



Wonderful Whipped Maple Butter

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- Medium bowl
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Whisk

Ingredients

Wonderful Whipped Maple Butter

- 1/2 C unsalted butter, softened ******(for DAIRY ALLERGY sub unsalted dairy-free/nut-free butter, like Earth Balance brand)******
- 1/4 C maple syrup
- 1/8 tsp ground cinnamon
- 1 T brown sugar

Food Allergen Substitutions

Wonderful Whipped Maple Butter

Dairy: Substitute unsalted dairy-free/nut-free butter, like Earth Balance brand.

Instructions

Wonderful Whipped Maple Butter

measure + whisk

In a medium bowl, measure **1/2 cup softened butter, 1/4 cup maple syrup, 1/8 teaspoon cinnamon,** and **1 tablespoon brown sugar.** Whisk until all the ingredients are smoothly combined.

whisk + serve

Make sure all the ingredients are incorporated and that the end result is fluffy. If your butter is not soft enough, this step will be difficult. Whisk, whisk, whisk until your butter is whipped, fluffy, and ready to be served atop the **Sweet Thanksgiving Pumpkin Maple Cornbread!**

Featured Ingredient: Maple Syrup!

Hi! I'm Maple Syrup!

"Did you know I come from a tree? I'm made from maple tree sap! Some say I taste like caramel, toffee, and vanilla. I'm a popular syrup on top of pancakes and waffles. I also make yummy icings and fillings for donuts and cookies, and I'm a flavorful replacement for sugar in savory sauces!"

Indigenous peoples in northeastern North America were the first to discover they could make maple syrup and sugar from the sap of maple trees. They used it to sweeten and flavor foods and as a source of nutritional energy.

The Native Americans showed European colonists how to tap a maple tree by cutting into its trunk to harvest the sap. The colonists began using an auger to drill a hole into the trunk.

The method is similar today as it was then, with a spile or spigot put in the hole for the sap to flow out of when the temperature is above freezing. A pail is hung below the spile to catch the sap. Sometimes, a plastic bag is used to collect the sap instead so that farmers can see the amount of sap going into it.

Three types of maple trees are mainly used to get sap to make maple syrup due to their higher sugar content, although other maples will also provide the sap. They are the sugar maple, the black maple, and the red maple.

The maple trees are 30 to 40 years old before they are tapped and can continue to be tapped until they reach 100. Depending on the width of the trunk diameter, 1 to 3 taps can be placed in one tree's trunk.

The average tree will produce 9 to 13 gallons of sap per season or 3 gallons per day. A season runs between late winter and spring for about 4 to 8 weeks.

A farm that produces maple syrup is called a "sugarbush." After tapping, the sap is collected and boiled down so the water evaporates and gets it to the right syrup consistency. This takes place in what is called a

"sugar house" or "sugar shack."

After boiling the sap, the syrup is filtered to remove debris, and then it is graded according to clarity, color, density, and flavor.

The grading system in the United States and Canada has been uniform since 2015. Maple syrup is grade A if it is clear and there are no off-flavors. The designations within grade A are golden with delicate taste, amber with rich taste, dark with robust taste, and very dark with strong taste.

Table syrup or pancake syrup is an inexpensive substitute for pure maple syrup. They are made of corn syrup or high-fructose corn syrup.

Maple syrup is a popular tourist product for visitors to Canada. The Canadian flag has a maple leaf on it, and other maple products, like maple leaf cream cookies with maple syrup filling, are found in airports and tourist shops.