slice in pieces 3/4 inch thick. Lay a slice of sweet potato over a slice of pineapple and lay the paired slices in a flat glass baking dish. Beat the maple syrup and the pineapple juice in a saucepan and add the butter. Pour the liquid over the pineapple and potatoes and set in moderate oven until done. Baste often while baking.

SPICY SWEET POTATO WEDGES

3 large scrubbed sweet potatoes 1 Tbsp vegetable oil
1 tsp sugar 1 tsp chili powder
3/4 tsp salt 3 Tbsp maple syrup
1 tsp cider vinegar

Heat oven to 475°. Cut 3 large scrubbed sweet potatoes into 1/2 -inch wide wedges. Toss with vegetable oil, sugar, chili powder, and salt. Spread on lightly greased baking sheet. Roast 15 to 20 minutes, shaking once during cooking. Drizzle with maple syrup mixed with cider vinegar. Servings: 4

RED CABBAGE BRAISED WITH MAPLE SYRUP

5 strips bacon, minced 1 onion, minced
1 tart apples, peeled, sliced 1 lb red cabbage, cored
1 bay leaf 1/2 cup maple syrup
Ground pepper

Preheat oven to 350°. In an ovenproof saucepan or a flameproof casserole large enough to hold all the ingredients, sauté the bacon until crisp. Add the onion and sauté until translucent. Add the remaining ingredients, cover, and place in the oven; bake for 1/2 hour.



MAPLE-GLAZED SHALLOTS

1 1/2 lbs small shallots, peeled 1/4 butter
3 Tbsp maple syrup 2 Tbsp lemon juice
Salt and pepper

Leave the shallots whole. Melt the butter in a heavy pan large enough to take the shallots in a single layer. Fry the shallots until patched with brown, about 5 minutes. Drizzle over the maple syrup and stir for about 1 minute. Now add the lemon juice, salt and pepper and just enough water to cover. Bring to the boil, then reduce heat and simmer gently, stirring every now and then, until the shallots are very tender (add a little more water if necessary) and there is only a thin layer of syrup left in the pan, about 30 to 40 minutes.