

MAPLE GLAZED HAM

1 fully cooked ham, 6-8 lbs
Whole cloves 1/2 cup maple syrup
Bake ham about 1/2 usual time. Drain off drippings. Score fat diagonally into diamonds. Center with cloves. Pour maple syrup over ham. Bake 15 min. Repeat twice. An additional 30 min cooking time produces a golden brown glaze.

MAPLE MUSTARD GLAZED HAM

1 1/2 tsp vegetable oil 1 Tbsp onion; minced
1/4 cup pure maple syrup 2 Tbsp cider vinegar
1 1/2 tsp Dijon mustard 1 1/2 tsp mustard seed
1/4 boneless ham (5 lb)
Preheat oven to 425°. Combine first 6 ingredients and pepper to taste in a heavy saucepan. Bring to a boil, stirring about 1 minute. Set aside to cool. Cut diamond pattern on the outside of ham. Place ham on a lightly oiled roasting rack. Place in a shallow roasting pan. Brush syrup mixture over ham. Bake 5 minutes, reduce heat to 325°, and bake another hour, basting with syrup mixture every 15 minutes. Remove ham from oven and set aside 15 minutes before slicing.

CRANBERRY MAPLE GLAZED HAM

1 can (8 oz) jellied cranberry sauce
1/4 cup maple syrup
1 fully-cooked (8 lb) whole boneless ham
Preheat oven to 325°. In a small saucepan, combine cranberry sauce and maple syrup. Cook mixture over medium heat until sauce is smooth, whisking frequently. Place ham on a rack in a shallow roasting pan. Insert meat thermometer into thickest part of ham. Bake uncovered for 1 1/2 to 2 hours or until thermometer registers 135°-140°. Liberally baste ham with glaze during the last 45 minutes of baking time. Makes 24 servings.

MAPLE HAM GLAZE

2 Tbsp unsalted butter 3 Tbsp maple syrup
2 Tbsp orange or pineapple juice
2 large slices cooked ham
Melt butter in skillet. Add syrup and juice. Add ham, simmer, turning occasionally, until meat is tender and glaze gets thicker and syrupy (about 15 minutes). Perfect served with sweet potatoes.

MAPLE TERIYAKI CHOPS

Servings: 6
1/4 cup Teriyaki marinade & sauce
2 Tbsp maple syrup
1 tsp grated fresh ginger root
6 center-cut loin or rib chops, 3/4" thick
Combine teriyaki sauce, syrup, and ginger; pour over chops in large plastic food storage bag. Press air out of bag; close top securely. Let stand 15 minutes, turning bag over once. Reserving marinade, remove chops to rack in broiler pan. Broil chops 4 to 6 inches from heat source 6 minutes on each side, or until just done, brushing with reserved marinade once after turning chops over.

MAPLE BARBECUED RIBS

1/2 cup maple syrup 1/4 cup soy
1/4 cup sherry 1/2 tsp ginger
3/4 tsp dry mustard 1/4 tsp nutmeg
1/4 tsp cloves

Marinate 4 lb pork ribs in fridge overnight. Barbecue, basting frequently.



Maple Syrup:



not just for pancakes anymore!



Maple Ham and Pork

MAPLE BARBECUE SAUCE

This sauce is excellent on beef, pork, or poultry.
3/4 cup maple syrup 2 Tbsp chili sauce
2 Tbsp cider vinegar 1 1/2 Tbsp chopped onions
1 Tbsp Worcestershire 1 tsp salt
1/2 tsp dry mustard 1/2 tsp black pepper
Combine all ingredients and brush on top of 3 pounds of beef, pork, or poultry.
Baste frequently with sauce while baking.

MAPLE BAKED HAM

1 ham
1 cup maple syrup per 5 lb ham
3-4 Tbsp all purpose flour
To bake the ham, remove the skin. Place ham in a shallow roasting pan. Bake in a 325° oven about 20 min per lb. When about half done, remove drippings and set aside. Pour the maple syrup over the ham; baste every 20 min until done. Remove from oven. Pour off maple drippings into a saucepan. Add the dripping to previously set aside and heat. Thicken with the flour; serve as a sauce.

MAPLE PORK CHOPS

6 pork chops, trimmed 1 Tbsp olive oil
¼ cup maple syrup ¼ cup chopped onion
1 Tbsp cider vinegar ½ tsp chili powder
1/8 tsp. black pepper 1½ tsp salt
¼ cup water 1-2 Tbsp flour

Preheat oven to 400°. In large skillet, brown chops on both sides in olive oil. Transfer to 9x13 shallow baking dish. In saucepan combine next 6 ingredients and bring just to a simmer. Remove from heat and pour over chops. Cover and bake 45 minutes, basting occasionally with sauce and drippings. Remove cover and bake 15 minutes more. Transfer chops to warm platter in oven. Transfer juices to skillet and prepare sauce over medium heat with flour/water mixture to desired thickness. Pour sauce over chops and serve.

MAPLE KIELBASA BITES

12 oz Kielbasa 2 Tbsp Dijon mustard
¼ cup maple syrup Skewers
Cut Kielbasa into bite-size pieces. Dip pieces into a mixture of maple syrup whisked with mustard. Thread kielbasa on skewers and grill over medium heat, about 3 minutes per side or until browned and heated through.

PORK TENDERLOIN WITH MAPLE

GLAZE

8 oz pork tenderloin ½ tsp dried chervil
½ tsp dried thyme 2 Tbsp maple syrup
1 Tbsp grainy mustard

Heat broiler, and line broiler pan with double thickness of aluminum foil. Wash and dry tenderloin and cut thick end into ¾ inch-thick slices. Leave the thin end in one piece. Mix together chervil, thyme, maple syrup, and mustard. Dip each piece of pork into maple syrup mixture. Arrange pork pieces in broiler pan and broil 2 inches from heat source for about 10 minutes; turn and broil 5 min longer, until meat is no longer pink. Serves 2.

NOTE: Pork tenderloins are often sold two to the package. Use about one for two people and freeze the remainder.

MAPLE DIJON PORK ROAST

2-3 lbs boneless pork loin roast
2/3 cup maple syrup 3 Tbsp Dijon mustard
2 Tbsp soy sauce Salt and pepper
½ lb carrots, pared and quartered lengthwise
4-6 red potatoes, scrubbed and halved

Preheat oven to 350°. Stir together maple syrup, mustard, and soy sauce, and brush over entire roast. In shallow roasting pan, pour remaining sauce heavily over roast and drizzle over carrots and potatoes. Roast in oven, basting meat and vegetables with pan juices at 20 minute intervals, until internal temperature of pork via meat thermometer reaches 155-160°, and vegetables are tender (approx. 1-1¼ hrs). Remove, slice roast, and serve with vegetables. Use drippings to make a delicious gravy or serve au jus.

Note: Any cut of pork roast can be used for this recipe, but remember to adjust cooking time for increased weight.

MAPLE GLAZED RIBS

3 lbs pork back ribs ¾ cup maple syrup
2 Tbsp packed brown sugar 2 Tbsp ketchup
1 Tbsp cider vinegar ½ tsp salt
1 Tbsp Worcestershire sauce ½ tsp dry mustard

In a large pot, cover ribs with water; simmer, covered, for about 1 hour or until tender. Drain and place in a shallow dish. In a small saucepan, combine remaining ingredients; bring to boil. Pour over ribs; marinate in refrigerator for about 2 hours. Remove ribs, reserving marinade. Cook, over medium-hot coals or on medium setting on gas, turning occasionally and brush with sauce, for about 20 minutes or until tender and glazed. Cut into single-serving pieces.

MAPLE SAUSAGE APPETIZERS

1 can (13½ oz) pineapple chunks in syrup
2 packages (8 oz) brown & serve sausage links
4 Tbsp cornstarch ½ tsp salt
½ cup maple syrup 1/3 cup water
1/3 vinegar
1 green pepper cut in ¾ inch squares
½ cup drained maraschino cherries

Drain pineapple, reserving ½ cup liquid. Cut sausages in thirds crosswise; brown in skillet. At serving time, blend cornstarch, salt, reserved liquid, maple syrup, water and vinegar in blazer pan or chafing dish. Heat to boiling, over direct heat, stirring constantly; cook and stir a few minutes more. Add drained pineapple, sausage, green pepper chunks, and cherries; heat through. Keep warm over hot water. Spear with cocktail picks. Makes about 150 appetizers.