



*Molasses  
Family Favourites*



GINGERBREAD

# Cooking with Crosby's Fancy Molasses

There's an appealing nostalgia around molasses. The word alone is rich with memories of cozy kitchens, a slice of gingerbread with butterscotch sauce, warm buttery biscuits drizzled with molasses, crispy gingersnaps dunked in hot cocoa.

Molasses memories are as warm as an oven and as nourishing as the from-scratch food that our mothers and grandmothers created. The recipes we have gathered in this cookbook are intended to help you recall (and perhaps recreate) those happy times. Inside you'll find family favourites from long ago and new discoveries that we can't resist. All delicious and wholesome, rich with the sweet flavor of Fancy Molasses.

Molasses is indispensable in the baked goods of your childhood (remember the smell of gingerbread cookies?) but it's equally compelling in main dish meals. In this recipe collection you'll see that there's a place at your table for molasses anytime of the day. It's as well-suited to meat and fish as it is to pancakes and porridge. Tangy and sweet, molasses adds depth and flavor to dishes like pulled pork, grilled seafood, hearty stews, and of course all things barbecued.

Molasses can transform everyday foods, making the meals and baked goods that you take the time to prepare satisfying and memorable.

*Bridget*

Bridget Oland  
Crosby's Molasses Kitchen



Crosby's has been importing the world's finest molasses for over one hundred years and takes pride in being one of the world's largest importers of Fancy Molasses. We are committed to maintaining the highest standards of quality and service in all of our fine food products.

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## Orange Marmalade Gingerbread

<i>¼ cup butter, melted</i>	<i>½ tsp baking soda</i>
<i>1 egg, well beaten</i>	<i>1 tsp cinnamon</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>1 tsp ginger</i>
<i>1 cup orange marmalade</i>	<i>½ tsp salt</i>
<i>1¾ cups sifted cake flour</i>	<i>4 Tbsp boiling water</i>
<i>¾ tsp baking powder</i>	

In one bowl place melted butter, beaten egg, molasses and marmalade. In another bowl place sifted dry ingredients. Pour wet ingredients into dry and beat well. Add boiling water and mix thoroughly. Bake in 8" square pan at 350°F for 25 to 30 minutes.



## Molasses Feather Cake

<i>2¼ cups sifted cake flour</i>	<i>½ cup butter</i>
<i>½ cup sugar</i>	<i>1 tsp vanilla</i>
<i>1 tsp baking powder</i>	<i>¾ cup Crosby's Fancy Molasses</i>
<i>½ tsp baking soda</i>	<i>2 eggs</i>
<i>1 tsp salt</i>	<i>½ cup milk</i>

Sift flour, sugar, baking powder, baking soda and salt into a mixing bowl. Blend in butter, molasses, eggs and vanilla. Beat 2 minutes by hand or electric beater. Add milk and beat 2 more minutes. Pour into two well-greased 8" layer cake pans. Bake at 375°F for 25 minutes.

## Old Fashioned Gingerbread

<i>2 cups flour</i>	<i>1 tsp cinnamon</i>
<i>1 ½ teaspoon baking soda</i>	<i>½ cup soft butter</i>
<i>½ tsp salt</i>	<i>¾ cup Crosby's Fancy Molasses</i>
<i>½ cup sugar</i>	<i>1 egg</i>
<i>1 tsp ginger</i>	<i>1 cup boiling water</i>

Grease and flour an 8" square pan. Sift together dry ingredients in a large bowl. Add the butter, molasses and egg and beat for two minutes (or 300 strokes by hand). Add the boiling water. Beat for another two minutes and turn into prepared pan. Bake at 350°F for 50-55 minutes.



## Apple Gingerbread Upside Down Cake

<i>¼ cup butter</i>	<i>½ tsp baking soda</i>
<i>¼ cup brown sugar</i>	<i>½ tsp salt</i>
<i>1 egg beaten</i>	<i>½ tsp cinnamon</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>½ tsp ginger</i>
<i>1 cup sifted flour</i>	<i>½ cup sour milk</i>
<i>½ tsp baking powder</i>	

Cream butter, add sugar gradually, beat well. Stir in egg and molasses. Add sifted dry ingredients alternately with milk. Beat until fluffy.

<i>¼ cup butter</i>	<i>¾ cup brown sugar</i>
<i>4 large tart apples, sliced</i>	<i>1 tsp cinnamon</i>

Melt butter in a casserole dish or pan, arrange sliced apples in it. Sprinkle with sugar and cinnamon. Pour cake batter over apples and bake at 350°F for 45 minutes. Turn out upside down and serve with Molasses Sauce, page 37.

## Molasses Pound Cake

<i>2/3 cup butter</i>	<i>1 tsp allspice</i>
<i>3/4 cup sugar</i>	<i>1/2 tsp cloves</i>
<i>2/3 cup Crosby's Fancy Molasses</i>	<i>1 tsp cinnamon</i>
<i>2 eggs well beaten</i>	<i>1 tsp nutmeg</i>
<i>2/3 cup sour milk</i>	<i>1 cup seeded raisins</i>
<i>2 cups flour</i>	<i>dredged in 1/8 cup flour</i>
<i>3/4 tsp baking soda</i>	

Cream butter well and add sugar gradually, beating after each addition. Blend in molasses and beaten eggs. Add milk alternately with sifted dry ingredients. Add floured raisins. Pour into prepared 9" x 13" pan and bake at 350°F, 50 minutes to an hour.

## Dark and Damp Molasses Cake

Adapted (slightly) from [www.thekitchn.com](http://www.thekitchn.com)

<i>3/4 cup butter, cut into chunks</i>	<i>1/2 teaspoon cinnamon</i>
<i>1 1/2 cups Crosby's Fancy Molasses</i>	<i>2 teaspoons espresso powder or instant espresso</i>
<i>3/4 cup brown sugar</i>	<i>1 teaspoon vanilla</i>
<i>1/3 cup white sugar</i>	<i>2 large eggs, beaten</i>
<i>3 1/4 cups all-purpose flour</i>	<i>1 1/2 cups whole milk</i>
<i>1/2 teaspoon fine salt</i>	
<i>2 1/2 teaspoons baking soda</i>	
<i>2 teaspoons ground ginger</i>	

Heat the oven to 350°F. Lightly butter or grease a 10-inch springform cake pan. In a medium pot over medium heat combine butter and molasses. Whisk in the brown and white sugars. When the butter has melted and the sugars are no longer grainy remove from heat. In another bowl, combine flour, salt, baking soda, ginger, cinnamon and espresso powder. Whisk the vanilla, eggs, and milk into the molasses and melted butter. When combined, pour this liquid slowly into the bowl of dry ingredients. Whisk thoroughly to combine. Pour the batter into the prepared springform pan. Bake at 350°F for 50 -60 minutes or until a tester inserted in the center of the cake comes out clean. It may take longer. Cool for 20 or 30 minutes, then run a knife around the inside of the pan to help the cakes edges release. Remove the cake from the pan and let it cool completely. Sprinkle with icing sugar or drizzle with chocolate sauce.



## Mom's Ginger Puffs

<i>½ cup sugar</i>	<i>¼ tsp cloves</i>
<i>¼ cup butter, melted</i>	<i>¼ tsp cinnamon</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>½ tsp salt</i>
<i>1 ¼ cups flour</i>	<i>½ cup boiling water</i>
<i>1 tsp baking soda</i>	<i>1 egg, unbeaten</i>
<i>½ tsp ginger</i>	

In a medium bowl combine sugar, butter and molasses. In a separate bowl combine the dry ingredients. Add this dry mixture to the sugar & butter bowl and mix well. Stir in the boiling water and then the egg last. Spoon into cupcake pans that have been well greased or lined with paper cups. Bake at 400 F for 10-15 minutes.

Makes 12 regular sized cupcakes



## Blackberry Gingerbread

<i>⅔ cup butter, melted</i>	<i>1 ½ tsp. ginger (ground) or 2</i>
<i>2 cups flour</i>	<i>tsp. fresh grated ginger</i>
<i>1 cup brown sugar</i>	<i>1 cup milk</i>
<i>1 tsp. baking powder</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>½ tsp. baking soda</i>	<i>2 eggs, beaten</i>
<i>½ tsp. salt</i>	<i>2 tsp. vanilla</i>
<i>½ tsp. cinnamon</i>	<i>1-1 ½ cups of blackberries,</i>
	<i>raspberries or blueberries</i>

Preheat oven to 350 F. Grease and flour a 9" square or round cake pan. A spring form pan works too, and makes it easier to eat the cake while it's still warm. Stir together flour, brown sugar, baking powder, salt and spices. In another bowl whisk together the melted butter, milk, molasses, eggs and vanilla. Add the wet to the dry and combine gently but thoroughly. Pour into prepared pan and arrange the berries on top. Bake for 45-50 minutes. Serve on its own or with a little sweetened whipped cream on the side. A sprinkling of berries atop the batter stay put during baking. Make sure the top isn't entirely filled with fruit - you want some batter showing through.



## Peach Gingerbread

<i>2/3 cup butter, melted</i>	<i>1 ½ tsp. ginger</i>
<i>2 cups flour</i>	<i>1 cup milk</i>
<i>1 cup brown sugar</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 tsp. baking powder</i>	<i>2 eggs, beaten</i>
<i>½ tsp. baking soda</i>	<i>2 tsp. vanilla</i>
<i>½ tsp. salt</i>	<i>2-3 peaches, peeled, quartered and thinly sliced</i>
<i>½ tsp. cinnamon</i>	

Preheat oven to 350 F. Grease and flour a 9" square or round cake pan. A spring form pan works too, and makes it easier to eat the cake while it's still warm. Stir together flour, brown sugar, baking powder, salt and spices. In another bowl whisk together the melted butter, milk, molasses, eggs and vanilla. Add the wet to the dry and combine gently but thoroughly. Pour into prepared pan and arrange the peach slices on top. Bake for 45-50 minutes. Serve on its own or with a little sweetened whipped cream on the side.



## Chocolate Gingerbread

<i>½ cup plus 2 Tbsp butter</i>	<i>1 ¼ tsp baking soda dissolved in 2 tsp water</i>
<i>1 cup sugar</i>	<i>2 eggs</i>
<i>1½ cup Crosby's Fancy Molasses</i>	<i>1 cup milk</i>
<i>½ tsp ground cloves</i>	<i>2 ¼ cups flour</i>
<i>1 tsp ground cinnamon</i>	<i>¾ cup cocoa</i>
<i>2 tsp ground ginger</i>	<i>1 cup chocolate chips (optional)</i>
<i>¼ tsp ground allspice</i>	

Melt the butter along with the sugar, molasses and spices. Whisk it well and remove from heat. Whisk in the milk, eggs and baking soda-water mixture. Add the flour and cocoa and beat. Pour into greased and floured 9" x 13" pan. Bake at 350°F for 55 minutes to an hour.



## Gingerbread with Coffee and Chocolate

<i>2 cups flour</i>	<i>1 cup olive oil or canola</i>
<i>2 tsp. baking soda</i>	<i>3 large eggs</i>
<i>1 tsp. coarse kosher salt</i>	<i>1 cup freshly brewed</i>
<i>1 tsp ground cinnamon</i>	<i>coffee (strong and hot)</i>
<i>1 tsp. ground cloves</i>	<i>1 cup chopped bittersweet</i>
<i>1 tsp. ground ginger</i>	<i>chocolate (5 to 6 ounces)</i>
<i>1 cup sugar</i>	<i>1/4 cup chopped</i>
<i>1 cup Crosby's Fancy Molasses</i>	<i>crystallized ginger (optional)</i>

### Coffee whipped cream:

<i>1 cup chilled whipping cream</i>	<i>1 tsp instant coffee crystals</i>
<i>3 Tbsp powdered sugar</i>	

Preheat oven to 350°F. Generously grease and flour a large Bundt pan. Whisk 2 cups flour and next 5 ingredients in medium bowl to blend. Combine sugar, molasses, oil, and eggs in large bowl; whisk until well blended. Add dry ingredients and stir to blend. Add chocolate to coffee and add to mixture (there will be a few lumps of chocolate left). Pour batter into pan. It's a thin batter so don't panic, just place the pan on a cookie sheet. Bake cake about 55 to 60 minutes (until it starts pulling away from the sides of the pan). Transfer pan to rack; cool cake in pan 20 minutes. Turn cake out onto rack and cool. For coffee whipped cream: Combine all ingredients in large bowl. Using electric mixer, beat until peaks form.

## Blueberry Gingerbread

<i>1/2 cup Crosby's Fancy Molasses</i>	<i>2 cups flour (half whole</i>
<i>1/2 tsp. baking soda</i>	<i>grain half white works well)</i>
<i>1/2 cup butter, softened</i>	<i>3 tsp. baking powder</i>
<i>1/2 cup sugar</i>	<i>1/2 tsp. salt</i>
<i>1 egg</i>	<i>1 tsp cinnamon</i>
<i>1/2 cup milk</i>	<i>1 tsp. ginger</i>
<i>1/2 tsp. vanilla</i>	<i>1 cup blueberries</i>

Grease an 8" round or square cake pan and line the bottom with parchment paper (or flour) Mix soda and molasses. Combine remaining dry ingredients. In a medium bowl cream butter and sugar, then add the egg, and molasses mixture. Add dry ingredients, alternately with the milk. Fold in the blueberries. Bake at 350 for about 45 minutes.



# Frostings & Sweet Sauces

## Molasses Toffee Sauce

<i>½ cup plus 1 Tbsp butter</i>	<i>1¼ cup 35% cream</i>
<i>¾ cup brown sugar (not packed)</i>	<i>1 tsp pure vanilla</i>
<i>3 Tbsp Crosby's Fancy Molasses</i>	

Melt the butter, brown sugar and molasses in a heavy bottom medium size pot. (The pot needs to be tall enough to allow for foaming.) When the mixture is incorporated, slowly add the cream. Boil rapidly for 5 minutes. Remove from the heat and add the vanilla.



## Peanut Butter Topping

<i>⅓ cup Peanut Butter</i>	<i>⅔ cup Crosby's Fancy Molasses</i>
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Ingredients should be at room temperature. Mix peanut butter and molasses to a thick paste. Can be used on ice cream, muffins or eaten with sliced apples as an afterschool snack.



## Molasses Sauce

<i>¼ cup butter</i>	<i>½ cup Crosby's Fancy Molasses</i>
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Melt butter and blend in molasses. Or cream butter well, add Crosby's Fancy Molasses gradually and beat until light and fluffy.



Molasses Toffee Sauce

## Molasses Chocolate Sauce

<i>1 cup whipping cream</i>	<i>8 oz dark chocolate,</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>broken into pieces</i>

Bring cream and molasses to a gentle boil. Remove from heat and stir in the chocolate pieces. Stir until chocolate is melted. Cool and refrigerate.



## Molasses Butter Frosting

<i>3 cups sifted confectioners' sugar</i>	<i>1 Tbsp Crosby's</i>
<i>1 egg white, unbeaten</i>	<i>Fancy Molasses</i>
<i>1 tsp vanilla, lemon or rum extract</i>	<i>2 Tbsp milk</i>
<i>⅓ cup butter</i>	

Add 1 cup confectioners' sugar, egg white and flavouring to creamed butter. Mix well. Add remaining confectioner's sugar alternately with molasses and milk. Beat well.



## Fresh Fruit Sauce

<i>¼ cup Crosby's Fancy Molasses</i>	<i>11 oz. can mandarin</i>
<i>¼ cup firmly packed brown sugar</i>	<i>orange segments, drained</i>
<i>1 Tbsp cornstarch</i>	<i>8 oz. can pineapple chunks,</i>
<i>1 cup orange juice</i>	<i>drained</i>
<i>2 Tbsp butter</i>	<i>1 cup green grapes, halved</i>
<i>1 tsp grated orange peel</i>	

In medium saucepan, combine molasses, brown sugar and cornstarch. Mix well. Gradually stir in orange juice. Bring to boil. Cook over medium heat for 5 minutes or until thickened, stirring constantly. Remove from heat. Add butter and orange peel, mix well. Carefully stir in fruit. Serve warm fruit sauce over slices of gingerbread.



Molasses Chocolate Sauce

# Substitutes

## Sour Milk - Fresh Milk

For 1 cup, place 1 tablespoon lemon juice or vinegar in bottom of a measuring cup. Add enough milk to make 1 cup. Stir and let mixture curdle, about 5 min.

## Cocoa - Chocolate

One square (1 ounce) of chocolate equals three tablespoons of cocoa and one tablespoon of butter.

## Brown Sugar

One cup of firmly packed brown sugar equals 1 cup of granulated sugar plus 1 tablespoon of molasses.

## Molasses

One cup of molasses equals 3/4 cup of sugar. In baking, decrease liquid by 1/4 cup for each cup of molasses. Omit any baking powder and add 1/2 teaspoon of baking soda.

## Baking Powder

One teaspoon of baking powder equals 1/4 teaspoon of baking soda plus 3/8 teaspoon of cream of tartar.

## Powdered Milk - Fresh Milk

One cup fresh milk equals four tablespoons powdered milk and one cup of water. When powdered milk is to be used, it is convenient to combine it with flour and other dry ingredients and then add the required quantity of water at the point where the use of fresh milk is called for.

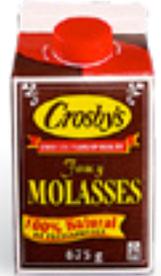
## Measuring Equivalents

1 tablespoon = 3 teaspoons	1 kg = 2.2 lbs
2 tablespoons = 1 ounce	1 cup = 1/2 pint
16 tablespoons = 1 cup	1 teaspoon = 5 ml
1 cup = 8 ounces	1 tablespoon = 15 ml
1 cup = 250 ml	1 litre = 35 ounces

# More About Molasses

## Fancy Molasses

The highest grade of molasses available, fancy molasses is the pure juice of the sugar cane, condensed, inverted and purified. It is 100% natural and contains no additives or preservatives. It is lighter in colour than the other molasses products, and the flavour is tangy sweet. All the recipes in this cook book are made with fancy molasses.



## Cooking Molasses

Cooking molasses is a blend of blackstrap and fancy molasses. It is thicker and darker than fancy molasses - less sweet, with a more "full-flavoured" taste. Any product made with cooking molasses will have a much more robust "molasses" flavour than if fancy molasses is used.



## Blackstrap Molasses

Blackstrap molasses is the highly-concentrated, final by-product of the refined sugar manufacturing process. As the sugar crystallizes, the residual cane juice thickens into a dark mass and is separated out through a centrifuge. The resulting molasses is very dark with a robust, somewhat bitter flavour. Like fancy molasses, it is a pure product and contains no added sulphates or sulphites. Blackstrap molasses is recognized for its health benefits and is an excellent source of many minerals and nutrients including iron, magnesium and calcium.



## We Don't Add Sulfur

Sulphur dioxide and/or sulfites used to be added to molasses as a preservative or bleaching agent and causes an unpleasant aftertaste. Crosby's does not add sulphur to any of our products.



For additional recipes and information  
on molasses visit [www.crosbys.com](http://www.crosbys.com).

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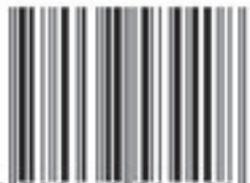
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