

MAPLE IN THE PANTRY  
a maple sugar mini-collection

*by Jessica Lewis Stevens  
for Butternut Mountain Farm*



*When the snow gets so old  
and the winter stays cold  
and you're surviving each  
month until May,*

*there's a hope in your heart  
on a warm day in March  
that the sap's running  
clean as the rain.*

*Then there's buckets in trees  
without any leaves,  
and the fire's made  
ready to start.*

*The steam gathers  
in storms when the  
syrup is born in the fire  
like the magic of dreams.*

*Pour it straight in the coffee,  
drown all the cakes,  
a drop in the bourbon,  
whatever it takes.*

*While the spring is still slow  
even if the snow snows  
there's maple in the  
pantry again.*

by Stuart Stevens II

## Maple Sugar Muffins with Maple Oat Streusel

*Simple and just sweet enough, these muffins are perfect with breakfast or an afternoon snack with coffee or tea. Don't skip the streusel- the crisp, maple-sweet oats give both lovely texture and rich flavor.*

2 cups all-purpose flour  
2/3 cup whole wheat flour  
3/4 cup maple sugar  
2 teaspoons baking powder  
3/4 teaspoon salt  
1/4 teaspoon baking soda  
1/4 teaspoon nutmeg  
1 1/2 sticks (12 tablespoons) unsalted butter, at room temperature  
1/2 cup milk  
Two large eggs  
1 ½ teaspoons vanilla extract

For the streusel:

1/2 cup all-purpose flour  
1/4 cup maple sugar  
1/3 cup rolled oats  
Pinch of salt  
1/2 stick (4 tablespoons) unsalted butter, at room temperature

Turn on your oven to heat to 350 degrees Fahrenheit. Grease a standard 12-cup muffin tin or line with paper cups. While your oven is preheating, place the oats on a baking sheet and toast for about five minutes until they smell nutty

and begin to turn golden brown. Set the oats aside to cool.

To make your muffin batter, whisk together your flours, maple sugar, baking powder, salt, baking soda, and nutmeg in a large bowl. Slice your softened butter into pats and add them to the dry mixture, and using a pastry cutter or your fingers work the butter into the flour mixture until it resembles an even, coarse meal.

In a separate bowl or large measuring cup, mix the milk, eggs, and vanilla and whisk thoroughly to combine. Add the wet ingredients to the dry ingredients and mix.

To finish the streusel, combine the toasted oats, flour, maple sugar, and salt in a bowl. Add the butter and use your fingers to work the butter in until you have a rough but even mixture.

Scoop about  $\frac{1}{4}$  cup batter into each well of your muffin tin, filling about  $\frac{2}{3}$  full. Add approximately 1 tablespoon of streusel to the top of each muffin, dividing the mixture evenly among the 12 muffins. Bake 22-25 minutes.



## Maple Apple Cake

*This cake and frosting are sweetened only with pure maple sugar. Together they are a celebration, but they are great separately too. Halve the cake recipe and make one with just a bit of powdered maple sugar on top for an afternoon snacking cake, or use the frosting recipe for any cake or cupcakes that would benefit from a little maple upgrade.*

2 sticks (16 tablespoons) unsalted butter, at room temperature  
1  $\frac{3}{4}$  cups maple sugar  
4 large eggs  
2 teaspoons vanilla extract  
3 cups all-purpose flour  
 $\frac{3}{4}$  cup whole wheat flour  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{2}$  teaspoon baking soda  
2 teaspoons baking powder  
1 teaspoon salt  
1 cup milk  
2 apples, peeled and grated

Heat your oven to 350 degrees Fahrenheit. Grease 2 - 9" cake pans and line the bottoms with a circle of parchment paper.

In a medium-sized bowl, place the flours, nutmeg, baking soda, baking powder, and salt and whisk to combine.

In the bowl of your mixer or a large bowl if you are using a handheld mixer or

wooden spoon, combine the softened butter and maple sugar and beat until light and fluffy, 3-5 minutes.

Add the eggs one at time, mixing after each addition, followed by the vanilla. Add the flour mixture and milk, alternating in three batches until fully combined. With your mixer on low or by hand, fold in the grated apples.

Divide the batter into the two prepared pans and bake for about 40 minutes or until a butter knife inserted in the center of the cake comes out clean.



## Maple Cream Cheese Frosting

8 ounces cream cheese, at room temperature

2 sticks (16 tablespoons) unsalted butter, at room temperature

2 1/2 cups maple sugar, powdered (see below)

Pinch of sea salt

1/2 teaspoon vanilla extract

To powder your maple sugar, simply use a coffee or spice grinder and grind the maple sugar about  $\frac{1}{2}$  cup at a time (more if your grinder allows) until fine. If you do not have a grinder, you can also powder sugar in your blender or food processor. In that case, you can add about a cup at a time until you have reached the amount that you need.

To make the frosting, add the cream cheese, butter, maple sugar, salt. and vanilla to the bowl of your mixer and beat until light and fluffy.



## Maple Sugar Shortbread

*Of all the ways I've used maple sugar in my baking, this recipe is the one that will have me keeping maple sugar in my pantry for good. A cookie that comes together simply and quickly, can be baked on a flexible timeline, and comes out of the oven rich with the harmony of butter and maple, it's the reason I'll always be sure to have maple sugar in the pantry.*

1 stick (8 tablespoons) unsalted butter,  
at room temperature  
1/2 teaspoon vanilla extract  
Pinch of sea salt  
Heaping 1/2 cup maple sugar  
1 cup all-purpose flour

In the bowl of your mixer or a large bowl if mixing with a handheld mixer or by hand, combine the butter, vanilla, and salt, and mix until light and fluffy. Next, add the sugar and beat to combine. Last, add the flour slowly with the mixer on low, beating until just combined. Do not over mix. Use your hands to gently knead the dough together inside the bowl, and then place the dough on a sheet of parchment paper the same size that you would use to line a baking sheet. Form into a log approximately 1 1/2 inches in diameter, and roll the log in the parchment paper, folding in the ends like a burrito to keep the dough moist, and



place in the refrigerator for at least one hour or overnight.

When you are ready to bake, heat your oven to 350°F. Unwrap your dough and use the parchment paper to line your baking sheet. Using a sharp knife, cut the dough into 16 roughly ½ inch discs. Arrange the discs on the baking sheet and bake for 10 minutes or until just golden brown on the bottom. Remove from the oven and cool on the pan at least 5 minutes before moving to a cooling rack.

Note: For a maple pecan variation, roll the log of dough in ½ cup toasted, crushed pecans before wrapping in parchment paper and storing in the fridge. The nuts will cling to the dough and will stay put when you slice them after it has chilled, giving the finished cookies a beautiful textured finish around the edges, and an extra bit of nutty flavor.

