

# *Molasses Family Favourites*

*Crosby's*



THE HOLIDAY BOOK

# *Cooking with Crosby's Fancy Molasses*

My favourite Holiday traditions involve food: the sweet smell of the kitchen filled with Holiday baking, decorating gingerbread cookies, and wrapping homemade treats to give as gifts.

All that is special about the season is tied to the taste, smell and sharing of food that is only prepared this time of year. It's part of what brings us together, after all. And it's at the root of our most meaningful generosity.

From food bank donations to gathering around the table with friends and family, the act of sharing food does more than fill the belly. It connects us with others and feeds the soul.

I hope that this book gives you more reason, and more ways, to share during this season of giving and gathering.

*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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## Molasses and Soy Glazed Scallops

<i>1 cup Crosby's Fancy Molasses</i>	<i>20 sea scallops</i>
<i>6½ Tbsp Japanese-style Soy Sauce</i>	<i>sea salt</i>
<i>5 tsp sesame oil</i>	<i>cracked black pepper</i>
<i>1 tsp orange zest</i>	

Mix molasses, soy sauce, sesame oil and orange zest in a bowl and let the flavours of the glaze develop overnight. Preheat broiler. Reserve about one quarter of the glaze. Marinate scallops in remaining glaze for 10 minutes, then remove and season with salt and pepper. Place under broiler for 3 minutes, then remove from oven. Brush scallops with a little more glaze and finish broiling for another 3 minutes. Brush scallops with reserved glaze when done.



## Molasses Wings

<i>18 chicken wings (approximately 4 pounds)</i>	<i>¾ tsp salt</i>
<i>½ cup soy sauce</i>	<i>½ cup sweet chili sauce</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>⅓ cup dark rum</i>
<i>12 garlic cloves, finely minced</i>	<i>½ cup water</i>
<i>½ Tbsp paprika</i>	<i>3 Tbsp finely chopped parsley for garnish</i>
<i>½ Tbsp cayenne pepper</i>	

Cut tips off of wings; wash and drain thoroughly. Mix wings with all ingredients. Let marinate for ½ hour to overnight. (If overnight, cover with plastic wrap). Preheat oven to 375°F. Line baking sheet with foil or parchment paper and spread wings evenly. Pour remaining marinade over wings. Bake for 20 minutes, and then flip wings over. Bake for another 20 minutes until marinade has become thick and wings are dark golden brown. Turn oven to high broil, making sure baking sheet is on lower rack. Broil wings for approximately 5 minutes or until slightly darkened and just crisp. Let sit for 10 to 15 minutes before serving. Sprinkle with parsley.



Molasses and Soy Glazed Scallops



Molasses Wings

## Molasses Meatballs

- Serves 4 -

<i>3 Tbsp vinegar</i>	<i>4 Tbsp Crosby's Fancy Molasses</i>
<i>¼ cup ketchup</i>	<i>3 Tbsp Dijon mustard</i>
<i>¼ tsp thyme</i>	<i>2 dozen cooked meatballs</i>

Blend the ingredients for the sauce in a small bowl. Pour into a large saute pan, add meatballs and simmer for 8 to 10 minutes until the sauce thickens and the meatballs are glazed.



## Molasses Shrimp

- Serves 4 -

<i>6 Tbsp Crosby's Fancy Molasses</i>	<i>fine sea salt</i>
<i>1 Tbsp fresh ginger, minced</i>	<i>8 metal skewers or</i>
<i>½ cup rum</i>	<i>8 wooden skewers</i>
<i>2 limes, zested</i>	<i>soaked in water at</i>
<i>32 uncooked medium shrimp,</i>	<i>least 1 hour</i>
<i>peeled, deveined</i>	

Combine molasses, ginger, rum and lime zest in medium bowl and stir to blend. Thread 4 shrimp onto each skewer. Cover separately and chill.

Preheat barbecue to medium-high. Sprinkle shrimp with sea salt. Place 3 Tbsp of glaze in bowl and set aside. Brush shrimp with some of remaining glaze. Grill shrimp until just opaque in center, brushing occasionally with glaze, about 2 minutes per side. Drizzle with reserved glaze and serve.



Molasses Meatballs



Molasses Shrimp

## Molasses Salmon

- Serves 4 -

<i>½ cup soy sauce</i>	<i>2-3 cloves garlic, minced</i>
<i>¼ cup extra virgin olive oil</i>	<i>½ tsp onion, minced</i>
<i>1 tsp coriander seeds, toasted and crushed</i>	<i>(or onion powder)</i>
<i>2 Tbsp Crosby's Fancy Molasses</i>	<i>1 lb salmon cut into strips</i>
<i>2 tsp mustard powder</i>	<i>32 wooden skewers</i>
<i>1 tsp ginger, grated</i>	<i>soaked in white wine or water</i>

Put the marinade ingredients into a large bowl for which you have a secure lid. Add the salmon. Cover and refrigerate, shaking regularly. Marinate for 1 hour. Thread salmon onto skewers. Broil for 3-4 minutes per side, or until done to your liking.



## Layered Hawaiian Salsa Dip

<i>½ cup sour cream</i>	<i>½ cup crushed</i>
<i>1 pkg (250g) cream cheese, softened</i>	<i>pineapple (drained)</i>
<i>2 Tbsp Crosby's Fancy Molasses</i>	<i>¾ cup grated</i>
<i>1 ½ cups salsa</i>	<i>cheddar cheese</i>

Beat sour cream, cream cheese and molasses until smooth. Spread in a shallow glass oven-safe dish. Mix together salsa and pineapple, layer on top of cheese mixture. Spread grated cheddar on top. Heat in 350°F oven for 10 minutes. Surround with tortilla chips and serve.



## Spicy Shrimp with Citrus Avocado Sauce

(torn out of a Food & Wine magazine back in 2002)

<i>Shrimp</i>	<i>2 tsp lime zest</i>
<i>3 Tbsp olive oil</i>	<i>2 pounds raw shrimp,</i>
<i>1 Tbsp grated orange zest</i>	<i>peeled with tails left on</i>
<i>1 Tbsp allspice</i>	<i>Sea salt and pepper</i>
<i>1 Tbsp Crosby's Fancy Molasses</i>	

- Combine all ingredients except shrimp, in a large bowl and mix well. Add shrimp and toss to coat. (I like to use my hands for this part).
- Let rest at room temperature for 15 minutes or in the fridge for 30 minutes. (While the shrimp is marinating mix up the avocado sauce.)
- To cook the shrimp: sauté in a large pan over medium high heat until pink, turning once. (Do this in 2-3 batches).
- Or grill over medium heat

<i>Citrus Avocado Sauce</i>	<i>1 Tbsp + 1 tsp. fresh lime juice</i>
<i>1 ripe avocado</i>	<i>Sea salt and pepper</i>
<i>1 clove garlic</i>	<i>1 Tbsp olive oil</i>
<i>2 Tbsp orange juice</i>	

- In a blender or food processor puree the avocado, garlic orange and lime juice.
- Season with salt & pepper then gently blend in the olive oil.



Spicy Shrimp with Citrus Avocado Sauce

## Gingerbread cookies

<i>1 cup butter</i>	<i>1 tsp baking soda</i>
<i>1 cup sugar</i>	<i>½ tsp salt</i>
<i>1 egg, beaten</i>	<i>2 tsp ginger</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>2 tsp cinnamon</i>
<i>1 Tbsp lemon juice</i>	<i>½ tsp allspice</i>
<i>3 cups All purpose flour</i>	<i>¼ tsp each, nutmeg, cloves</i>
<i>1 cup whole wheat flour</i>	

In a large bowl cream butter and sugar until creamy. Beat in egg and molasses. Add lemon juice. Sift dry ingredients. Gradually add to creamed mixture. When flour is fully incorporated gather dough into a ball, cut in half and pat into two disks. Chill for one hour. To bake, preheat oven to 350 F. Roll dough on a lightly floured surface to ¼" to ½" thick and cut into shapes. Bake on a parchment lined baking sheet for 8-10 minutes.



## Sparkly Chocolate Ginger Cookies

Slightly adapted from [www.marthastewart.com](http://www.marthastewart.com)

<i>½ cup chocolate chips (the darker the better)</i>	<i>1 Tbsp freshly grated ginger</i>
<i>1 ½ cups plus 1 Tbsp flour</i>	<i>½ cup dark-brown sugar, packed</i>
<i>1 ¼ tsp ground ginger</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 tsp ground cinnamon</i>	<i>1 tsp baking soda</i>
<i>¼ tsp ground cloves</i>	<i>½ 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 grated ginger.
- Add brown sugar; beat until combined. Add molasses; beat until combined.
- In a small bowl, dissolve baking soda in 1 1/2 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 1/2- inch balls; roll in granulated sugar.
- Bake at 325°F until the surfaces crack slightly, 10 to 12 minutes.
- Cool and dip in melted chocolate.
- Makes about 3 dozen



## Chocolate Gingerbread Cut-out Cookies

<i>3 ¼ cups flour</i>	<i>1 tsp salt</i>
<i>⅓ cup cocoa powder</i>	<i>½ cup + 2 Tbsp butter</i>
<i>1 Tbsp ground ginger</i>	<i>½ cup (packed) dark brown sugar</i>
<i>2 tsp cinnamon</i>	<i>1 lg. egg</i>
<i>1 tsp cloves</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 Tbsp baking soda</i>	<i>2 oz. bittersweet chocolate, melted</i>
<i>½ tsp baking powder</i>	

- In a medium bowl whisk the flour with the cocoa, ginger, cinnamon, cloves, baking soda, baking powder and salt.
- In a large bowl beat the softened butter with the brown sugar until fluffy.
- Beat in the egg, then molasses, then melted chocolate.
- Add the flour mixture in three batches, incorporating well between additions.
- Scrape dough from bowl and divide into three equal pieces. Pat each piece into a disk, wrap in plastic and refrigerate until chilled.
- Roll out dough on a lightly floured surface to about ¼" thick. (You really won't need much flour.)
- Place cut-out cookies on a parchment-lined baking sheet.
- Bake at 350°F for about 7 minutes.



## Gingerbread Biscotti:

Adapted from joyofbaking.com

*¾ cup hazelnuts, toasted and coarsely chopped or whirred in the food processor (can also use pecans or walnuts)*

*1 cup rolled oats*

*1 ¾ cups flour*

*¾ cup brown sugar*

*¼ tsp salt*

*1 tsp baking powder*

*½ tsp baking soda*

*1 tsp ground cinnamon*

*1 tsp ground ginger*

*⅛ tsp ground cloves*

*2 eggs*

*¼ cup Crosby's Fancy Molasses*

*2 Tbsp oil*

*½ tsp vanilla extract*

*¾ cup dried cranberries*

### Glaze:

*½ cup icing sugar*

*1 Tbsp milk or cream,*

*½ tsp vanilla*

In a food processor, whirl ½ cup of the rolled oats until finely ground. In a large bowl combine the ground oats with the remaining ½ cup of rolled oats, the flour, sugar, salt, baking powder, baking soda and spices. In another bowl whisk the eggs, molasses, oil and vanilla until well combined. Gradually add the dry ingredients to the wet ingredients and mix until well blended. Add the hazelnuts and dried cranberries. Divide dough in half and on a lightly floured surface roll each half into a 12" log. Flatten a bit. Transfer logs to a parchment lined baking sheet and bake at 350 F for 30 minutes, until golden and firm to the touch. Remove from the oven and let cool for 10 minutes. Reduce oven temperature to 300 F.

Carefully move logs to a cutting board and cut into ¾" slices on the diagonal.

Place the slices back on the baking sheet, cut side down. Bake for 6-8 minutes, flip the slices and bake another 6-8 minutes.

Combine glaze ingredients and drizzle over biscotti.



## Glossy Pecan Toffee Bars

### ***Base:***

*1 cup + 4 Tbsp butter, softened*  
*6 Tbsp sugar*  
*1 large egg*  
*½ tsp vanilla*  
*2 cups flour*  
*¼ tsp baking powder*  
*½ tsp ground ginger*  
*Pinch of salt*

### ***Topping:***

*1 cup butter, cut into chunks*  
*1 ½ cups light brown sugar, packed*  
*½ cup Crosby's Fancy Molasses*  
*2 Tbsp heavy cream*  
*1 lb pecan halves*

### To make the crust:

- Beat together the butter and sugar. Mix in the egg and vanilla.
- Whisk together the flour, baking powder, ginger and salt and stir into the creamed mixture. Stir just until combined.
- Press into a 9"x13" pan that has been lined with parchment paper. (Ensure that the parchment goes up the sides too).
- Bake at 350°F for 15 minutes. The base will be set, but this will bake again once the topping is added so don't worry.
- Leave the oven on.

### To make the topping:

- Combine butter, brown sugar and molasses in a medium sauce pan over low heat. Stir to combine as the butter melts. Raise the temperature to medium and bring to a boil. Boil for three minutes then remove from heat, stir in the heavy cream and pecans.
- Combine well with a rubber spatula then carefully pour, scrape and spread over the baked crust.
- Return to the oven for 30-35 minutes.
- Remove from oven and let cool before cutting.



## Molasses ginger shortbread

Adapted from Threadbare Bakery blog

<i>2 cups flour</i>	<i>1/8 tsp ground cloves</i>
<i>1/2 cup icing sugar</i>	<i>1 cup cold butter</i>
<i>1 tsp ground ginger</i>	<i>1/4 cup Crosby's Fancy Molasses</i>
<i>1 tsp cinnamon</i>	<i>granulated sugar (for sprinkling)</i>

Preheat oven to 325 F. Combine flour, icing sugar, and spices in a large bowl. Cut in butter with a pastry blender or your fingers, until mixture resembles fine crumbs. With a fork or your hands mix in the molasses. Knead until mixture forms a ball and divide in half. Roll 1/4 to 1/2" thick and cut into shapes. Prick with the tines of a fork, brush with a little milk and sprinkle with granulated sugar. Bake for 10-15 minutes or until bottoms just start to turn golden brown (be careful not to overcook).



## Cookies in a jar:

from [www.best-cookie-jar-recipes.com](http://www.best-cookie-jar-recipes.com)

### Orange Spice Molasses cookies

#### *Ingredients for Jar:*

<i>1 cup packed dark brown sugar</i>	<i>1 teaspoon cinnamon</i>
<i>3 cups flour</i>	<i>½ teaspoon ginger</i>
<i>1½ teaspoons baking soda</i>	<i>⅛ teaspoon ground cloves</i>
<i>Grated zest of one orange (about 1 Tbsp)</i>	<i>¼ teaspoon allspice</i>
	<i>⅓ cup dried cranberries</i>

#### Instructions for Jar:

Place brown sugar in 1-quart jar and pack down firmly and evenly. In medium bowl, combine flour with baking soda, orange zest, cinnamon, ginger, cloves and allspice. Stir well to mix. Spoon flour mixture over brown sugar, pressing down with each addition. Place cranberries over flour mixture and press down to fit all in jar. Place lid on jar to close.

#### *Ingredients for Baking:*

<i>1 egg</i>	<i>1 teaspoon vanilla</i>
<i>1 cup (2 sticks) butter, softened</i>	<i>Sugar for rolling (optional)</i>
<i>½ cup Crosby's Fancy Molasses</i>	

#### Instructions for Baking:

Preheat oven to 375 F. Empty contents of jar into large mixing bowl. Add egg, butter, molasses and vanilla. Beat on low speed or by hand until dough is thoroughly blended. Drop by rounded teaspoonful onto parchment lined cookie sheet. Or form into balls and roll in sugar if you prefer more of a crackle top cookie. Bake for 7 to 9 minutes or until set. Makes about 4 dozen.



## Cranberry-apple sauce

Adapted from The New York Times Cookbook

<i>1 pound of cranberries, picked over and washed</i>	<i>½ tsp cinnamon</i>
<i>1½ cups sugar</i>	<i>⅛ tsp allspice</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>⅛ tsp ground cloves</i>
<i>2 apples, peeled, cored and diced</i>	

In a large 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 10 to 15 minutes. Stir in the spices.



## Gingerbread-spiced almonds

Adapted from Food & Drink Magazine

<i>1 Tbsp butter</i>	<i>¼ tsp cloves</i>
<i>2 Tbsp Crosby's Fancy Molasses</i>	<i>Pinch cayenne or a few grinds of black pepper</i>
<i>1 Tbsp sugar</i>	<i>⅓ tsp salt</i>
<i>1½ tsp ginger</i>	<i>2 cups raw almonds (or your favourite nut)</i>
<i>1½ tsp cinnamon</i>	

In a medium saucepan over medium heat melt the butter with molasses, sugar, spices and salt. Stir to combine and continue to stir until sugar has dissolved. When mixture starts to bubble add nuts and stir until well coated. Turn nuts onto a parchment lined baking sheet, spread in a single layer, and bake at 300 F until nuts are nicely toasted, about 20 minutes. Stir from time to time while baking and begin testing after 15 minutes or so (you don't want the nuts to get too brown). Cool and break into pieces. Store in an airtight container for up to two weeks.



Cranberry-apple sauce



Gingerbread-spiced almonds

## Holiday Brittle

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

<i>1 cup almonds</i>	<i>¼ cup brown sugar</i>
<i>1 cup walnuts</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>¾ cup pumpkin seeds</i>	<i>1 cup water</i>
<i>⅔ cup dried cranberries</i>	<i>½ tsp salt</i>
<i>2¼ cups sugar</i>	<i>1 Tbsp butter</i>

In a large pot combine the sugars, molasses, water and salt. Bring to a gentle boil over low to medium heat, stirring from time to time. Using a candy thermometer, heat the mixture to 286 F. While the sugar mixture is boiling, place a sheet of parchment paper on a baking pan. Lightly grease the parchment paper. When the sugar mixture reaches 286 F, quickly remove from heat, stir in the butter and nuts and turn out onto the prepared pan. Use a rubber spatula to spread as thinly, and evenly as possible. The mixture will start to seize up immediately so you'll have to work fast! Cool and break into pieces.



## Five-spice candied nuts

<i>¼ cup butter</i>	<i>2 tsp Chinese Five Spice Powder</i>
<i>5 Tbsp brown sugar</i>	<i>1 tsp cumin</i>
<i>3 Tbsp Crosby's Fancy Molasses</i>	<i>½ tsp black pepper</i>
<i>¼ cup water</i>	<i>4 cups mixed nuts (raw)</i>
<i>1 tsp sea salt</i>	

In a large saucepan or wok, melt butter. Add sugar, molasses, water, salt and spices. Stir until sugar dissolves. Add nuts to the mixture and cook until syrup thickly coats nuts, stirring frequently (5 minutes or so). Transfer to a parchment lined baking sheet. Bake until nuts are lightly toasted and a little crisp (10-15 minutes). Test a few times to ensure you don't overcook the nuts and the syrup doesn't burn.



Holiday Brittle



Five-spice candied nuts

# Sweet Drinks

## Hot Apple Cider

<i>4 slices of lemon</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>12 whole cloves</i>	<i>2 cinnamon sticks</i>
<i>2 L apple cider</i>	<i>Juice of 2 lemons</i>

Combine all the ingredients in a large pot, or you can use a crock pot. Simmer on medium heat for 15 minutes, then hold on low. This always makes the house smell great.



## Molasses Eggnog

<i>2 eggs</i>	<i>2 Tbsp rum</i>
<i>2 Tbsp Crosby's Fancy Molasses</i>	<i>Fresh grated nutmeg</i>
<i>2 cups 17% cream</i>	

Mix all the ingredients in a blender on high speed. To thicken the eggnog, add a couple of ice cubes to the blender.

Serve with grated nutmeg on top.



Hot Apple Cider



Molasses Eggnog

# 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.



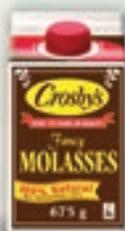
## Blackstrap Molasses

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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# *Crosby's*

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