Maple syrup is scarce, but it's worth the search

The history of food is rife with iro-nies. Foods which today are common-place were delicacies decades or centu-ries ago. Equally, today's rarities — born of diminishing supply or simply the advent of convenience foods and supermarket shopping — were yester-day's stables.

day's staples.

Maple syrup, an intrinsic part of our ancestors' pantry, is a case in point. Before augar was available on the North American continent, aweetening was effected by means of two foods—boney, gleaned from the hives of bees imported from Europe, and maple syrup, which originated in North America,

syrup, watch originates in two and analysis of the interest in "natural" foods; however, maple syrup, which is an extremely labor-intensive product and is produced in only a relatively small area of the U.S. and Canada, has become both costly and hard to come by.

The sweetener upon which past generations of Americans relied (our colonial forebears consumed four times the amount of maple syrup we do today, amount of maple syrup we do today.

nial forebears consumed four times the amount of maple syrup we do today, and it remained the foremost sweetener in the northeastern part of the continent till the end of the 19th century) is now a searcity.

Yet, it is eminently well worth seeking out for its unique flavor (popular pancake syrups which are largely composed of corn syrup are not adequate substitutes), and for the special touch it adds, not only to freshly made pancakes and waffles, but as a cooking ingredient as well.

IN FACT, it was originally utilized in precisely that way, by the native American Indians for whom maple sugar was not simply their only sweetener, but virtually their only fla-

sugar was not simply their only sweelener, but virtually their only favewelener, but virtually their only flavewelener, but virtually their only flavewellener, but virtually their only flavewelleners and the flavewelleners from the sections as the flavewelleners flavewelleners from the specific conditions one flavewelleners from the specific conditions needed to produce it. Climatic requirements have turned maple syrup derives from the specific conditions needed to produce it. Climatic requirements have turned maple syrup into a product of a small geographic flavewellener flavewelleners from the specific conditions needed to produce it. Climatic requirements have turned maple syrup derives from the specific conditions needed to produce it. Climatic requirements have turned maple syrup into a product of a small geographic of Quebee and Onator—and all atempts to coddle the maple tree regions have been a signal fallure.

This is because the maple tree requires a long period of cool weather (usually the face where through early spring) during which the day temperatures remain above freezing while injust-time temperatures dering while the former will persist each year results in greatly spring output which can vary greatly suppressions of spring, with angle syrup causing to a spring, with angle syrup causing to a spring, with angle syrup seasons of the country people.

"SUGARING OFF" occurs, there-fore, in the spring, and to country peo-ple serves as a harbinger of warm weather to come and as a reason for

weather to come and as a reason for celebration.

The sap which is boiled down to make maple syrup and sugar is not the maple tree's ordinary sap, but a special secretion whose purpose mystifies bo-tanists.

tanists. This sap is extracted with great care (the native Americans used a tomahawk to gain access to it; the early colonists used wooden spouts, while to-day metal spouts are used) and gathered in buckets for boiling over bot oil or wood fires. (The American Indians boiled the sap by inserting heated stones into the bark containers which held the sap.)

stones into the bark consumers when held the sap.

A great deal of reduction is required to produce maple syrup, even more, to turn the syrup into maple sugar.

The average tree will yield approximately 12 gallons of sap each season, which reduces to less than 14 quarts of actual syrup, or three pounds of sag.

of actual syrup, or since possible to tappable, the tree should be approximately one foot in diameter, which means that it is at least 35 and possibly 50 years old before it can be gin yielding sap.

After the "sugaring off" is completed, the celebrations begin. Often, in maple syrup producing regions, a hearty dinner featuring maple syrup in just about every course marks the occasion.

ANOTHER RITUAL is "sugar on the snow," called tire de neige in Quebec. This entails pouring the newly made maple syrup over fresh snow, creating a sweet and chewy treat. Some regions do not enjoy "sugar on the snow" at "sugaring off" time; rather, they freeze fresh snow and prepare the delicacy on a steamy summer's day.

pare the delicacy or mera day.

Fresh maple syrup will last a long time if properly stored. It should last for months, kept in the refrigerator. For longer storage, freeing is recommended though, before using frozen maple syrup, a thawing period is necessary.

Sary,
Maple syrup truly inspires a multitude of uses — its culinary impact is by
no means limited to breakfast fare.
Dixie and Norman Jewison (he's the di-

rector whose films include "The Russians Are Coming," "The Thomas Are Coming," "The Thomas Crown fifter on the Roof" have a hors some the ten and the Roof, have a hors some the ten an woods at Caledon East in Canob, where they produce maple syrup under the labe! "Putusey Health Farms."

They suggest using maple syrup in the following ways: as a glazo for baked ham or poultry, to flavor "blender" drinks such as milkshakes, as a sauce for crepes or lee cream, to marinate smoked pork chops.

They also shared the following recipes for Irish Canadian Coffee, Maple Glazed Squash and Maple Bran Mutfins.

IRISH CANADIAN COFFEE Strong, freshly brewed coffee Add to: 1'4 oz. Canadian whiskey 1 tap, maple syrup (earlier mixed in a wine glass)

Top with whipped cream.

anlse

뽇

community

your

6 esind

The

•

pulse of your community

큠

0

community

your

pulse of y

1 lb. pkg.

MAPLE GLAZED SQUASH all acorn or pepper squash (about 125 mL maple syrup 2 mL finely grated orange rind

Trim ends of squash. Cut each in 3 rings and remove seeds. Place in bating dish. Sprinkle with balt and drizzle with butter. Bake at 190 degrees C until almost tender (about 45 ninutes). Combine syrup and orange rind. Bring to boll, reduce heat, and simmer until thickened (3-4 min.). Pour over squash

MAPLE BRAN MUFFINS cup of natural wheat bran % cup milk % cup maple syrup

I egg
¼ cup vegetable oil
1¼ cups whole wheat flour
3 tsp. baking powder 15 tsp. salt 15 cup chopped walnuts

Combine bran, milk and maple syrup, Mix in egg and oil. Combine remaining ingredients and add first mixture to this until just moistened. Spoon batter into greased muffin tins. Bake at 200 degrees 0 (400 F) for 20 minutes. Makes 12 muffins.

ALSO HAILING from Canada is the following recipe for Old Fashloned Maple Sugar Cookies, which is reproduced here courtesy of Black Creek Pioneer, Village, located in North York,

near Toronto.

A restoration village dodicated to authentically recreating Ontario's past, Black Creek Pioneer Village makes much of maje sugar time, which was an important aspect of life in the raral Ontario community the Pioneer Village celebrates.

OLD FASHIONED MAPLE SUGAR COOKIES 1 cop shortening

l cup sugar l cup maple syrup 4 tsp. baking soda

14 tsp. cloves
14 tsp. nutmeg
1 tsp. sait
5-6 cups whole wheat flour
1 cup sour milk

Cream shortening and sugar. Ay shapes. Sprinkle sugar on top and bake 5-8 minutes in a quick oven (375-400 degrees F.).

ROUNDING OUT the selection of maple syrup recipes are two from a classic boliday-time book, "Gitts in Good Tasic" (Atteneum) by Helen Hecht and Linda LaBate Mushlin: Ver-mont Whole Wheat Bread and Maple Walnut Sauce.

Both are wonderful served at special meals, or packaged for gift-giving. The Maple Walnut Sauce makes a divine topping for ice cream.

VERMONT WHOLE WHEAT BREAD
% cup vegetable oil
% cup pure mapte syrup
2 eggs
% cup milk
1% cup whole wheat flour
% cup cracked wheat
% cup seel-cut oats
% cup white flour
1% tsp. baking powder
% tsp. baking soda
% tsp. chanmon

Preheat oven to 350 degrees.

Mix together the vegetable oil, maple syrup, eggs, and milk. In another

mixing bowl, combine the whole wheat flour, cracked wheat, and cats. Slit together the white flour, baking powder, baking sods, cinnamon, and salt and combine this with the whole wheat flour mixture. Pour in the liquid mixture and the chopped pecans and mix all together gently until just blended. Turn into a well-greased 9-by-5-thoc loaf pan and bake for about 55 minutes, or until a skewer inserted in the center comes out clean. Cool in the pan on a wire rack.

MAPLE WALNUT SAUCE 1 cap maple syrap
15 tsp. fresh lemon juice
2 tsp. cornstarch dissolved in 2 table-

spoons water 1% thsp. rum % cup coarse-chopped walnuts

Heat the maple syrup and lemod jujce to boiling in a heavy saucepan. Add the cornstarch and water misture and stir. Keep at a very low boil. If it begins to foam up, remove from the heat and stir it down. Simmer, stirring constautly, until the mixture thickens and becomes clear, about 5 minutes. A slight Illim will form on the bottom of the pan asy out stir. it. Add the rum and boil 1 minute. Remove from the beat and cool, stirring occasionally. When cool enough to touch, stir in the wal-nuts.

YTELD: 1 to 11/4 cups.



DUBROVNIK BAKERY AND COFFEE SHOP

"A (WILL GASES OF OIL GASES)

LOCATED IN DRAKESHIRE SHOPPING PLAZA
DRAKE RO. 8 GRAND RIVER AVE. • FARMINGTON

SPECIALIZING IN -European Breads • Tortes • Strudel • Cookina Nut Rolls • Puff Pastries • Pies • Cakes BAKED GOODS FRESH DAILY • NO PRESERVATIVES

SPECIALS THIS WEEK

імровтер СНІNA This Week's Feature

Dinner Plate

89 $^{\circ}$

Tomato

Juice 129

Catsup

6 for *1.80 *4.25 per strip

Try our Soup & Sandwich Specials starting from *2.85 Bost Croissant sandwiches in Farmington

TRY OUR BREAD - YOU'LL LOVE IT!

Bring in this coupon and get 20% Off on all denuts, cookies, or pastries (doesn't apply to Specials of the Week) 10% discount on all cake orders.



ORCHARD-10 IGA 24065 ORCHARD LAKE RD.

Мол.-Frl. 9-9; Sat. 8-9; Sun. 9-5 We Feature Western Beef

Not Responsible for Errors in Printing

DOUBLE COUPON

ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50° face value. Other retailers and free coupons excluded. Limit 1 coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. All cigarette coupons at face value. Offer in effect now through Sunday, March 31, 1985.

ROYAL CATHAY (G) BONUS COUPON

FAME Mac & Cheese

FAME Mayonnaise \$139

FAME Pineappie. 66¢

U.S. No. 1 Red Michigan

Potatoes 10 lbs. 81.09

CODDS

\$399

Dinner. Dinner - 7,25 os. Bos. thase of PANE Not & Cheese Di Buy one - Oct one PRED

5AVE **29**°

Dog Food



IGA TABLERITE WESTERN BEEF "Fancy Trimmed"

\$2.29

IGA TABLERITE "Fresh Small Lean **Boston Butt Pork Roast**

PAUL BUNYAN

Diet or Regular Caffeine Free Squirt or Tab 8 Pak 1/2 Liter \$1.69

Cola

Bakery

Lumberjack 79¢

American Meal Bread . 990

Dairy FAME Singles

2% Low Fat Milk **\$¶**69

Frozen Totino's Pizza

Ripe Strawberries \$179

Head Lettuce

Premium \$199 Ice Cream. FAME Shrimp....

Potatoes.....

EVERY TICKET CAN WIN 3,200,000 Grocery Produc Prizes Available

(GR) COUPON (ED) COUPON Free FAME Mushroo



Full Cut Round Steak

> FAME ALL MEAT GOVEON **Hot Dogs**

Free FAME Facial Tissues With or t With purchase of a di Year Chates of Cale Limit one coupers per fa Bunday, March 3 1, 1983.

SAVE > 699

SAVE 119

SAVE 39°

pulse of y Hams 훒 0 community or T-Bone \$ 5 Steaks pulse The J community Sliced Bacon \$1.89_{10.}