



Maple Recipes– April 2024

Fruit Costini with Vermont Maple

1 large baguette sliced into 1/2 inch pieces
3 oz. goat cheese
1 green pepper either green Anjou or Bartlett,
thinly sliced

1 nectarine thinly sliced
1/2 cup Vermont maple syrup
1/4 cup thinly sliced fresh basil
1/4 cup chopped unsalted walnuts (optional)

Preheat boiler on LOW temperature. Lay out the slices of baguette.
Serves 4 with pork chops.

Maple-Bourbon Banana Pudding Cake

| | |
|---------------------------------------|--|
| 6 Tbsp. unsalted butter | Pinch of salt |
| ½ cup superfine sugar | ¾ cup Vermont maple syrup |
| 1 overripe banana, mashed | ½ cup light brown sugar |
| 1 large egg | ½ cup water |
| 1 cup whole milk, at room temperature | 2 Tbsp. bourbon (can be omitted, if desired) |
| 1 cup all-purpose flour | ¼ cup finely chopped pecans |
| 1 Tbsp. baking powder | |

Preheat the oven to 375° in a deep, quart baking or soufflé dish, melt the butter in the microwave. Whisk in the superfine sugar and banana, mashing until thoroughly combined. Whisk in the egg and milk. In a bowl, whisk the flour, baking powder, and salt. Whisk dry ingredients into the baking dish until combined (the batter will be pretty loose). In a microwave-safe cup, heat the maple syrup, light brown sugar and ½ cup of hot water at high power until about 1 minute. Add the bourbon. Drizzle the syrup mixture over the batter; it will sink to the bottom of the dish. Do not stir. Scatter the pecans on top. Set the dish on a rimmed baking sheet and bake for 40 minutes, until the cake is golden. Let cool 5 minutes, then scoop into bowls and serve with ice cream.