

COOKING WITH MAPLE SYRUP

MAPLE SYRUP IS A HEALTHY ALTERNATIVE, AND MAY BE SUBSTITUTED FOR SUGAR IN MOST RECIPES.

INSTEAD OF 1 CUP GRANULATED SUGAR USE	REASONS
USE $\frac{3}{4}$ - 1 $\frac{1}{2}$ CUP MAPLE SYRUP	BECAUSE MAPLE SYRUP IS LESS SWEET THAN GRANULATED SUGAR. IF YOU LIKE YOUR RECIPES SWEETER USE THE LARGER AMOUNT OF SYRUP. IF YOU PREFER LESS SWEET USE THE LESSER AMOUNT.
DECREASE LIQUID BY 2 TO 4 TABLESPOONS PER 1 CUP SYRUP USED	MAPLE SYRUP CONTAINS MORE MOISTURE THAN THE GRANULATED SUGAR, WHICH THE RECIPE CALLED FOR.
ADD $\frac{1}{4}$ - $\frac{1}{2}$ TEASPOON BAKING SODA	MAPLE SYRUP HAS A SLIGHT ACIDITY WHICH NEEDS TO BE NEUTRALIZED FOR THE BATTER TO RISE AND FORM PROPERLY. DO NOT ADD BAKING SODA IF THE RECIPE CALLS FOR BUTTERMILK, SOUR MILK, OR SOUR CREAM SINCE THESE LIQUIDS DO THE SAME THING.
DECREASE OVEN BY 25 DEGREES	MAPLE SYRUP WILL TEND TO CARAMELIZE AND BURN ON THE TOP AND EDGES BEFORE A BATTER USING A SOLID SWEETENER LIKE SUGAR

MEASURING: TO SUBSTITUTE FOR SUGAR IN COOKING, GENERALLY USE ONLY $\frac{3}{4}$ CUP MAPLE SYRUP TO EACH CUP OF SUGAR. TO SUBSTITUTE MAPLE SYRUP FOR GRANULATED SUGAR IN BAKING, USE THE SAME PROPORTIONS, BUT REDUCE THE OTHER LIQUID CALLED FOR IN THE RECIPE BY ABOUT 3 TABLESPOONS FOR EVERY CUP OF SYRUP SUBSTITUTED. ONE PINT OF MAPLE SYRUP HAS THE SAME SWEETENING POWER AS ONE POUND OF MAPLE SUGAR.

MAPLE SYRUP TENDS TO HUG THE SIDES OF THE MEASURING CUP OR SPOON SO FIRST GREASE THE CONTAINER LIGHTLY THAN SCAPE OUT ALL THE SYRUP.

WHEN EXPERIMENTING WITH YOUR OWN RECIPES USING MAPLE SYRUP AS A SUBSTITUTE FOR GRANULATED SUGAR IT IS A GOOD IDEA TO RECORD THE AMOUNTS OF MAPLE SYRUP USED, THE AMOUNT THAT THE LIQUID WAS DECREASED BY, AND THE TEMPERATURE OF THE OVEN. THIS WILL ALLOW YOU TO MAKE ADJUSTMENTS IN THE AMOUNTS, IF NEEDED, IN THE FUTURE.

METHOD OF MIXING: COMBINE SYRUP WITH LIQUID IN RECIPE OR MELT SHORTENING, THEN MIX THOROUGHLY WITH LIQUID SHORTENING.