



What Makes Maple Syrup Organic?

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We Use Tree-Friendly Health Spouts

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Seven Generations of Nurturing the Forest

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GRILLING & BARBECUE

Maple Recipes

Delicious & Easy



SPICY SWEET SAUSAGE AND PEPPERS



- 1/2 tsp dried crushed red chiles (or more to taste)
- 4 pork or chicken sausages, preferably hot Italian
- 4 submarine or large hot dog buns
- 2 T butter

PREPARATION

Prepare grill. Mix first seven ingredients together in large bowl to coat peppers and onions well. Grill mixture on an oiled rack above coals until just tender.

Meanwhile, prick sausages with a fork and grill on medium to low until just cooked through.

Spread butter on inside of buns and toast on grill until golden. Insert one sausage in each roll and cover with pepper onion mixture. *Serves four.*

INGREDIENTS

- 1 T olive oil
- 1 large green pepper, chopped in 1/2 inch pieces
- 1 large red pepper
- 1 small yellow onion chopped in 1/4 inch pieces
- 3 T balsamic vinegar
- 2 T Coombs Family Farms organic maple syrup

CHILE LIME SWORDFISH



- Pinch of cayenne pepper
- 1 1/2 T Coombs Family Farms organic maple syrup
- 4 T fresh lime juice
- salt to taste
- 2 1-lb swordfish steaks

PREPARATION

Prepare grill.

Mix oil, garlic, spices, syrup and lime juice in bowl. Add salt to taste. Put fish in shallow baking dish and pour marinade over. Cover with plastic and refrigerate for up to two hours, turning once. Remove fish from marinade and discard marinade.

Grill fish on an oiled rack above coals for about three minutes on each side. *Serves four.*

INGREDIENTS

- 1 T canola oil
- 1 clove garlic, smashed, peeled & minced
- 1 tsp cumin
- 1/2 tsp dried crushed red chiles

ASIAN FLANK STEAK



- 2-lb beef flank or skirt steak
- Fresh rosemary sprigs

PREPARATION

Prepare grill. Mix marinade, onion, syrup, orange juice, oil, garlic, and pepper in large bowl.

Lightly score flank steak with knife. Place steak in shallow baking dish and pour 1/2 cup marinade over, reserving 1/2 cup. Cover with plastic wrap and refrigerate for at least one hour, turning once.

Remove steak from marinade and discard marinade. Grill steak over medium coals, for about 15 minutes, turning once. Baste occasionally with reserved marinade.

Place remaining basting marinade in small saucepan, keep on low heat and reduce. Serve steak with sauce and fresh rosemary sprigs. *Serves four to six.*

INGREDIENTS

- 1 cup prepared teriyaki marinade
- 1/2 cup chopped onion
- 1/3 cup Coombs Family Farms organic maple syrup
- 1/3 cup fresh orange juice
- 1 T sesame oil
- 1 large clove garlic, smashed, peeled & minced
- Pepper to taste

MAPLE CHIPOTLE BARBECUE SAUCE



- 1/8 tsp. ground allspice
- 1 T onion, minced
- 2 large cloves garlic, smashed, peeled & minced
- Salt and pepper to taste
- 1 T freshly squeezed lemon juice

PREPARATION

In a blender combine first 5 ingredients. Heat oil until hot but not smoking in medium saucepan, over moderately high heat; add onion and garlic and cook 5 minutes until golden. Add chipotle puree, season with salt and pepper and cook over low heat until thickened, 15 minutes. Stir in lemon juice and allow to cool. *Makes about 1 cup.*

INGREDIENTS

- 3 large chipotle chiles in adobo sauce
- 1/4 cup tomato ketchup
- 1/4 cup Coombs Family Farms 100% pure organic maple syrup
- 1 cup chicken broth

GINGER GARLIC SHRIMP SKEWERS



- 1 T Coombs Family Farms 100% pure organic maple syrup
- 2 T freshly squeezed lemon juice
- 3 T finely chopped fresh cilantro
- 16 large shrimp, heads removed, deveined, and peeled but with tails on

PREPARATION

Combine first six ingredients in a bowl. Add shrimp, and cover with plastic wrap. Refrigerate for one hour. Skewer shrimp and grill over medium-high heat until just cooked through. *Serves four as an appetizer.*

INGREDIENTS

- 2 cloves garlic, smashed, peeled & minced
- 2 tsp fresh ginger, peeled and minced
- 2 T olive oil



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COMFORT FOODS

Maple Recipes

Delicious & Easy



SWEET AND SOUR MEATLOAF



- 1 small sour pickle, minced
- 2 eggs
- 1/2 cup seasoned bread crumbs
- 1/3 cup Coombs Family Farms organic maple syrup
- 3 T Dijon mustard
- 1 tsp oregano
- salt and pepper to taste

INGREDIENTS

- 2 T butter
- 1 medium yellow onion, chopped
- 1 clove garlic, minced
- 3/4 lb ground beef
- 3/4 lb ground pork
- 3/4 lb ground veal

PREPARATION

Preheat oven to 350° F. Melt butter in medium sauce pan on low heat. Add onion and garlic and cook until softened. Remove from heat and cool. Combine all ingredients in large mixing bowl until just blended. Place in loaf pan and cook for 30 minutes or until cooked through.

HOME STYLE ROAST CHICKEN



- salt and pepper to taste
- 2 T Coombs Family Farms 100% pure organic maple syrup

PREPARATION

Preheat oven to 350° F. Rub chicken skin with butter. Place 1/2 whole lemon in cavity. Sprinkle chicken inside and out with sage, salt and pepper. Roast chicken for about one hour, and remove from oven. Baste with pan juices and then pour syrup over entire chicken. Return chicken to oven and baste occasionally for another hour or until thermometer inserted in thickest part of thigh registers 180 degrees. Let stand five minutes before serving. *Serves six.*

INGREDIENTS

- 1 6 to 8-lb roaster chicken, giblets removed, rinsed and patted dry
- 2 T unsalted butter, softened
- 1/2 whole lemon
- 1 T dried whole sage

MAPLE BAKED BEANS



- 1/2 tsp freshly ground black pepper
- 2/3 cup Coombs Family Farms organic maple syrup
- 1 tsp dry mustard

PREPARATION

Rinse and soak beans overnight in two inches of water in ovenproof 3-quart shallow pot. Preheat oven to 300° F. Drain beans and add 4 cups of fresh water. Bring to boil on stove top at high heat. Remove from heat, add all other ingredients and mix well. Then cover tightly and transfer to oven. Cook until just tender, or about 2 hours. Uncover and cook another 1 to 1 1/2 hours until top is bubbling with crispy edges.

INGREDIENTS

- 2 cups dried navy beans, covered with water and soaked overnight
- 4 cups water
- 8 oz thick slab bacon
- 1 cup chopped yellow onion
- 2 tsp sea salt

ONE-DISH PORK CHOPS AND APPLES SAUCE



PREPARATION

Preheat oven to 350 F. Salt and pepper both sides of chops. Melt 1 T of butter in large oven-proof casserole. Brown chops at high heat, about one minute each side. Remove chops from casserole and set aside. Reduce heat to medium low and melt remaining 1 T of butter in same casserole. Add onion and apples and sauté until onions are transparent, about two minutes. Add syrup, vinegar and thyme and reduce heat to low for another five minutes or until apples begin to soften. Return chops to casserole and cover. Place in oven for 20 minutes or until pork cooked through. Depending on thickness of sauce, remove chops and reduce on oven top for another three minutes and spoon over chops. Season with salt and pepper to taste. *Serves four.*

INGREDIENTS

- 4 thick center cut pork chops, bone-in
- 2 T unsalted butter
- salt and pepper
- 1/2 large onion, chopped
- 2 large apples, cored, peeled, and sliced
- 2 T Coombs Family Farms organic maple syrup
- 2 T balsamic vinegar
- 1 tsp dried thyme

BANANA MAPLE WALNUT MUFFINS



- 1 tsp baking soda
- 1/3 cup butter
- 1/2 cup buttermilk (1/4 cup if using maple sugar)
- 1 tsp vanilla
- 1 cup mashed ripe banana
- 1 large egg
- 1/2 cup chopped walnuts

INGREDIENTS

- 2 cups flour
- 1/2 cup Coombs Family Farms 100% pure organic maple syrup
- or —
- 3/4 cup Coombs Family Farms maple sugar
- 1 tsp baking powder

PREPARATION

Preheat oven to 375° F. Grease muffin tin. Combine dry ingredients in large bowl. Cut in butter, then add the buttermilk, vanilla, banana and egg. Fold in walnuts. Spoon dough into prepared muffin tins and bake for 20 to 25 minutes until golden brown.



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HOLIDAY

Maple Recipes

Delicious & Easy



ROSEMARY MAPLE SPICED ALMONDS



INGREDIENTS

- 2 cups whole raw almonds
- 3 T Coombs Family Farms 100% pure organic maple syrup
- 2 tsp dried rosemary
- sea salt, to taste

PREPARATION

Preheat oven to 300°F. Combine syrup, rosemary and sea salt in bowl. Add almonds and toss to coat well. Spread on a cookie sheet and bake in middle of oven 5-8 minutes, watching carefully to make sure they don't burn. Cool slightly and break up, then finish cooling. Nuts may be made ahead and kept in an airtight container. *Serves four to six as a snack.*

MAPLE COCKTAILS



Seventh Generation Maple-tini

Replace sweet vermouth with Coombs Family Farms 100% pure organic maple syrup, add bourbon, strain in a martini glass and serve with fresh apple slice.

Old Fashioned with VT Twist

Muddle orange and cherry in the bottom of an Old Fashioned glass with a half shot of Coombs Family Farms 100% pure organic maple syrup. Fill glass with ice, add whiskey, and top with a splash of soda.

Hot Buttered Maple Rum

Combine one tsp. Coombs Family Farms 100% pure organic maple syrup, 1 tsp butter, stick cinnamon, two cloves in a mug. Pour in dark rum, and stir. Add boiling water and stir again; top with nutmeg and serve.

ROASTED BUTTERNUT SQUASH SOUP



INGREDIENTS

- 1 2 - 2 1/4 lb butternut squash, halved and seeded
- 2 T olive oil
- 1 medium onion, chopped
- 2 T chopped fresh flat-leaf parsley
- 5 cups low-sodium chicken broth
- 1/4 cup Coombs Family Farms organic maple syrup

- 1/2 tsp salt
- 1/2 tsp pepper
- 4 T heavy cream

PREPARATION

Preheat oven to 425° F. Brush insides and outsides of squash halves with 1 T of oil and place, cut sides up, on cookie sheet or in roasting pan. Bake for one hour or until squash is tender. Remove from oven and cool.

Heat remaining 1 T of oil in large pot. Cook onion until softened. Scoop out squash from peel with a spoon and add to onion, stirring. Add parsley. Stir in chicken broth and simmer, about 20 minutes. Add syrup, salt and pepper. Just before serving, stir in cream.

MAPLE GLAZED HAM



INGREDIENTS

- 1 12-14 lb fully cooked ham
- whole cloves
- 3 T dijon mustard
- 1/4 cup Coombs Family Farms 100% pure organic maple syrup

PREPARATION

Preheat oven to 350° F. Trim fat, leaving a 1/4 inch layer. Using the tip of a sharp knife, score the fat in a diamond pattern. Insert the cloves in the crossed point of each diamond. Mix mustard and syrup together in small bowl. Pour syrup mixture onto ham and spread evenly. Bake for 1 1/2 hours, or 10 minutes per pound.

VERMONT MAPLE PECAN PIE



- 1 tsp. vanilla
- 1 tsp lemon juice
- pinch of salt
- 1 cup shelled, raw pecan halves
- 1 - 9" partially pre-baked pie crust

PREPARATION

Preheat oven to 425° F. Beat one egg with 1 T water in small bowl; set aside. Combine brown sugar and 3 eggs in mixing bowl and mix well. Add syrup, rum, vanilla, lemon juice, salt and butter. Pour filling in crust and arrange pecans on top. Using a pastry brush, brush egg wash on crust. Bake for 20-30 minutes or until knife comes out clean. Let stand for five minutes before serving.

INGREDIENTS

- 3/4 cup packed brown sugar
- 4 large eggs, room temperature
- 6 T melted unsalted butter
- 2/3 cup Coombs Family Farms 100% pure organic maple syrup
- 1 T dark rum