

Did you know... That MN is one of the northernmost and westernmost US states to produce maple syrup. Maple syrup is made in the spring when temperatures rise above freezing during the day and dip below freezing at night.

It takes about 40 gallons of sap to make one gallon of maple syrup.

Each tap can yield about 10-15 gallons of sap in a season and can produce sap for generations.

Maple syrup has many benefits, including being a good source of dietary minerals and antioxidants.

With over 100,000 taps in MN (making us among the top 10 states in the US for maple syrup production), get out and get some fresh maple syrup, and try some of these new recipes!

Maple Bacon Monkey Bread

Prep Time: 30 min

Cook Time: 55 min

Additional Time: 10 min

Total Time: 1 hr 35 min

Servings: 16

1 (12 oz.) package bacon
1/2 C. margarine
3/4 C. packed brown sugar
1/2 C. maple syrup
3/4 C. white sugar
2 tsp. ground cinnamon
2 (16.3 oz.) packages refrigerated biscuit dough, separated and cut into quarters

Preheat the oven to 350° F. Coat the inside of a 9-inch fluted tube pan (such as Bundt) with cooking spray.

Cook bacon in a large skillet over medium-high heat, turning occasionally, until evenly browned, about 10 min. Drain on paper towels. Crumble when cool enough to handle; discard any pieces that are all fat.

Melt margarine in a small saucepan over medium heat; stir in brown sugar and maple syrup and bring to a boil. Cook and stir until mixture begins to foam, about 1 minute. Remove from the heat.

Mix white sugar and cinnamon in a resealable plastic bag. Add 6 to 8 biscuit pieces at a time to the bag; shake until well coated. Place sugared biscuits onto a plate and repeat to coat the rest.

Empty any sugar mixture from the resealable bag into maple syrup mixture; place the saucepan over medium heat and stir until sugar dissolves, 2 to 3 minutes.

Make four layers of ingredients in the prepared pan as follows: bacon, maple syrup mixture, biscuits. Finish with the last drizzle of maple syrup mixture.

Bake in the preheated oven until biscuits are cooked through, about 35 min. Allow to cool in the pan for 10 to 20 min, then invert onto a serving plate.

Candied Bacon

Prep Time: 5 min

Cook Time: 50 min

Total Time: 55 min

Servings: 6

1/4 C. packed brown sugar
2 T. rice vinegar
2 T. maple syrup
black pepper to taste
1 lb. thick-cut bacon

Preheat the oven to 350°F.

Mix brown sugar, rice vinegar, maple syrup, and black pepper in a small bowl.

Place bacon slices on a cooling rack set over a baking sheet. Bake in the preheated oven for 10 min, turn slices, and bake another 5 min.

Remove bacon and brush both sides with brown sugar mixture.

Return bacon to the oven and bake another 5 min. Repeat basting every 5 min until bacon is browned and crisp, about 35 min.

Maple Salmon

Prep Time: 10 min

Cook Time: 20 min

Additional Time: 30 min

Total Time: 1 hr

Servings: 4

1/4 C. maple syrup
2 T. soy sauce
1 clove garlic, minced
1/4 tsp. garlic salt
1/8 tsp. ground black pepper
1 lb. salmon

Stir maple syrup, soy sauce, garlic, garlic salt, and pepper together in a small bowl.

Cut salmon into 4 equal-sized fillets; place in a shallow glass baking dish and coat with maple syrup mixture. Cover the dish and marinate salmon in the refrigerator for 30 min, turning once halfway.

Preheat the oven to 400°F.

Place the baking dish in the preheated oven and bake salmon uncovered until flesh easily flakes with a fork, about 20 min.

Rusty Chicken Thighs

Prep Time: 15 min

Cook Time: 20 min

Additional Time: 3 hrs 5 min

Total Time: 3 hrs 40 min

Servings: 8

1 clove garlic, sliced, or more to taste

2 tsp. Asian chile pepper sauce or more to taste

1-1/2 T. maple syrup

2 T. soy sauce

2 T. mayonnaise

3 T. rice vinegar

salt and black pepper to taste

2 lbs. skinless, boneless chicken thighs

1 lime, cut into 8 wedges

Mash garlic to a paste with a mortar and pestle. Mix chile pepper sauce, maple syrup, soy sauce, mayonnaise, and rice vinegar into garlic until marinade is thoroughly combined.

Transfer chicken thighs to a large flat container (such as a baking dish) and pour marinade over chicken; stir until chicken is coated. Cover dish with plastic wrap and refrigerate about 3 hours; if preferred, let stand about 30 min. at room temperature. Unwrap dish and sprinkle with salt.

Preheat charcoal grill to high heat.

Place chicken thighs onto the hot grill with smooth sides down. Cook until chicken shows grill marks, about 3 min. Turn chicken over and cook until other side shows grill marks, about 5 min. Continue to cook, moving them occasionally and turning over every 2 min, until meat is no longer pink inside and the thighs are golden brown, 10 to 12 min.

Transfer chicken to a platter, let rest for 5 min, and serve garnished with lime wedges.

Maple Roasted Brussels Sprouts with Bacon

Prep Time: 10 min

Cook Time: 20 min

Total Time: 30 min

Servings: 6

1 lb. whole Brussels sprouts

4 slices bacon, cut into 1/2-inch pieces

1/2 tsp. salt

1/4 tsp. ground black pepper

1/4 C. extra-virgin olive oil

3 T. pure maple syrup

Preheat the oven to 400°F. Line a rimmed baking sheet with aluminum foil.

Trim ends off Brussels sprouts and cut any large ones in half. Transfer to a large bowl.

Add bacon, salt, and pepper to the Brussels sprouts. Drizzle olive oil and maple syrup over top and toss until sprouts are well coated.

Transfer to the prepared baking sheet and spread in a single layer.

Roast in the preheated oven until bacon is crispy and Brussels sprouts are caramelized, 20 to 30 minutes, stirring halfway through.

Serve warm and enjoy!

Chewy Maple Cookies

Prep Time: 15 min

Cook Time: 15 min

Total Time: 30 min

Yield: 3 dozen

1 C. packed brown sugar

1/2 C. shortening

1/2 C. real maple syrup

1 egg

1/2 tsp. vanilla extract

1-1/2 C. all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1 C. flaked coconut

Preheat the oven to 375°F. Grease cookie sheets.

In a mixing bowl, beat together brown sugar and shortening until fluffy. Mix in maple syrup, egg, and vanilla until well combined.

Combine flour, baking powder, and salt in a separate bowl. Add flour mixture to creamed mixture a little at a time, mixing well after each addition. Stir in coconut. Drop by tablespoonfuls 2 inches apart onto the prepared baking sheets.

Bake in the preheated oven until edges are set, 10 to 12 min.

Maple Pecan Bars

Prep Time: 15 min

Cook Time: 45 min

Resting Time: 1-1/2 hrs

Total Time: 2-1/2 hrs

Servings: 25 Squares

Brown Sugar Shortbread Crust

1-1/4 C. all-purpose flour
1/3 C. packed brown sugar
1/4 tsp. salt
1/2 C. cold, unsalted butter, cut into 1/2 inch cubes

Maple Pecan Filling

6 T. unsalted butter
1/3 C. pure maple syrup
2/3 C. packed brown sugar
1/3 C. heavy cream
2 C. coarsely chopped pecans

Brown Sugar Shortbread Crust: Preheat oven to 350°F. Line a 8x8 square baking pan with parchment paper and spray with nonstick cooking spray. Set aside.

To prepare the crust, whisk together the flour, brown sugar, and salt in a medium bowl. Using a pastry blender or a fork, cut the butter into the dry ingredients until the mixture forms small, coarse crumbs.

Press the crumb mixture into the bottom of the prepared pan. I like to use the back of a measuring cup to press the dough flat, but you can also use your hands. Bake 14-17 min or until the edges are golden and the top feels firm when lightly touched. Set aside.

Maple Pecan Filling: Keep oven preheated to 350° F.

To make the filling, place a saucepan over medium heat and add the butter, brown sugar, and maple syrup. Stir until the butter melts and the brown sugar dissolves. Bring mixture to a boil and let boil for 1 min.

Remove the maple mixture from the heat and immediately stir in the heavy cream. Then stir in the chopped pecans. Pour the hot mixture over the partially baked crust. Using an offset spatula, spread evenly and place in the oven.

Bake 25 to 30 min. The filling will rapidly bubble across entire surface. The bars are done with the bubbles are tiny and the center is set when the pan is gently shaken. Let cool for 1-1/2 hours.

Using the ends of the parchment paper, lift the maple pecan square and the liner out of the pan. Remove paper. Using a large, sharp knife, cut into 16 (or smaller 25) squares.

Quote of the Week:

“Clean out the old leaven so that you may be a new batch, just as you are, still unleavened. For Christ our Passover Lamb has been sacrificed.”

~1 Corinthians 5:7 Amplified