

Maple Mousse

A Canadian staple, European settlers learned the techniques of tree tapping from indigenous populations. Over the centuries the production of maple syrup has expanded into a large scale industry, with Canada producing almost 80 percent of the maple products worldwide. However, in the early part of the 21st Century, it was something that many households could produce on their own, on a smaller scale.

It can be easily adapted to most recipes that require sugar.

1 cup maple syrup

1 pint whipped cream

Yolks of 4 eggs (or 2 whole eggs)

Boil the syrup and pour it over the well-beaten eggs. When cold, add the whipped cream. Pour into mould and set on ice for 3 or 4 hours.

Mock Maple Syrup

Take 2 quarts very small potatoes. Wash very clean, without breaking skins. Cover with water and boil till done, but be sure to drain before the potatoes break. Take 1 cup sugar to every one of potato water and boil 15 minutes. Season with vanilla.

Fun Fact: Locally run Jakeman's Maple Products, near Beachville, has been in operation since 1876!