RICH & CREAMY MAPLE MOUSSE
1 envelope unflavored gelatin
¼ cup cold water
1 cup pure maple syrup
3 egg yolks
1 cup whipping cream
Sprinkle gelatin over cold water and set aside to soften. Beat maple syrup and egg yolks together in the top of a double boiler. Cook over boiling water for 10 minutes, stirring constantly. Stir in softened gelatin and cook until dissolved. Remove from heat and cool over ice-cold water, stirring occasionally, until cool but not set. Beat whipping cream until stiff peaks form. Fold this into mixture. Spoon into serving bowl. Refrigerate covered, until set, (about 3 hours). Just before serving garnish with semisweet chocolate.

PUMPKIN MAPLE CUSTARD
2 cups skim milk
½ cup pumpkin puree
½ cup maple syrup
4 eggs
2 Tbsp vanilla
1½ tsp cinnamon
½ tsp fresh grated nutmeg
¼ tsp ground ginger
¼ cup maple syrup
Heat the half cup of maple syrup until it boils and simmer for 5 minutes. Divide maple caramel among six custard cups, swirl it to coat the bottom and up the sides a little. Cool. Preheat the oven to 350°. Scald the milk in a pan. In a bowl, combine eggs, pumpkin, maple syrup, spices, and vanilla. Whisk the milk into the pumpkin and egg mixture, pour evenly into the six custard cups. Place the cups in a baking dish, cover the tops with a piece of foil, pour hot water into baking dish. The water should come up about half way on the cups. Bake for 45 minutes to one hour, or until set. To serve, run a knife around the sides and invert onto a plate. The maple caramel will run down the sides and onto the plate.

MAPLE MILK
1 cup milk
2 Tbsp. maple syrup
Skim, 1%, 2%, and full fat milk are all suitable. Simply pour the maple syrup into the milk, and stir. For a gallon of milk, use a quart of maple syrup.
If you would like it in ounces, its 8 oz. milk to 1 oz. syrup.

Maple Syrup: not just for pancakes anymore!

Maple Mousse & Custard
MAPLE CUSTARD

4 eggs, separated
¾ cup maple syrup
4 cups milk
¾ cup chopped nuts – optional
½ tsp salt

Beat yolks and syrup, add milk and nut meats. Whip egg whites with salt until stiff. Fold custard into egg whites. Fill individual custard cups, put them in pan of hot water and bake at 325° until custard is firm.

BLUEBERRY MAPLE MOUSSE

6 egg yolks
1 pint heavy cream
¾ cup maple syrup, heated
1 pint blueberries


MAPLE CUSTARD FILLED DONUTS

3½ cups strong white bread flour
Half stick unsalted butter
4½ tbsp sugar
1 tsp salt
1½ tsp fast action dried yeast
1 cup warm lowfat milk
1 medium egg
½ tsp vanilla extract
3 tbsp Maple Custard

Vegetable oil
Maple sugar or maple cream

In a medium bowl, beat the egg. Add milk and vanilla. Mix well.

In a large bowl, place flour and cut or rub in butter. Stir in sugar, salt and yeast. Make a well in the center and add the wet ingredients. Stir until the mixture forms a soft dough.

Turn the dough out onto an un-floured surface and knead until silky smooth (about 10-12 minutes). Do not add more flour as you knead.

Split the dough into 11 even sized pieces. Roll each piece into a ball and then flatten into a circle with rolling pin or smooth, heavy-bottomed mug. Add a small dollop of maple custard to the center of each piece. Pull up the edges with your fingers and pinch the dough closed. A couple drops of cold water may help to seal the dough.

Carefully roll the raw donut in the palm of your hand until the creases and pinch marks have disappeared into a smooth ball. Place the donuts on greased baking sheets with space between them. Cover and prove in a warm place until doubled in size.

Pour vegetable oil into a wide, heavy-bottomed pan, and fill to about 2 inches depth. Or use a deep fryer. Heat oil until a cube of white bread dropped into the oil browns in 30 seconds.

Add 3-4 donuts at a time to the hot oil. Fry for 3 minutes or until golden brown, turning the donuts over frequently. Remove using a slotted spoon and drain on paper towel. While still warm, sprinkle maple sugar over the tops or frost with maple cream.

CREAMY MAPLE MOUSSE

1 Tbsp gelatin, granulated
¼ cup cold water
1 Tbsp gelatin, granulated
1 pt whipping cream

Soak gelatin in cold water, dissolve in hot maple syrup. Cool until it begins to thicken, add whipped cream. Pour into molds, chill.