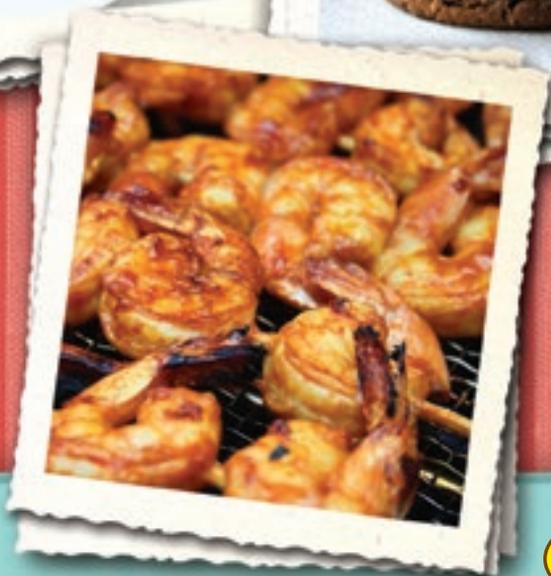


Making Life Delicious

Easy Everyday Food



Crosby's

Cooking with Crosby's Fancy Molasses

Eating well when you're busy can seem like the impossible but it's more a matter of resolve and a great stash of recipes than it is time and effort. After all, some of the tastiest recipes have barely a handful of ingredients and are quick to whip up, even if spending time in the kitchen isn't really your thing.

If cooking from scratch is important to you why not add something interesting to your everyday food with a touch of molasses. Distinct and delicious, molasses is a wholesome sweetener that adds a nostalgic touch to your baking and gives main dish meals a scrumptious twist.

In this recipe collection you'll see there's a place at your table for molasses anytime of the day. From traditional baked goods to main dish meals, this book is all about wholesome and satisfying everyday food - the delicious with the nutritious.

Here's to eating well, every day.

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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Breads & Breakfasts



MJ's Blueberry Wheatgerm Muffins

MJ's Blueberry Wheatgerm Muffins

<i>½ cup wheat germ</i>	<i>2 eggs</i>
<i>1 ¼ cups flour</i>	<i>¼ cup oil</i>
<i>½ tsp salt</i>	<i>3 Tbsp Crosby's Fancy Molasses</i>
<i>1 ½ tsp baking soda</i>	<i>1 cup blueberries</i>
<i>½ cup sugar</i>	<i>(more if you prefer)</i>
<i>1 cup of plain yogurt</i>	
<i>(or flavoured, if that's what you have on hand)</i>	

1. Preheat oven to 350°F and grease 12 regular-sized muffin cups.
2. In a medium bowl combine dry ingredients.
3. In another bowl combine yogurt, eggs, oil and molasses.
4. Pour wet mixture over the dry ingredients and mix gently, just until combined.
5. Stir in blueberries.
6. Spoon into prepared muffin pans and bake at 350°F for 18-20 minutes.



Broiled English Muffin with Peanut Butter and Banana

Broiled English Muffin with Peanut Butter and Banana

Adapted from CHOW.com

<i>English muffin,</i>	<i>Half a banana, thinly sliced</i>
<i>split with a fork</i>	<i>2-3 tsp Crosby's Fancy Molasses</i>
<i>3 Tbsp peanut butter</i>	
<i>(or almond butter)</i>	

Split the English muffin with a fork then pop it in the toaster, but don't toast it fully. Spread it with peanut butter, layer on the sliced banana and drizzle with molasses. Place on a baking sheet, pop under the broiler and broil for 3 to 5 minutes. Eat immediately.



Cranberry Bran Muffin with Flax and Orange Zest

Cranberry Bran Muffin with Flax and Orange Zest

From "150 Essential Whole Grain Recipes"
- Makes 12 generous muffins -

<i>1 1/3 cups buttermilk</i>	<i>1/2 cup packed dark brown sugar</i>
<i>3/4 cup All-Bran-style cereal</i>	<i>1/4 cup flax seeds</i>
<i>1/2 cup natural bran (aka baker's bran)</i>	<i>4 tsp baking powder</i>
<i>2/3 cup Crosby's Fancy Molasses</i>	<i>2 tsp baking soda</i>
<i>1/3 cup oil</i>	<i>1/4 tsp nutmeg</i>
<i>1 egg</i>	<i>1/4 tsp salt</i>
<i>1 1/2 tsp. vanilla</i>	<i>Zest of 1 orange</i>
<i>2 cups flour</i>	<i>1 cup dried cranberries or blueberries</i>
<i>3/4 cup whole wheat flour</i>	

In a bowl stir together the buttermilk, bran cereal and natural bran. Let stand 10 minutes then stir in the molasses, oil and egg.

In a large bowl combine the flours, sugar, baking powder, baking soda, nutmeg, salt and orange zest.

Pour over the buttermilk mixture and the cranberries and stir gently, just until combined. Spoon into greased muffin tins. Bake at 375°F for 20-25 minutes.

Warming Porridge with Cinnamon and Molasses

1 cup old fashioned rolled oats *3 cups water or milk*

1. Combine oats and water in a saucepan with a lid.
2. Bring to a gentle boil, cover and simmer until thick (about 10-15 minutes).
3. Spoon into serving bowls.
4. Pour over a bit of milk, a drizzle of molasses and a sprinkle of cinnamon.
5. Walnuts make a tasty, healthy addition too.



Warming Porridge with Cinnamon and Molasses



Molasses Biscuits

Adapted from “150 Essential Whole Grain Recipes”
- Makes 18 biscuits -

<i>1 ¾ cups flour</i>	<i>½ tsp salt</i>
<i>1 cup whole wheat flour</i>	<i>½ cup cold butter, cubed</i>
<i>½ cup toasted sunflower seeds, plus more for sprinkling</i>	<i>1 cup buttermilk or soured milk</i>
<i>2 ½ tsp baking powder</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>½ tsp baking soda</i>	<i>1 egg, beaten</i>

In a large bowl whisk flour, baking powder, baking soda, sunflower seeds and salt.

Cut in butter until it resembles coarse crumbs. (This can all be done by pulsing mixture in a food processor, carefully)

In another bowl whisk together buttermilk, molasses and egg.

Pour milk mixture into flour mixture and stir just enough to combine. Gather dough into a ball and on a lightly floured surface knead gently just until it comes together in a soft dough (4-5 times)

Gently pat into a 7” by 10” rectangle and transfer to a parchment lined baking sheet.

Score into nine squares. Score the squares on the diagonal to form triangles.

Sprinkle with 2-3 Tbsp of sunflower seeds and gently press them in. Bake at 400°F for 20-25 minutes until golden and the centre no longer feels soft.

Cool a few minutes before cutting.





Irish Soda Bread with Molasses

Irish Soda Bread with Molasses

<i>½ cup rolled oats</i>	<i>1 Tbsp sugar</i>
<i>1 ¾ cups buttermilk*</i>	<i>1 ½ tsp salt</i>
<i>¼ cup Crosby's Fancy Molasses</i>	<i>1 tsp baking soda</i>
<i>2 Tbsp vegetable oil</i>	<i>1 tsp baking powder</i>
<i>3 cups flour</i>	<i>1 cup currants</i>
<i>½ cup whole wheat flour</i>	

Put the 1/2 cup oats in mixing bowl. Stir in the buttermilk, molasses and oil; reserve.

Mix dry ingredients in large bowl. Make a well in the dry mixture and add the liquid all at once; add currants.

Stir until dough pulls together in a shaggy mass. Let rest 3 minutes. Flour your work surface and hands.

Scoop the dough onto floured surface and knead gently, sprinkling with flour as required.

Knead gently just until dough comes together, cut in half and shape into two balls.

Place on a parchment lined baking sheet that has been sprinkled with cornmeal.

Using a sharp, serrated knife, make two parallel slashes on the surface of the dough, about 3/4 -inch deep. Leave plenty of room between the loaves.

Bake at 400°F for 20 minutes, then reduce the heat to 375°F and bake 20 minutes more, until dark and crusty.

When done, the bottom should sound hollow when tapped with a finger.

Cool loaves before slicing.

*You can use soured milk if you don't have butter milk. Just put 1 ½ Tbsp vinegar in a measuring cup and fill it to the 1 ¾ cup mark with milk. Let sit for 5 minutes before using. Or put ¼ cup plain yogurt in a measuring cup and fill to the 1 ¾ cup mark with milk. Stir well.



Easy Oatmeal Brown Bread

<i>2 cups boiling water</i>	<i>1 cup warm water</i>
<i>2 Tbsp butter</i>	<i>2 tsp sugar</i>
<i>2 tsp salt</i>	<i>2/3 cup Crosby's Fancy Molasses</i>
<i>1 cup rolled oats</i>	<i>6 cups flour</i>
<i>2 Tbsp dry yeast</i>	

In a large bowl combine butter, salt and rolled oats.

Pour the 2 cups of boiling water over the rolled oats mixture. Cool to lukewarm.

In a small bowl combine the 1 cup warm water and sugar. Stir in yeast then add to the cooled oat mixture. Mix in molasses.

Gradually add flour. (You may need to turn the dough out onto the counter to incorporate the final cup or two of flour.)

Divide dough in half, shape into loaves and place in two greased loaf pans.

Cover with a clean dishtowel and let rise until doubled in bulk (about 1.5 hours).

Bake at 350°F for 45 minutes to an hour, until loaves sound hollow when tapped.

Remove from pans to cool.





Molasses Walnut Scones with Vanilla Glaze

Adapted from Food & Drink magazine, Winter 2011 issue

<i>2 cups flour</i>	<i>¼ cup cold butter</i>
<i>2 Tbsp sugar</i>	<i>¾ cup + 2 Tbsp. milk</i>
<i>1 ½ tsp baking powder</i>	<i>2 Tbsp Crosby's Fancy Molasses</i>
<i>¼ tsp baking soda</i>	<i>¾ cup walnuts, coarsely chopped</i>
<i>½ tsp salt</i>	

Glaze:

<i>½ cup icing sugar</i>	<i>½ tsp vanilla</i>
<i>1-2 Tbsp cream</i>	<i>¼ cup walnuts, finely chopped</i>

Preheat oven to 425°F.

Combine dry ingredients and cut in butter with a pastry blender or two knives.

Combine milk and molasses, mix well and add to dry mixture along with the walnuts.

Stir gently just until the dough comes together.

Turn out onto a lightly floured surface. (This is a very light and sticky dough but resist the urge to add more flour. Keeping with the flour proportions and working the dough as little as possible creates the most beautifully soft scone.)

Divide dough in half and pat each half into a 1" thick disk, fold it over on itself to create a half-moon, then fold it over again. Gently pat into a 1" thick disk, cut into 6 wedges. Repeat with remaining dough.

Place on a parchment-lined cookie sheet at least 1" apart.
Bake 10-12 minutes.

Remove from oven and coat with glaze while still warm. Sprinkle with finely chopped walnuts. Serve warm.



Molasses Sticky Buns

For the Dough:

4 cups flour

1/3 cup sugar

1/2 tsp salt

Scant 3 Tbsp quick rise yeast

Scant 1/2 cup butter

1 2/3 cups milk

2 eggs

Combine flour, sugar, salt and yeast in a large bowl. Melt the butter and whisk it into the milk and eggs, then stir it in to the flour mixture. Mix to combine and knead the dough until it's smooth and springy, adding more flour if necessary. Form into a ball, place in an oiled bowl, turn to coat and cover. Leave to rise until doubled (30 min to an hour).

In the meantime...

Line a 9" by 13" pan with parchment paper. Cut the paper large enough so it goes up the sides of the pan too.

For the Sauce:

1 cup packed brown sugar

1/2 cup butter, cubed

1/3 cup Crosby's Fancy Molasses

3 Tbsp water

In a small saucepan, bring the brown sugar, butter, water and molasses to a boil. Pour into the prepared pan.

To Assemble:

When the dough has risen to double its size, punch it down, roll out into a rectangle (10"x12") and spread/sprinkle with:

1/3 cup butter, softened

1/2 cup sugar

1 1/2 Tbsp ground cinnamon

Roll up (not too tight) from the long side, pinching to seal. Slice into 1 1/2" rounds. Place rolls, cut side down, in the molasses sauce.

Cover and let rise in a warm place until doubled in size, about 30 minutes. Then, bake at 350°F for 30-35 minutes or until golden brown. Cool in dish for 5 minutes; invert onto a serving platter. Serve warm.



Blueberry Pancakes

<i>1 ¼ cups flour (can use up to ½ cup of whole grain flour)</i>	<i>¾ cup of milk</i>
<i>2 ½ tsp baking powder</i>	<i>1 ½ Tbsp Crosby's Fancy Molasses</i>
<i>2 Tbsp sugar</i>	<i>3 Tbsp oil</i>
<i>¾ tsp salt</i>	<i>½ cup blueberries</i>
<i>1 egg, beaten</i>	

Combine dry ingredients in a medium bowl.

In a larger bowl combine the wet ingredients.

Add the dry to wet then stir in the blueberries.

Drop by ¼ cup measure on a medium-hot, well-greased frying pan. Flip when the batter is set and the edges lose their wet look. Keep warm until ready to eat.

Drizzle with a maple syrup, or a molasses maple syrup blend (3 Tbsp maple syrup and 1 Tbsp molasses).

Adapted from the book *Old Black Witch*, by Wende and Harry Devlin, published in 1963.



Cookies & Bars



Mom's Chewy Hermit Bars

Mom's Chewy Hermit Bars

<i>2 cups + 2 Tbsp flour</i>	<i>½ cup butter</i>
<i>2 tsp baking soda</i>	<i>1 cup brown sugar</i>
<i>2 tsp cinnamon</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>2 tsp ginger</i>	<i>1 large egg</i>
<i>¼ tsp cloves</i>	<i>¾ cup raisins</i>
<i>¼ tsp salt</i>	<i>(or dried cranberries)</i>

Combine dry ingredients in a medium bowl. In a large bowl cream the butter and sugar. Add the molasses and then the egg. Combine well then stir in the dry ingredients. When it comes together as a dough add the raisins. Divide dough in half and form each piece into a 12" log. Place in a parchment lined baking sheet a few inches apart. Flatten the logs slightly. Bake at 375°F for 18 minutes. Start checking them at the 15 minute mark because you don't want them to get dark around the edges. Remove from oven, cook on the pan and cut into strips on the diagonal.

Katie's Fat Molasses Cookies

<i>4 ¾ cups of flour</i>	<i>1 cup brown sugar</i>
<i>2 tsp baking soda</i>	<i>2 eggs</i>
<i>3 tsp ginger</i>	<i>⅓ cup milk</i>
<i>or cinnamon</i>	<i>1 cup Crosby's Fancy Molasses</i>
<i>1 cup shortening</i>	
<i>or butter</i>	

In a large bowl cream the shortening, sugar and eggs. In another bowl combine dry ingredients. Add dry to creamed mixture, alternating with molasses and milk. Roll or pat out on a lightly floured surface, keeping the dough thick (up to 1 cm). Cut in favourite shapes. Bake 375°F for 10 to 15 minutes (watch closely after 10 minutes) These freeze beautifully.



Kate's Fat Molasses Cookies



Ginger Chocolate Hermit Cookies

Ginger Chocolate Hermit Cookies

<i>2 cups flour</i>	<i>2 Tbsp cocoa</i>
<i>2 tsp baking soda</i>	<i>½ cup + 1 Tbsp soft butter</i>
<i>¼ tsp salt</i>	<i>1 cup brown sugar</i>
<i>2 tsp cinnamon</i>	<i>1 egg</i>
<i>2 tsp ginger</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>1 ½ tsp cloves</i>	<i>¾ cup chocolate chips</i>

Cream butter and sugar until fluffy, scraping down the bowl as required. Add the egg and blend, then add the molasses. In a separate bowl combine the dry ingredients. Add the dry to the wet and mix thoroughly. Stir in the chocolate chips. Divide dough in half and form into two logs about 12" long. Lay on a parchment-lined baking sheet, spaced at least 3" apart (they flatten as they bake). Bake at 375°F for 15-18 minutes. Don't let them get too dark around the edges, you want them to be chewy.

Glaze: *½ cup icing sugar* *1 Tbsp milk*

Blend together and thin with a drop more milk if it's too thick. Drizzle over the cooked, cooled strips. Allow to harden before cutting the cookies.

Ila's Soft Molasses Cookies

<i>1 cup sugar</i>	<i>3 ½ to 4 cups flour</i>
<i>¾ cup butter</i>	<i>2 tsp baking soda</i>
<i>2 eggs</i>	<i>1 tsp cinnamon</i>
<i>1 cup boiling water</i>	<i>½ tsp cloves</i>
<i>1 cup Crosby's Fancy Molasses</i>	<i>Pinch of salt</i>
	<i>Raisins, if desired</i>

Mix in order given. Drop on a parchment lined cookie sheet. Bake at 400°F for 10 min. Sandwich with a basic icing, flavoured with cinnamon or ginger. Chill the batter for 15 minutes if your cookies are too flat for your liking.



Ila's Soft Molasses Cookies



Chocolate Molasses Cookies (Crinkles)

From www.marthastewart.com

- Makes about 3 dozen -

<i>½ cup chocolate chips (the darker the better)</i>	<i>½ cup brown sugar, packed</i>
<i>1 ½ cups plus 1 Tbsp flour</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>1 ¼ tsp ground ginger</i>	<i>1 tsp baking soda</i>
<i>1 tsp ground cinnamon</i>	<i>1 ½ tsp boiling water</i>
<i>¼ tsp ground cloves</i>	<i>¼ cup granulated sugar (for rolling)</i>
<i>¼ tsp ground nutmeg</i>	<i>1 cup white chocolate chips, melted (for dipping)</i>
<i>1 Tbsp unsweetened cocoa powder</i>	
<i>½ cup butter</i>	

Line two baking sheets with parchment.

In a medium bowl, sift together flour, ground ginger, cinnamon, cloves, nutmeg, and cocoa.

In another bowl beat butter and brown sugar until combined. Add molasses and beat until combined.

In a small bowl, dissolve baking soda in 1 ½ teaspoons boiling water. Beat half of flour mixture into butter mixture.

Beat in baking-soda mixture, then remaining half of flour mixture.

Mix in chocolate. Chill if you have time.

Roll dough into 1 ½ inch balls; roll in granulated sugar.

Bake at 325°F until the surfaces crack slightly, 10 to 12 minutes.

Cool and dip in melted white chocolate.





Vanessa's Crispy Almond Butter Granola Bars

- Makes 24 squares -

<i>2 cups rolled oats (not instant)</i>	<i>½ cup slivered almonds, pumpkin seeds or sunflower seeds (or a combination)</i>
<i>2 cups Rice Krispies cereal</i>	<i>½ cup dark chocolate chips or dried cranberries (or ¼ cup of each)</i>
<i>¼ cup ground flax seed</i>	
<i>½ cup Crosby's Fancy Molasses</i>	
<i>½ cup brown sugar</i>	
<i>½ cup almond butter</i>	

Line a 9"x13" pan with parchment paper or grease it thoroughly. Set aside.

In a large bowl combine rolled oats, cereal and ground flax.

Measure out the slivered almonds and chocolate chips and set aside.

In a small saucepan combine molasses and brown sugar. Cook over medium heat until sugar dissolves then bring to a boil for 30 seconds to a minute.

Remove from heat and quickly add almond butter. Stir to combine. Working quickly, pour sugar mixture over dry ingredients and mix well.

Quickly add the almonds and chocolate chips, using your hands if necessary.

Still working quickly, press into prepared pan.

Cool and cut into squares.





Sweet Oatmeal Flax Bars

Sweet Oatmeal Flax Bars

5 Tbsp butter (or coconut oil)
3 Tbsp brown sugar
¼ cup Crosby's Fancy Molasses
2 ½ cups rolled oats

*2 Tbsp ground flax
 or almond meal*
½ tsp vanilla

In a medium-sized pot combine butter, molasses and sugar. Heat over medium until butter has melted and sugar has dissolved. Boil for 30 seconds to a minute. Remove from heat and add vanilla. Stir in rolled oats and flax (or almond meal). Mix well. Press into well-greased (or parchment lined) pie pan. Bake at 350°F for 20-25 minutes, until edges begin to darken. Cool completely in pan. Cut into wedges while still in the pan or upend on a cutting board to slice.

Ice-box Gingersnaps

1 cup butter
⅓ cup brown sugar
⅔ cup Crosby's Fancy molasses
3 cups flour
2 tsp baking soda

½ tsp salt
2 tsp ginger
1 tsp cinnamon
½ tsp cloves
¼ tsp nutmeg or allspice

Mix in order given. Make into three rolls and freeze or refrigerate until needed.

To bake: remove from freezer (or fridge) about 15 minutes before slicing. Slice ¼ inch thick. Bake at 350°F about 10 minutes, on a parchment lined cookie sheet. Watch closely - you want them to be crispy but not too dark.



Ice-box Gingersnaps



Spiced Chocolate Almond Brownies

<i>1 cup ground almonds</i>	<i>¼ tsp baking powder</i>
<i>1 cup sugar</i>	<i>¼ tsp salt</i>
<i>½ teaspoon ground ginger or cinnamon</i>	<i>4 eggs</i>
<i>3 tablespoons cocoa powder</i>	<i>3 Tbsp Crosby's Fancy Molasses</i>
<i>4 tablespoons flour</i>	<i>150g quality dark chocolate, chopped (about 1.5 bars)</i>

Preheat the oven to 350°F.

In a medium bowl whisk together dry ingredients. In a small bowl whisk eggs and molasses. Add wet ingredients to dry and mix well. Stir in chocolate. Pour into a greased and floured 8" cake pan (round or square) Bake 30-35 minutes, until batter is set and cake begins to pull away from the sides of the pan.





One-bite Molasses Brownies

(adapted from CHOW.com)

<i>1 cup chocolate chips or coarsely chopped bittersweet chocolate</i>	<i>2 large eggs 1 cup sugar 1 tsp vanilla extract</i>
<i>½ cup butter, cut into pieces</i>	<i>½ tsp baking powder</i>
<i>3 Tbsp Crosby's Fancy Molasses</i>	<i>¼ tsp fine salt 1 cup flour</i>

Heat the oven to 350°F. Line an 8-by-8-inch metal baking pan with parchment paper.

Combine the chocolate and butter in a medium saucepan and cook over low heat, stirring frequently, until melted and smooth. Remove from the heat, add molasses and let cool slightly, about 5 minutes.

Combine the eggs, sugar, vanilla, baking powder and salt in a large bowl and stir until just incorporated. Add the chocolate mixture and stir until combined. Add the flour and fold in until just incorporated.

Pour the batter into the prepared pan (spreading it out and smoothing the top). Bake 30 minutes, until a tester comes out clean. Remove to a wire rack and let the brownies cool for at least 20 minutes. Take them out a littler earlier if you want them to be chewier.

Cut into 2-inch squares.



Cakes & Desserts



Whole Wheat Applesauce Cake

Whole Wheat Applesauce Cake

(adapted from Martha Stewart Everyday Food)

<i>3 cups flour (½ whole wheat or spelt)</i>	<i>1 cup butter, softened</i>
<i>2 tsp baking soda</i>	<i>2 cups packed light brown sugar</i>
<i>1 tsp salt</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>1 ½ tsp cinnamon</i>	<i>2 eggs</i>
<i>1 ¼ tsp cardamom</i>	<i>2 cups applesauce</i>

In a large bowl whisk together flour, baking soda, salt and spices. In another bowl beat butter, brown sugar and molasses until fluffy. Add eggs, one at a time. Gradually add flour mixture, beating just until combined. Blend in applesauce. Spoon into a 9 inch tube pan that has been greased and floured. Smooth the top. Bake at 350°F for 50 min to an hour, until the cake is pulling away from the side of the pan and a tester comes out clean. Run a knife around the edge of the cake to loosen it from the pan. Cool on a rack for 10 minutes then remove from the pan. Cool completely before serving.



Signal Hill Gingerbread

Signal Hill Gingerbread

<i>2 cups flour</i>	<i>1 tsp cinnamon</i>
<i>1 ½ tsp 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"x8" square pan (or line the pan with parchment paper.) 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, or until cake springs back when lightly touched.



Espresso Gingerbread

Espresso Gingerbread

Adapted from Bon Appetit magazine

<i>3 ¼ cups flour</i>	<i>1 cup Crosby's Fancy Molasses</i>
<i>5 tsp ground ginger</i>	<i>2 large eggs</i>
<i>2 ½ tsp baking soda</i>	<i>2 tsp vanilla</i>
<i>1 ½ tsp cinnamon</i>	<i>1 cup hot, strong coffee or espresso</i>
<i>¼ tsp salt</i>	<i>1 cup oil</i>
<i>1 cup sugar</i>	
<i>(¼ cup yogurt) or sour cream</i>	

Grease and flour a 12-cup bundt or tube pan. In a medium bowl stir together the flour, ginger, cinnamon, baking soda and salt. In a large bowl whisk molasses, sugar, yogurt, eggs and vanilla. Whisk in the hot coffee and the oil. Add dry ingredients to wet and whisk until well combined. Pour into prepared pan and bake at 350°F for 45 minutes or until a tester comes out clean and the cake starts to pull away from the edges of the pan. Cool in pan 20 minutes then invert onto a plate (carefully). Dust with icing sugar and serve with cinnamon scented whipped cream.

Apple Cranberry Crisp

<i>Filling:</i>	<i>Topping:</i>
<i>5-6 apples, peeled and sliced</i>	<i>1 cup flour</i>
<i>½ cup cranberries (fresh or frozen)</i>	<i>1 cup rolled oats</i>
<i>1/2 cup Crosby's Fancy Molasses</i>	<i>½ cup brown sugar</i>
<i>½ tsp cinnamon</i>	<i>½ cup butter, softened</i>
<i>1 Tbsp butter for dabbing</i>	

For the filling: Place the apples and cranberries in a medium casserole dish. Pour over the molasses, sprinkle with cinnamon and dab with the butter.

For the topping: Combine the flour, rolled oats and brown sugar. Add butter and mix together into a crumble. Sprinkle the crumble mixture over the apples. Bake at 375°F for about 35 minutes, until apples are soft. Serve hot or warm.



Apple Cranberry Crisp



Chocolate Gingerbread Cake

Chocolate Gingerbread Cake

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

Preheat the oven to 350°F. Line a 9 x 13 pan with parchment paper or grease and flour it well. 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. Stir in chocolate chips. Pour into prepared pan and bake for 55 minutes to an hour, depending on the texture you prefer.

Peach Gingerbread

<i>⅔ 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,</i>
<i>½ tsp cinnamon</i>	<i>quartered and thinly sliced</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, baking soda, 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.



Peach Gingerbread



Blueberry Gingerbread

(Adapted from food.com)

<i>½ cup Crosby's Fancy Molasses</i>	<i>2 cups flour</i>
<i>½ tsp baking soda</i>	<i>3 tsp baking powder</i>
<i>½ cup butter, softened</i>	<i>½ tsp salt</i>
<i>½ cup sugar</i>	<i>1 tsp cinnamon</i>
<i>1 egg</i>	<i>1 tsp ginger</i>
<i>½ cup milk</i>	<i>1 cup blueberries</i>
<i>½ tsp vanilla</i>	

Grease an 8" round or square cake pan and line the bottom with parchment paper.

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, alternating with the milk.

Fold in the blueberries.

Bake at 350°F for about 45 minutes.



Veggie Sides



Molasses Glazed Carrots and Parsnips with Herbs

Molasses Glazed Carrots and Parsnips with Herbs

*1 Tbsp olive oil
1 Tbsp butter
2-3 carrots , peeled
2-3 parsnips, peeled*

*2 Tbsp Crosby's Fancy Molasses
3 sprigs of marjoram or thyme
(or 1 tsp dried)*
Sea salt and pepper to taste*

Slice the vegetable in a rough julienne. Heat oil and butter in a large pan and when the butter has melted add the chopped vegetables. Saute, stirring often, until the vegetables begin to soften. Stir in the molasses and continue to stir until the vegetables are tender to your liking. Sprinkle over the herbs and season with salt and pepper.

*Feel free to use any of your favourite herbs in this dish, fresh or dried.

Roasted Cauliflower with Chili and Molasses

*1 head of cauliflower,
cut into florets
2 tsp chili powder
1 tsp cumin*

*1-2 Tbsp olive oil
1 Tbsp Crosby's Fancy Molasses
¼ tsp salt*

In a large baking dish or pan toss all ingredients until the cauliflower is well coated. Choose a dish or pan that's large enough to accommodate the cauliflower in a single layer.

Bake at 375°F for 25-30 minutes, or until cauliflower is golden and tender. Stir often during cooking so the cauliflower cooks evenly.



Roasted Cauliflower with Chili and Molasses



Carrot Cabbage Slaw with Orange Molasses Dressing

Carrot Cabbage Slaw with Orange Molasses Dressing

3 cups grated carrots
3 cups thinly-sliced red cabbage
½ cup chopped walnuts or toasted sunflower seeds
¼ cup chopped parsley or cilantro
⅓ cup currants

Combine and toss with this basic dressing:

Orange dressing:

<i>3 Tbsp cider vinegar</i>	<i>2 Tbsp Crosby's Fancy Molasses</i>
<i>1 tsp orange zest</i>	<i>⅔ cup oil (half olive oil, half walnut oil if you have it)</i>
<i>2 Tbsp orange juice</i>	<i>Salt & pepper to taste</i>
<i>2 ½ tsp Dijon mustard</i>	
<i>½ tsp cumin (optional)</i>	

For dressing:

Put all ingredients, except oil, in a mason jar and give it a good shake. Make sure the Dijon is well incorporated then add the oil and give it another shake. Or you can stir it together in a bowl, in the same sequence.

Before serving, squeeze half a lemon over the slaw and add the zest of one lemon.





Strawberry Spinach Salad with Molasses Vinaigrette

Strawberry Spinach Salad with Molasses Vinaigrette

*Enough baby spinach
to feed your crew
2-3 Tbsp toasted pine nuts
1 pint of strawberries,
washed & sliced*

Molasses vinaigrette:
*2/3 cup olive oil
2 Tbsp vinegar (cider, sherry or
red wine)
4 Tbsp Crosby's Fancy Molasses
4 tsp Dijon mustard
1/2 tsp oregano
Sea salt & pepper, to taste*

Whisk together vinegar and Dijon until smooth.

Add molasses and combine well.

Add oil in a thin stream, whisking well to combine.

Add remaining ingredients & mix well.



Chili Molasses Sweet Potato Wedges

4 medium sweet potatoes cut into wedges

Coating:

1 1/2 Tbsp olive oil

1 Tbsp Crosby's Fancy Molasses

1/4 to 1/2 tsp salt

1 tsp brown sugar

1 Tbsp chili powder

1/4 tsp dried chipotle peppers (or more if you like heat)



Chili Molasses Sweet Potato Wedges

Combine coating ingredients and toss with the sweet potato wedges (you might have to use your hands to coat the wedges evenly). Spread in a single layer on a parchment-lined baking sheet. Bake at 400°F for 20-30 minutes, turning at least once. Serve hot, sprinkled with a bit of salt.



Cider-glazed Roasted Root Vegetables

For the cider glaze:

*2 1/2 cups apple cider (or apple juice)
1 tablespoon brown sugar
2 tablespoons Crosby's Fancy Molasses*

For the vegetables:

*1 medium-sized buttercup squash,
top third cut off, and seeds removed
4-6 cups of root vegetables, cut into one-inch dice
(a mixture of carrots, parsnips, turnip,
rutabaga, sweet potato, beets)
1 red onion, sliced
2 firm, tart apples, peeled and diced
4-5 cloves of garlic, peeled and roughly chopped
Handful of fresh sage, oregano or thyme
3 Tbsp olive oil
Sea salt & pepper to taste*

For the cranberry pumpkin seed sprinkle:

*2 teaspoons butter
2/3 cup pumpkin seeds
pinch kosher salt
pinch chili powder
1/2 cup dried cranberries*

Cider-glazed Roasted Root Vegetables (Served in Roasted Winter Squash)

Adapted from www.aperiodictableblog.com

To make the glaze:

Combine apple cider and brown sugar in a small saucepan over medium high heat and simmer until it reduces to about 1/2 cup (15-20 minutes). Be careful not to overdo it. Remove from heat, add the molasses. Set aside.

Roast your veggies and apples:

Place your choice of root vegetables, along with the apples, onion, garlic and herbs, into a large bowl and toss with 2-3 tablespoons of olive oil.

Turn your mixture out onto a large baking sheet or pan lined with parchment paper.

Season with salt and pepper. Rub the inside of the squash, and the flesh side of the "lid", with olive oil and season with salt and pepper. Place it on a baking sheet, flesh side down.

Put both pans in the oven and roast at 400°F until tender and starting to brown a bit. About 25-35 minutes.

(Toss the chopped veggies every 10 minutes or so)

Toast your pumpkin seeds:

Melt the butter in a small pan over medium heat.

Add pumpkin seeds to the pan and toss with the butter.

Toast gently until they start to pop, stirring them around in the pan to ensure nothing burns or browns too much.

To assemble your squash bowl:

Place roasted squash on a warmed serving platter and fill with the roasted root vegetables.

Pile extra roasted vegetables alongside the squash.

Pour over the cider glaze and sprinkle with the roasted pumpkin seed cranberry mixture.

To serve, slice squash into 4-6 wedges and plate, scooping up some extra root vegetables.



Main Dish Meals



**Pork Chops with Sautéed Apples
and Molasses Cider Glaze**

Pork Chops with Sautéed Apples and Molasses Cider Glaze

<i>4 pork chops (or pork tenderloin slices)</i>	<i>1 tsp dried thyme or 3-5 sprigs of fresh thyme</i>
<i>Salt & pepper to taste</i>	<i>2 tsp cider vinegar</i>
<i>1-2 Tbsp olive oil (can use half butter)</i>	<i>2 tsp Dijon mustard</i>
<i>½ cup cider</i>	<i>3 tart apples, peeled, cored and sliced into 8-10 wedges each</i>
<i>½ cup Crosby's Fancy Molasses</i>	

Pat chops dry, season with salt and pepper. In a good-sized sauté pan over medium, heat oil until it shimmers then add the pork chops. Cook 2-3 minutes each side until cooked through. (Take care not to overcook.) Remove chops to a plate and cover loosely with foil to keep warm. Add cider and molasses to the same pan, whisking to incorporate the pan juices and scrape up all of the tasty bits. Whisk in the vinegar and mustard. Add the thyme. Add the sliced apples in a single layer and let cook as the syrup thickens. Flip the apples and continue cooking until they're tender. When the apples are ready plate the pork chops and spoon over the sauce and apples.

Molasses-glazed Trout with Orange and Thyme

<i>¼ cup molasses</i>	<i>½ tsp dried thyme or</i>
<i>¼ tsp crushed red pepper flakes</i>	<i>1 ½ tsp of fresh thyme, chopped</i>
<i>Zest from one orange</i>	<i>A pinch of sea salt</i>
	<i>Enough trout for 4 people</i>

Combine all ingredients, except trout. Brush glaze on fillets, coating well, and bake in a 450°F oven for about 5 minutes. Remove from oven, brush with glaze and return to oven until done to your liking.



Molasses-glazed Trout with Orange and Thyme



Chipotle Beer Marinade for Sirloin Steak

- Serves 6 -

<i>3 Tbsp canned chipotle chilies in adobo sauce pureed</i>	<i>6 cloves garlic, crushed</i>
<i>3 Tbsp soy sauce</i>	<i>2 onions chopped</i>
<i>3 Tbsp ketchup</i>	<i>1 carrot chopped</i>
<i>3 Tbsp Crosbys Fancy Molasses</i>	<i>3 stalks celery chopped</i>
<i>1 tsp salt</i>	<i>3 bay leaves</i>
<i>1 tsp black peppercorn, crushed</i>	<i>½ tsp celery salt</i>
<i>3 bottles of dark ale</i>	<i>½ cup chopped cilantro</i>
	<i>2-2 ½ lbs sirloin steak</i>

Combine all ingredients (except the steak). Divide the marinade in half. Place steaks in a heavy-duty resealable plastic bag or shallow glass or ceramic dish, add half the marinade and refrigerate overnight or for several hours.

Remove meat from marinade, pat dry with paper towels and let it come to room temperature.

Take the unused half of the marinade and place in saucepan. Bring to a boil and simmer until marinade is reduced by half. Use the marinade to glaze the meat near the end of its time on the grill.

Preheat grill to 350°F.

Lightly oil the grill. Place meat on grill and cook for 2 minutes and flip. Cook 2 more minutes and flip again. Cook 2 more minutes and flip one more time. (8 minutes in total). Apply glaze during final 4 minutes of cooking.

Transfer steak to cutting board or tent in foil and allow to rest several minutes. Cut in thin slices across the grain of the meat.





Molasses Glazed Grilled Shrimp

Molasses Glazed Grilled Shrimp

<i>4 cloves garlic, minced</i>	<i>½ tsp dried oregano</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>¼ tsp cayenne</i>
<i>2 Tbsp olive oil</i>	<i>Pinch of sea salt</i>
<i>1 Tbsp Worcestershire sauce</i>	<i>freshly ground pepper, to taste</i>
<i>½ tsp dried thyme</i>	<i>2 Tbsp water</i>
<i>1 tsp paprika</i>	<i>1 ½ lbs raw shrimp, peeled</i>

Combine all ingredients, except the shrimp and mix well. Place shrimp in a dish and add the marinade, tossing to coat. Let marinate in the fridge up to two hours.

Thread on prepared skewers and grill over medium heat until done (turns pink), turning once.



Cajun Haddock

<i>⅓ cup olive oil</i>	<i>Pinch of cayenne</i>
<i>1 clove garlic, pressed or minced</i>	<i>(or more if you like)</i>
<i>¼ onion, diced</i>	<i>1 tsp dried thyme</i>
<i>1 Tbsp. Crosby's Fancy Molasses</i>	<i>½ tsp dried rosemary</i>
<i>1 Tbsp. Soy sauce or Tamari</i>	<i>1 bay leaf</i>
<i>2 Tbsp lemon juice</i>	<i>2 Tbsp fresh parsley</i>
<i>(about half a lemon)</i>	<i>or cilantro (chopped)</i>
<i>Zest from half a lemon</i>	<i>Dash of Worcestershire sauce</i>
<i>2 ½ tsp paprika</i>	<i>1 to 1 ½ pounds firm</i>
<i>¼ tsp smoked paprika</i>	<i>white fish (haddock or cod)</i>

Combine all ingredients except the fish in a baking dish and stir well. Place fish in the dish, spooning over the marinade.

Let the fish marinate for 30 minutes.

Bake at 450°F for about 10 minutes or until done.



Cajun Haddock



Mom's Roasted Red Pepper and Lentil Soup

<i>2 Tbsp olive oil</i>	<i>1 jar of roasted red peppers, rinsed and finely diced (about 1 ½ cups worth)</i>
<i>1 onion, diced</i>	<i>1 bay leaf</i>
<i>4 cloves garlic, minced</i>	<i>¾ cup dried red lentils</i>
<i>Pinch of crushed red pepper</i>	<i>½ Tbsp Crosby's Fancy Molasses</i>
<i>1 can (28 oz) of crushed tomatoes or jar of strained tomatoes</i>	<i>2 tsp dried oregano</i>
<i>2-4 cups vegetable broth or water</i>	<i>Sea salt to taste</i>
	<i>Squeeze of lemon</i>

Variations:

Moroccan

<i>½ tsp cumin</i>	<i>1 ½ cups cooked white beans</i>
<i>1 tsp paprika</i>	<i>2 generous handfuls of baby spinach</i>
<i>Pinch of smoked paprika</i>	<i>¼ cup chopped cilantro or parsley</i>

Mexican

<i>½ Tbsp chili powder</i>	<i>1 ½ cups frozen corn</i>
<i>½ tsp cumin</i>	<i>Handful of chopped cilantro</i>

In a large pot over medium heat saute the onion in the oil until just starting to brown.

Add the garlic, crushed red pepper, tomatoes, broth, and bay leaf. Stir and bring to a gentle boil.

Add the red peppers and the lentils and bring to the boil again. Stir often. Once the lentils are cooked add the molasses and oregano. Season with salt and a squeeze of lemon.

Eat as is or add the Moroccan extras or the Mexican. Heat just until additional ingredients are warmed through.

Serve immediately.



Black Bean Chili

<i>2 onions, diced</i>	<i>1 cup broth or water</i>
<i>2 Tbsp olive oil</i>	<i>2 cups cooked black beans</i> <i>(about 1 ½ cans)</i>
<i>3 cloves garlic, minced</i>	<i>1 cup corn kernels</i>
<i>1 bay leaf</i>	<i>½ Tbsp cider vinegar</i>
<i>4 tsp cumin seeds</i> <i>(or 2 tsp ground cumin)</i>	<i>1 Tbsp Crosby's Fancy Molasses</i>
<i>1 Tbsp chili powder</i>	<i>1/2 cup chopped cilantro</i>
<i>2 carrots, diced</i>	<i>Juice and zest of ½ a lime</i>
<i>Cayenne pepper to taste</i>	
<i>4 tsp oregano</i>	
<i>1 28 oz can or 24 oz bottle of tomatoes</i> <i>(prepared tomato sauce will do)</i>	

In a big pot over medium heat saute the onions until soft.

Add the garlic, spices, oregano and bay leaf and stir for a minute then add the carrots.

Cover for 10 minutes, stirring a few times.

Add corn, tomatoes, beans, broth and chipotle (if using) and let simmer, uncovered for about 20 minutes.

Stir in the vinegar and molasses. Thin with more broth if it's too thick for your liking.

Season with salt and decide if it needs more heat (cayenne) or sweet (molasses)

Add the lime zest and juice and cilantro.

Serve with grated cheese and cornbread. Don't forget to fish out the chipotle chili so nobody eats it whole.

Chili is adaptable so feel free to add any kind of beans or vegetables. Cubed sweet potato or squash are delicious too.





Finger-licking Spice Rubbed Ribs with Molasses Slather

2 racks of back ribs
(4-5 pounds)
1 beer
(or 1 cup broth or stock)

Spice Rub:

1 Tbsp onion powder
2 tsp garlic powder
2 tsp paprika
½ tsp smoked paprika
¼ tsp cayenne
1 tsp freshly ground black pepper
1 tsp salt

Slather:

½ cup Crosby's Fancy Molasses
½ cup ketchup
2 large cloves of garlic, minced
1 ½ tsp Dijon mustard
1 Tbsp cider vinegar
1 Tbsp chopped cilantro

Braise: Remove membrane covering the bony side of the ribs. In a large roasting pan lay ribs in a single layer meaty side down. Pour over the beer, cover well and braise at 350°F for an hour.

Rub: Remove ribs from pan and rub with the spice mixture. Cut into single ribs. Line a large roasting pan with foil or parchment paper. Place the ribs in a single layer, meaty side up. Bake uncovered at 425°F for 25-30 minutes until browned. Drain fat from pan.

Slather: Combine slather ingredients and coat meaty side with a third of the sauce. Bake ribs uncovered another five minutes. Baste again and bake another five minutes. Serve sprinkled with cilantro.





Oven Barbecued Chicken with Spice Rub and Molasses Slather

3-4 lbs of chicken pieces

Rub:

½ Tbsp onion powder

1 tsp garlic powder

1 tsp paprika

½ tsp smoked paprika

¼ tsp cayenne

½ tsp freshly ground black pepper

½ tsp salt

Slather:

½ cup Crosby's Fancy Molasses

½ cup ketchup

2 large cloves of garlic, minced

1 ½ tsp Dijon mustard

1 Tbsp cider vinegar

2 Tbsp fresh cilantro, chopped

Preheat oven to broil.

Coat chicken with spice mixture and tuck into a parchment paper-lined baking dish.

Drizzle with oil and place on the middle rack for 10 minutes.

Turn heat down to 350°F and bake until cooked through (about 45 min) basting often and flipping over, if you like.

Remove from oven and brush with slather.

Turn heat up to 425°F.

Bake another 5 minutes, remove from oven and baste again. Do this for a third time, if you like.

Sprinkle with chopped cilantro. Serve hot or at room temperature.



Sweet & Savoury Sauces



Cranberry Sauce with Apple

Cranberry Sauce with Apple

Adapted from The New York Times Cookbook

*1 pound of cranberries,
picked over and washed* *½ tsp cinnamon*
1 ½ cups sugar *⅛ tsp allspice*
½ cup Crosby's Fancy Molasses *⅛ tsp ground cloves*
2 apples, peeled, cored and diced

In a medium pot combine the cranberries, sugar, molasses and apples. Cover and place on medium heat, stirring from time to time. Bring to a boil and cook for about 10 minutes, stirring often. Uncover, turn the heat down to a simmer and cook another 15 minutes. Stir in the spices.

Mixture will thicken as it cools but cook it a little longer if you prefer a thicker sauce. Store in the refrigerator. This cranberry sauce will last for three months.

Beer Barbecue Sauce

½ cup Crosby's Fancy Molasses *½ cup minced onion*
¼ cup Dijon mustard *½ tsp salt*
½ cup chilli sauce *½ tsp pepper*
1 tsp Worcestershire sauce *½ cup beer*

Combine in a saucepan, bring to a boil and simmer for 10-15 minutes. Brush barbecue sauce on grillables during the last few minutes of grilling. (If you brush it on too early the sauce will burn before your meat is cooked through.)



Beer Barbeque Sauce



Five-minute Chocolate Sauce



Quick Coffee Toffee Sauce

Five-minute Chocolate Sauce

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

Bring cream and molasses to a gentle boil.

Remove from heat and stir in the chocolate pieces.

Stir well, cool and refrigerate.

This recipe works well with half chocolate chips and half unsweetened chocolate too.

Quick Coffee Toffee Sauce

½ cup water
1 Tbsp cornstarch
½ cup Crosby's Fancy Molasses
2 Tbsp brown sugar
2 Tbsp butter
½ tsp vanilla
*½-1 tsp instant espresso powder or instant coffee**

In a saucepan over medium heat, whisk together water and cornstarch. Stir in molasses, brown sugar and butter.

Bring to a gentle simmer and stir until butter melts, sugar dissolves and sauce is smooth and begins to thicken (less than 5 minutes).

Remove from heat and stir in vanilla and coffee.

*If you don't have instant coffee or espresso, simply substitute ½ cup brewed coffee for the water in step 1. The end result will be a sauce with a stronger coffee flavour.

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

Light brown sugar: combine 1 cup white sugar with 1 Tbsp molasses
Dark brown sugar: combine 1 cup white sugar with 3 Tbsp 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.

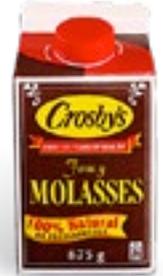
Measuring Equivalents

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.



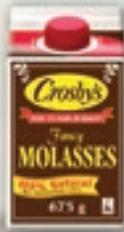
Blackstrap Molasses

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.

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