



# The Bread Book



Molasses Breads,  
Muffins and Scones

2<sup>nd</sup> Edition

# Cooking with Crosby's Fancy Molasses

There's an appealing nostalgia around molasses. The word alone is rich with memories of cozy kitchens and the homemade favourites shared with family and friends.

These molasses memories almost always include bread: slabs of white bread dipped in molasses, spicy ginger muffins reminiscent of gingerbread, and oatmeal brown bread with baked beans on Saturday night.

The recipes we have gathered in this cookbook are intended to help you recall, and hopefully recreate, those happy times.

We hope you enjoy this collection of yeast breads, tea breads, muffins and scones. Delicious and wholesome, they're rich with the sweet flavor of Fancy Molasses.

Here's to a new generation of memories made in the kitchen.

*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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## Sarah's Molasses Brown Bread

Makes two large loaves

<i>1 cup warm water</i>	<i>2 tsp salt</i>
<i>1 tsp sugar</i>	<i>1 cup boiling water</i>
<i>1 Tbsp yeast</i>	<i>1 cup cold water</i>
<i>¾ cup Crosby's Fancy Molasses</i>	<i>2 cups whole wheat flour</i>
<i>1 cup rolled oats</i>	<i>(spooned in)</i>
<i>2 Tbsp butter</i>	<i>4 ½ cups flour (spooned in)</i>

- In a small bowl dissolve sugar in warm water and sprinkle over the yeast. Leave for 5-10 minutes.
- In a large bowl mix molasses, rolled oats, butter and salt.
- Add 1 cup boiling water, whisk, and then add 1 cup cold water.
- Stir in yeast mixture.
- Add flour gradually and scrape dough onto a floured surface to knead in the final cup of flour.
- Cut dough in half and place in two large bread pans that have been well greased or lined with parchment paper.
- Cover each pan with a dishtowel and set in a warm place to rise until double in size (about 1 ½ hours).
- Remove dishtowels and bake at 325°F for about an hour.
- When ready, remove from oven and let cool about five minutes before removing from pans to cook.



## Cracked Wheat Brown Bread with Molasses

Makes 2 good-sized loaves

<i>2 cups warm water</i>	<i>4 Tbsp butter, softened</i>
<i>1 ½ tsp sugar</i>	<i>1 cup cracked wheat</i>
<i>1 Tbsp dry yeast</i>	<i>1 cup natural bran</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>4-6 cups flour</i>

- Grease two large bread pans or line them with parchment paper.
- In a large bowl stir the sugar into the water and sprinkle over the yeast. Leave it for 5-10 minutes, until it starts to bubble.
- Stir in the butter and the molasses and combine well.
- Stir in the cracked wheat then the natural bran.
- Add the flour a cup at a time until you have added 4 cups.
- Turn dough onto a lightly floured surface and knead in additional flour, a little at a time, until dough is barely sticky. (Sometimes I use most of the flour and sometimes I only use 5 cups of flour in total.)
- Divide dough in half, shape each half into a stubby log and place in prepared pans.
- Let rise until double (1-1½ hours).
- Bake at 350°F for 45-55 minutes or until loaves sound hollow when tapped.
- Cool in pans 10 minutes then remove from pans and place on cooling racks.



## Molasses Cornbread

<i>1½ cups cold water</i>	<i>1 Tbsp instant dry yeast</i>
<i>3 tsp salt</i>	<i>4 cups all-purpose flour</i>
<i>1 cup cornmeal (coarse grind)</i>	<i>butter, for greasing pans</i>
<i>1 cup cold whole milk</i>	<i>olive oil, for brushing dough</i>
<i>¼ cup Crosby's Fancy Molasses</i>	

Bring cold water and salt to boil in small pan on medium-high heat. Whisk in cornmeal a bit at a time. Reduce heat to low and cook for 1 minute, stirring constantly, until consistency of thick mush. Stir when cooled to room temperature. Put cornmeal mixture, milk and molasses in bowl of stand mixer equipped with dough hook. Sprinkle in yeast. On medium speed, blend in flour 1 cup at a time. You may need to add more flour or less depending on the humidity. Mix until dough is smooth and supple. The dough should come away from the sides of the bowl but stick to the bottom. Turn onto floured work surface and knead three or four times.

Place in large, greased bowl and cover with kitchen towel. Leave in warm place till doubled in volume, about 2 hours.

Butter 2 loaf pans (9" x 5"). Divide dough in half and pat into 2 loaves. Place in pans and cover with kitchen towel. Let sit 45 minutes or until doubled in size.

Brush tops lightly with oil. Bake in preheated 425°F oven for 10 minutes. Reduce heat to 350°F and bake 20 to 25 minutes more, or until lightly browned.

Cool on wire rack for 5 minutes, then turn out of pans. Cool to room temperature before slicing.



Molasses Sticky Buns

## Molasses Sticky Buns

- Yield: 16 buns -

<i>2 loaves (16 ounces each) frozen bread dough, thawed</i>	<i>½ cup sugar</i>
<i>⅓ cup butter, softened</i>	<i>1½ tsp ground cinnamon</i>
<b><i>Molasses Sauce</i></b>	
<i>1 cup packed brown sugar</i>	<i>⅓ cup Crosby's Fancy Molasses</i>
<i>½ cup butter, cubed</i>	<i>3 Tbsp water</i>

Roll out each loaf of bread dough into a 10" square. Spread with ⅓ cup butter to within ½ inch of edges. Combine sugar and cinnamon; sprinkle over butter. Roll up jelly-roll style; pinch seams to seal. Cut each roll into eight slices.

For sauce, in a small saucepan, bring the brown sugar, butter, water and molasses to a boil. Pour into a greased 13" x 9" baking dish. Place rolls, cut side down, in molasses sauce.

Cover and let rise in a warm place until doubled in size, about 30 minutes. 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.



## Swedish Yeast Bread

<i>2 cups sour milk</i>	<i>4 cups unsifted rye or whole wheat flour</i>
<i>2 pkg. yeast</i>	<i>3 tsp salt</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>4 tsp caraway seed (optional)</i>
<i>¼ cup lukewarm water</i>	
<i>2 cups sifted flour</i>	

Heat sour milk. Cool to lukewarm and add to yeast which has been softened in lukewarm water. Add molasses. Mix dry ingredients and add to the wet ingredients. Mix well. Cover and let rise 10 minutes. Knead 8-10 mins. Place in a greased bowl. Cover and let rise in a warm place until double in bulk. Knead dough lightly, then let rise for 10 mins. Make 2 loaves, place in greased pans. Let rise in a warm place until double in bulk. Bake at 375°F for 30 minutes.

## Hot Cross Buns

<i>½ cup milk</i>	<i>2 to 2¼ cups flour</i>
<i>1 tsp sugar</i>	<i>1 tsp salt</i>
<i>¼ cup Fancy Molasses</i>	<i>1 tsp cinnamon</i>
<i>1 pkg. dry yeast (1 Tbsp)</i>	<i>¼ tsp nutmeg</i>
<i>1 egg, beaten</i>	<i>¼ cup currants</i>
<i>2 Tbsp soft butter</i>	<i>½ cup raisins</i>

Heat milk to lukewarm in a saucepan. Remove to a large bowl, stir in sugar and sprinkle over yeast. Let sit for 5 min. Stir in butter, egg and molasses. Add salt, spices and about 1 ¾ cups of the flour. Stir to combine. Scrape dough onto a lightly floured surface and knead in the remaining flour (no need to use it all). Place in a greased bowl, turn to coat, cover and let rise until double (1-1.5 hours). Punch down and let rest for 5 minutes. Knead in currants and raisins. Divide dough into 9 balls. Place about 2" apart on parchment lined baking sheet. Cover and let rise until double (about 45 min.). Just before baking cut a cross in the top of each bun (optional). Bake at 375°F about 15 min. or until brown. When cooled, pipe a cross on each bun with a basic white icing.



Hot Cross Buns

## No Knead 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>⅔ 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, but really depends on how warm your kitchen is). Bake at 350°F for 45 minutes to an hour, until loaves sound hollow when tapped. Remove from pans to cool.



No Knead Brown Bread

## Oatmeal Bread

- Makes 2 Loaves -

<i>2 tsp sugar</i>	<i>2/3 cup Crosby's Fancy Molasses</i>
<i>1 cup lukewarm water</i>	<i>4 tsp salt</i>
<i>2 pkg. yeast</i>	<i>1/4 cup melted butter</i>
<i>2 cups rolled oats</i>	<i>7 cups flour</i>
<i>3 cups boiling water</i>	

Mix sugar, water and yeast, let stand 10 minutes. Soak oats in hot water. Cool. Add molasses, salt, butter and yeast to cooled oats. Blend. Gradually mix in flour, knead until smooth. Place in a greased bowl, cover, and allow to stand in a warm place until double in bulk. Knead lightly and place into two greased loaf pans. Cover, let stand in warm place until double in bulk. Bake at 350°F for 40 minutes.



## Refrigerator Whole Wheat Rolls

<i>1 3/4 cups milk</i>	<i>3 3/4 cups sifted flour</i>
<i>2 pkg. yeast</i>	<i>3 3/4 cups unsifted whole wheat flour</i>
<i>1/4 cup lukewarm water</i>	<i>3 tsp salt</i>
<i>1/2 cup Crosby's Fancy Molasses</i>	<i>1/2 cup butter, melted</i>
<i>2 eggs</i>	

Scald milk and allow to cool to lukewarm. Add to yeast which has been softened in lukewarm water. Mix in molasses and eggs. Add 4 cups of mixed dry ingredients and beat until smooth and elastic. Stir in butter. Add remaining flour, mix thoroughly. Cover and let rise 10 minutes. Knead until smooth, then place in a greased bowl, turning to coat. Cover with plastic wrap. Store in the refrigerator, no more than three days. Remove from the refrigerator and let rest 30 minutes. Punch down. Knead a few seconds then shape into rolls. Place 1" apart on greased pan. Dot with butter. Allow rolls to rise in a warm place until at least double in size. Bake at 400°F for 12-15 min.

## Coffee Ring

<i>1 cup butter</i>	<i>1 tsp baking soda</i>
<i>1 cup brown sugar</i>	<i>1/2 tsp nutmeg</i>
<i>1 cup Crosby's Fancy Molasses</i>	<i>1 tsp each, cinnamon, mace, salt</i>
<i>1 cup cold, strong coffee</i>	<i>1 cup raisins</i>
<i>3 eggs, well-beaten</i>	<i>1 cup currants</i>
<i>3 1/2 cups flour</i>	

Mix in order given. Bake in coffee ring pan at 375°F for 45-50 minutes.



## Decadent Banana Loaf

- Makes 1 Loaf -

<i>3 Tbsp butter</i>	<i>1 tsp baking soda</i>
<i>3/4 cup sugar</i>	<i>1 tsp baking powder</i>
<i>3 overripe bananas</i>	<i>3/4 cup walnuts or pecans chopped</i>
<i>2 Tbsp Crosby's Fancy Molasses</i>	<i>1/2 cup chocolate or peanut butter chips (optional)</i>
<i>2 eggs</i>	
<i>1 3/4 cups flour</i>	

Cream butter and sugar, mix in bananas, molasses and eggs until smooth. Mix together flour, baking soda and baking powder. Add to wet ingredients and beat until smooth. Fold in walnuts (pecans) and/or chocolate chips. Bake in 8 1/2 x 4 1/2 inch loaf pan at 350°F for 1 hour or until done.



## Spicy Pumpkin Bread with Molasses

<i>1 ½ cups flour</i>	<i>¾ cup white sugar</i>
<i>1 tsp baking powder</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>1 tsp baking soda</i>	<i>½ cup cooking oil</i>
<i>½ tsp salt</i>	<i>1 cup canned pumpkin</i>
<i>1 tsp cinnamon</i>	<i>(be sure to use pure pumpkin,</i>
<i>½ tsp ground cloves</i>	<i>not pumpkin pie filling)</i>
<i>¾ tsp ground ginger</i>	<i>½ to ¾ cup raisins</i>
<i>½ tsp nutmeg</i>	<i>½ cup chopped walnuts</i>
<i>2 eggs</i>	

- Preheat oven to 325°F. Oil and line the bottom (and sides if you wish) of a 9" x 5" loaf pan with parchment paper. (Or prepare three small loaf pans).
- Sift together the first 8 ingredients in a large mixing bowl.
- In a separate bowl, beat the eggs until light.
- Add the sugar, molasses, oil and pumpkin and beat until thoroughly combined.
- Make a well in the dry ingredients; add the liquid ingredients all at once and stir gently until combined.
- Fold in the raisins and nuts.
- Pour batter into prepared loaf pan and bake for about 80 minutes or until a tester comes out clean.
- Cool in the pan for about 10 minutes. Then remove from the pan, peel off the parchment, and cool completely on a wire cake rack.

Note: Wrap closely to store. This loaf (like most others) will slice more easily if it has been stored for at least 8 hours. For those who prefer to bake in bulk, I have doubled and tripled this recipe without encountering any problems.



## Pumpkin Spice Bread with Molasses and Ginger

Adapted from Food52

<i>2 ½ cups flour</i>	<i>½ cup brown sugar</i>
<i>½ tsp baking soda</i>	<i>2 Tbsp melted butter</i>
<i>1 tsp baking powder</i>	<i>¼ cup oil</i>
<i>½ tsp salt</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>2 tsp ground cinnamon</i>	<i>½ cup buttermilk</i>
<i>1 tsp ground ginger</i>	<i>1 Tbsp chopped fresh ginger</i>
<i>½ tsp ground nutmeg</i>	<i>(optional)</i>
<i>1 egg</i>	<i>1 tsp vanilla</i>
<i>1 cup pumpkin puree</i>	<b><i>Topping:</i></b>
<i>(not pumpkin pie filling)</i>	<i>1 tsp turbinado sugar</i>
	<i>1 tsp cinnamon</i>

- Preheat the oven to 350°F degrees.
- Butter and flour a 9" x 5" loaf pan or line it with parchment paper.
- In a large bowl, combine the flour, baking soda, baking powder, salt, cinnamon, ground ginger, and nutmeg.
- In another bowl, whisk together the egg, pumpkin, brown sugar, butter, oil, molasses, and buttermilk. Add the fresh ginger (if using) and vanilla.
- Make a well in the dry mixture and pour in the wet ingredients.
- Stir gently until just combined.
- Scrape the batter into the prepared loaf pan.
- In a small bowl, mix the turbinado sugar with the remaining teaspoon of cinnamon and sprinkle over the top of the batter.
- Bake 40-50 minutes, or until a toothpick comes out clean.
- Let cool in the pan for about 10 minutes, then remove to a wire rack to cool completely.



## Almond Flaxseed Bread with Wheat Germ

Makes one large loaf

<i>1 ½ cups flour</i>	<i>½ tsp baking soda</i>
<i>1 ½ cups grain flour</i>	<i>½ tsp salt</i>
<i>½ cup ground almonds</i>	<i>1 tsp cardamom</i>
<i>½ cup flax seeds</i>	<i>1 ½ cups milk</i>
<i>½ cup wheat germ</i>	<i>¼ cup oil</i>
<i>1 Tbsp baking powder</i>	<i>¼ cup Crosby's Fancy Molasses</i>

- Combine dry ingredients in a large bowl.
- In another bowl combine the milk, oil and molasses.
- Add wet to dry. Stir until dry ingredients are just moistened then stir vigorously another 10 seconds.
- Pour batter into a large loaf pan that has been greased and floured (or lined with parchment paper).
- Bake at 350°F 50 minutes.



## 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 ½ 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 ¾ -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.

## Johnnycake (from the blog Paper and Salt)

<i>1 cup yellow corn meal</i>	<i>1 ½ cups buttermilk</i>
<i>½ cup flour</i>	<i>or soured milk*</i>
<i>1 tablespoon baking powder</i>	<i>1 egg, lightly beaten</i>
<i>¼ cup sugar</i>	<i>4 tablespoons melted butter</i>
<i>¼ teaspoon salt</i>	<i>⅛ cup Crosby's Fancy Molasses</i>

Preheat oven to 425°F. Grease a 9-in. circular pan. In a large bowl, sift together corn meal, flour, baking powder, sugar and salt. In a separate bowl, combine buttermilk, egg and butter. Add wet ingredients to dry ingredients, stirring until just combined. With a large measuring cup, reserve ¼ of the batter; pour remaining batter into prepared pan. Add molasses to the reserved batter and stir until well combined. Pour on top of pan in three straight lines, making stripes. Drag a knife across the batter perpendicular to the stripes, every two inches, to create a marbled pattern. Bake for 15-20 minutes, or until a tester inserted in the center comes out clean. Cool 10 minutes. To sour milk, add 1 ½ Tbsp of vinegar or lemon juice to the milk and let stand for 10 minutes before adding it to the recipe.



## Nela's Whole Wheat Molasses Zucchini Bread

<i>3 ¼ cups flour (half and half whole wheat and white)</i>	<i>⅓ cup Crosby's Fancy Molasses</i>
<i>1 ½ tsp salt</i>	<i>⅓ cup water</i>
<i>1 tsp nutmeg</i>	<i>2 cups grated zucchini</i>
<i>2 tsp baking soda</i>	<i>(only peeled if the skin is tough)</i>
<i>1 tsp cinnamon</i>	<i>1 tsp lemon juice or vanilla</i>
<i>1 cup sugar</i>	<i>1 cup chopped nuts and/</i>
<i>1 cup canola oil</i>	<i>or seeds (walnuts, pecans,</i>
<i>4 eggs, beaten</i>	<i>pumpkin seeds, sunflower seeds,</i>
	<i>slivered almonds, coconut)</i>

Preheat oven to 350°F. In a large bowl, combine flour, salt, nutmeg, baking soda and cinnamon. In a separate bowl, combine oil and sugar. Beat in eggs one at a time. Add molasses and water then stir in zucchini and lemon juice or vanilla. Pour wet ingredients into dry, mixing gently. Gently fold in nuts and /or seeds. Pour batter into two standard loaf pans that have been well greased. (I also line the bottoms of my pans with parchment paper so the loaves come out more easily after baking). Bake for 50 minutes to 1 hour, or until a tester comes out clean. Alternately, bake in 5 mini loaf pans for about 45 minutes.



## Heather's Whole Wheat Quick Bread

<i>2 cups whole wheat flour</i>	<i>3 Tbsp Crosby's Fancy Molasses</i>
<i>1 tsp baking powder</i>	<i>1 ½ Tbsp lightly-salted butter or</i>
<i>1 tsp baking soda</i>	<i>1 ½ Tbsp margarine, melted</i>
<i>1 tsp salt</i>	<i>½ cup chopped walnuts</i>
<i>1 large egg</i>	<i>(optional)</i>
<i>2 cups buttermilk</i>	<i>½ cup dark seedless raisins or any</i>
<i>or soured milk*</i>	<i>other dried fruit (optional)</i>

Grease a 9 x 5 x 3-inch loaf pan. Heat oven to 400°F. Mix flour, baking powder, baking soda and salt. Beat egg in a large bowl. Stir in buttermilk, molasses and butter. Stir in flour mixture. Mix in walnuts and dried fruit (if using). Scrape batter into prepared pan and bake 40 minutes to an hour, or until well browned and a tester comes out clean. Remove from oven and place pan on a wire rack to cool.

\*NOTE: To replace buttermilk, just add one tsp. vinegar to each one cup of milk, or replace ¼ of the milk with plain yogurt.

Another variation from Heather: Add ½ cup prepared mincemeat and reduced the milk by about ¾ cup.



## Quick Whole Wheat Molasses Bread

From the NY Times

<i>1 2/3 cups buttermilk (or 1 cup milk mixed with 2/3 cup plain yogurt, or 1 1/2 cups milk soured with 2 Tbsp fruit vinegar)</i>	<i>2 1/2 cups whole wheat or spelt flour</i>
	<i>1/2 cup cornmeal</i>
	<i>1 tsp salt</i>
	<i>1 tsp baking soda</i>
	<i>1/2 cup Crosby's Fancy Molasses</i>

Heat oven to 325°F. Grease a large loaf pan or line it with parchment paper. Mix together dry ingredients. Stir molasses into buttermilk (yogurt or soured milk). Stir liquid into dry ingredients, just enough to combine, then pour into loaf pan. Bake until firm and a toothpick inserted into center comes out clean, 45 minutes to 1 hour. Cool on a rack for 15 minutes before removing from pan.





## Boston Brown Bread Muffins

Makes 12 muffins (the old fashioned size)

<i>½ cup rye flour</i>	<i>⅓ cup packed dark brown sugar</i>
<i>½ cup yellow cornmeal</i>	<i>⅓ cup vegetable oil</i>
<i>½ cup all-purpose or whole wheat flour</i>	<i>1 cup buttermilk or soured milk*</i>
<i>¾ tsp salt</i>	<i>½ tsp vanilla</i>
<i>1 ½ tsp baking soda</i>	<i>1 cup golden raisins, currants or dried cranberries</i>
<i>1 egg</i>	<i>*To sour you milk add 1 Tbsp of vinegar to the cup of milk. Let sit for 5 minutes.</i>
<i>⅓ cup Crosby's Fancy Molasses</i>	

- Butter a standard muffin pan.
- Mix together the flours, cornmeal, salt, and baking soda.
- In a separate bowl, combine the egg, molasses, sugar, oil, buttermilk and vanilla.
- Blend well. Stir the buttermilk mixture into the dry ingredients, along with the fruit, mixing gently until just combined.
- Fill the prepared muffin tins  $\frac{3}{4}$  of the way
- Bake at 400°F for 15-20 minutes (until tester comes out clean.)



## Pumpkin Spice Muffins with Walnuts and Molasses

Adapted from Daily Garnish  
Makes 12 muffins

<i>1 ½ cups flour</i>	<i>2 eggs</i>
<i>1 tsp baking soda</i>	<i>1 cup canned pumpkin puree (not pumpkin pie filling)</i>
<i>¼ tsp salt</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 tsp ground cinnamon</i>	<i>½ cup cooking oil or melted butter</i>
<i>½ tsp ground ginger</i>	<i>1 tsp vanilla</i>
<i>½ tsp ground nutmeg</i>	<i>1 cup chopped walnut pieces</i>
<i>¼ tsp allspice</i>	<i>¼ cup candied ginger, minced</i>
<i>Pinch of ground cloves</i>	
<i>¼ cup brown sugar</i>	

- Preheat the oven to 350°F degrees.
- In a large bowl combine the dry ingredients (including brown sugar).
- In a medium bowl whisk the eggs with the pumpkin mixture then add the oil, molasses and vanilla.
- Gently fold the wet ingredients into the dry and stir until almost combined.
- Toss in the walnuts and ginger (reserving about 1 Tbsp of the ginger and 3 Tbsp of the walnuts to sprinkle over top of the muffins before baking.)
- Gently fold the walnuts and ginger into the batter.
- Spoon batter into prepared muffin cups and bake for about 30 minutes (until a tester comes out clean).



## Carrot Cake Muffins with Molasses Cream Cheese Icing

Make 18 regular-sized muffins

<i>2 cups flour</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>1 cup whole wheat pastry flour</i>	<i>½ cup butter</i>
<i>4 tsp baking powder</i>	<i>1 cup milk</i>
<i>½ tsp baking soda</i>	<i>½ cup plain yogurt</i>
<i>½ tsp salt</i>	<i>3 eggs</i>
<i>1 cup brown sugar</i>	<i>1 tsp vanilla</i>
<i>1 tsp cinnamon</i>	<i>1 cup finely shredded carrots</i>
<i>¼ tsp nutmeg</i>	

- Preheat oven to 350°F and prepare muffin pans.
- In a small pan melt butter, remove from heat and stir in molasses.
- In a medium bowl whisk together the eggs. Whisk in the milk and yogurt then add the butter-molasses mixture along with the vanilla.
- In a large bowl combine flour, baking powder, baking soda, salt, sugar, cinnamon, and nutmeg.
- Carefully add the wet mixture, stirring until just combined. Stir in the grated carrots and mix until incorporated.
- Spoon into prepared pans and bake at 350° F for about 20 minutes.

### Molasses Cream Cheese Icing

<i>1 – 250 g package of cream cheese, softened</i>	<i>3-4 Tbsp Crosby's Fancy Molasses</i>
<i>2 Tbsp butter, softened</i>	<i>1 tsp vanilla</i>

- Beat together the butter and cream cheese until smooth.
- Beat in the molasses and vanilla.



## Apple Cinnamon Muffins with Molasses

Adapted from Table For Two  
Makes 12 regular sized muffins

<i>1 cup flour</i>	<i>2 eggs</i>
<i>½ cup whole wheat or spelt flour</i>	<i>1 tsp vanilla extract</i>
<i>2 tsp baking powder</i>	<i>¼ cup canola, grape seed or olive oil</i>
<i>¼ tsp salt</i>	<i>2 cups peeled and chopped apples (about 2 medium apples)</i>
<i>1 tsp cinnamon</i>	
<i>½ cup buttermilk or sour milk*</i>	
<i>½ cup Crosby's Fancy Molasses</i>	

- Preheat oven to 400°F and grease muffin pan (or line with muffin cups).
- In a large bowl, whisk flours, baking powder, salt, and cinnamon.
- In another bowl, whisk together buttermilk, molasses, eggs, vanilla, and oil.
- Make a well in the dry ingredients and pour in the buttermilk mixture. Stir gently until almost combined.
- Add the chopped apples and gently fold them into the batter.
- Spoon batter into prepared muffin cups and bake for 15-20 minutes.

\*To sour milk, add ½ Tbsp. of vinegar to your measuring cup and fill to the ½ cup mark with milk. Let sit 5 minutes.



## Bran Muffin with Flaxseed, Cranberries and Orange Zest

From the Canadian Living cookbook:  
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.



## Orange Muffins

- Makes 1 Dozen -

<i>1 seedless orange</i>	<i>1½ cups flour</i>
<i>¼ cup orange juice</i>	<i>2 Tbsp sugar</i>
<i>1 egg</i>	<i>1 tsp baking powder</i>
<i>¼ cup oil</i>	<i>1 tsp baking soda</i>
<i>¾ cup Crosby's Fancy Molasses</i>	

Wash and quarter orange, remove seeds and chop entire orange (including peel) in food processor. Add remaining wet ingredients and mix. Remove to a bowl and add premixed dry ingredients. Stir gently until dry ingredients are just moistened. Spoon mixture into well-greased muffin pans. Bake at 375°F for 15 to 20 minutes.



## Wild Blueberry Muffins

- Makes 1½ Dozen -

<i>3 cups flour</i>	<i>1 cup milk</i>
<i>1 cup sugar</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>1 Tbsp baking powder</i>	<i>¼ cup vegetable oil</i>
<i>¼ tsp baking soda</i>	<i>1 tsp vanilla</i>
<i>¼ tsp salt</i>	
<i>3 large eggs</i>	

Combine wet ingredients in one bowl and dry ingredients in another. Add wet ingredients to dry and stir gently until dry ingredients are just moistened. Gently fold in 2 cups wild blueberries. Spoon mixture into well-greased muffin pans. If you like, sprinkle with a mixture of cinnamon and sugar. Bake at 375°F for 15 to 20 minutes.

## Ginger Muffins

- Makes 1 Dozen -

<i>1 egg</i>	<i>1½ tsp baking powder</i>
<i>¼ cup Crosby's Fancy Molasses</i>	<i>½ Tbsp sugar</i>
<i>¼ cup milk</i>	<i>⅛ tsp baking soda</i>
<i>3 Tbsp melted butter</i>	<i>¼ tsp ginger</i>
<i>1 cup flour</i>	<i>¼ tsp salt</i>

Combine wet ingredients in one bowl and dry ingredients in another. Add wet ingredients to dry and stir gently until dry ingredients are just moistened. Spoon mixture into well-greased muffin pans. Bake at 375°F for 15 to 20 minutes.



## Bran Muffins

- Makes 1 Dozen -

<i>2½ cups cooking bran</i>	<i>1 cup sifted flour</i>
<i>1½ cups sour milk</i>	<i>1 tsp baking soda</i>
<i>1 egg</i>	<i>1 tsp salt</i>
<i>¼ cup melted butter</i>	<i>½ cup raisins or chopped dates</i>
<i>⅔ cup Crosby's Fancy Molasses</i>	

Soak bran in milk, add beaten egg, melted butter and molasses. Combine sifted dry ingredients with raisins or dates. Pour wet ingredients into dry and stir only until flour is moistened. Spoon mixture into well-greased muffin pans. Bake at 400°F for about 20 minutes. Serve hot.

## Alan's Ginger Muffins

Make 12 regular-sized muffins

<i>1 ½ cups flour</i>	<i>¼ tsp Salt</i>
<i>½ cup natural bran (or ground flax or wheat germ)</i>	<i>2 eggs</i>
<i>⅔ cup sugar</i>	<i>¼ cup canola oil</i>
<i>1 tsp baking powder</i>	<i>¾ cup milk</i>
<i>½ tsp baking soda</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 tsp cinnamon</i>	<i>2 Tbsp fresh grated ginger (or 1 ½ tsp dried ginger*)</i>

Grease a 12 cup muffin pan and set aside. Preheat oven to 350°F. Combine dry ingredients in a medium size bowl and set aside. In a separate bowl beat together eggs, oil, milk, molasses and fresh ginger. Carefully add wet ingredients to dry ingredients and stir gently until just incorporated. Pour batter into greased muffin cups and fill  $\frac{2}{3}$  full. Bake for 20 – 25 minutes and remove when nicely browned. Loosen edges with a knife and remove from pan when cool.

\*If using dried ginger combine it with the flour mixture.



Alan's Ginger Muffins



## Low Calorie Bran Muffins

Makes one dozen regular muffins

<i>1 cup whole wheat flour</i>	<i>1 egg</i>
<i>1 tsp baking soda</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 ½ cups natural bran</i>	<i>¾ cup milk</i>
<i>¼ cup toasted wheat germ</i>	<i>2 Tbsp oil</i>
<i>½ cup raisins</i>	

In a medium bowl mix together dry ingredients. Stir in raisins. In another bowl combine egg, molasses, milk and oil. Add this to the dry ingredients and mix just until combined. Spoon into prepared muffin tins. Bake at 400°F for 20-25 minutes (regular muffins) or 15-18 minutes for mini muffins. Recipe doubles well.



Low Calorie Bran Muffins



Molasses Ginger Muffins

## Molasses Ginger Muffins

<i>1 ¼ cups flour</i>	<i>¾ cup butter</i>
<i>6 Tbsp brown sugar</i>	<i>6 Tbsp Crosby's Fancy Molasses</i>
<i>2 tsp ginger</i>	<i>1 egg</i>
<i>½ tsp baking powder</i>	<i>1 cup chopped dates</i>
<i>¼ tsp baking soda</i>	<i>or fresh blueberries</i>
<i>¼ tsp salt</i>	

In a medium bowl combine flour, ginger, baking powder, baking soda and salt. In another bowl cream butter and brown sugar. Add egg and then molasses to butter mixture, mixing well after each addition. Add dry ingredients to the creamed mixture and mix gently. Spoon into prepared muffin tins and bak at 350°F for about 20 minutes. Makes 12 regular-sized muffins



Blueberry Wheat Germ Muffins

## Blueberry Wheat Germ 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</i>	
<i>what you have on hand)</i>	

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



## Molasses Scones

Makes 18 scones

<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.



## Walnut and Molasses Scones with Vanilla Glaze

Adapted from Food & Drink magazine, Winter 2011 issue

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

Glaze:  
½ cup sugar  
1-2 Tbsp cream  
½ t vanilla  
¼ cup walnuts,  
finely chopped

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. 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.

## Graham Biscuits

- Makes 1½ Dozen -

1 cup graham flour (or  
½ whole wheat & ½ rye)  
1 cup white flour  
2 Tbsp butter  
1 tsp salt  
2 Tbsp baking powder  
½ tsp baking soda  
2 Tbsp Crosby's Fancy Molasses  
2 Tbsp brown sugar  
1 cup milk

Preheat oven to 450°F. Cut butter into mixed dry ingredients until the mixture is the consistency of coarse corn meal. Add the milk and molasses all at once to the dry ingredients. Stir dough for a scant 1 minute. Drop by heaping tablespoonful onto an ungreased baking sheet. Bake for 10 minutes or until lightly browned.



## Whole Wheat Molasses Oatmeal Scones

Adapted from Union Street Eats who adapted it from Barefoot Contessa who perhaps adapted it from I'm not sure who. That's the beauty of recipes as they make the rounds.

<i>1 ¾ cups whole wheat pastry flour</i>	<i>2 eggs</i>
<i>¾ cups flour</i>	<i>1 beaten egg for egg wash (optional)</i>
<i>½ cup rolled oats</i>	<i><u>Frosting</u></i>
<i>1 Tbsp baking powder</i>	<i>1/2 cup icing sugar</i>
<i>1 Tbsp brown sugar</i>	<i>3 Tbsp Crosby's fancy Molasses</i>
<i>1 tsp salt</i>	<i>1/2 tsp vanilla</i>
<i>1 cup cold butter, cut into pieces</i>	
<i>¼ cup milk</i>	
<i>¼ cup Crosby's Fancy Molasses</i>	

Combine dry ingredients in a food processor and pulse to combine. Add cold butter and pulse until mixture resembles fine meal (you want there to be little chunks of butter left.) Remove to a good sized bowl. In a separate bowl beat eggs, milk and molasses together and add to dry mixture. Stir gently until just combined. Turn out onto a lightly floured surface and knead gently a few times until the dough comes together. (Work the dough as little as possible so your scones are light). Roll out (don't press too hard) about an inch thick and cut into shapes. Place them on a parchment paper lined baking sheet and brush with egg wash. Bake at 400°F for 20-25 minutes. Remove to a rack to cool.

### To make glaze:

Whisk icing sugar and molasses together. Add vanilla and spread or drizzle over scones.

# 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  $\frac{3}{4}$  cup of sugar. In baking, decrease liquid by  $\frac{1}{4}$  cup for each cup of molasses. Omit any baking powder and add  $\frac{1}{2}$  teaspoon of baking soda.

## Baking Powder

One teaspoon of baking powder equals  $\frac{1}{4}$  teaspoon of baking soda plus  $\frac{3}{8}$  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 = $\frac{1}{2}$ 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.



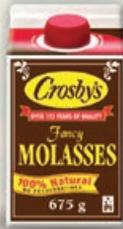
## Blackstrap Molasses

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 Molasses Co. Ltd.  
PO 2240, Saint John, NB E2L 3V4

[www.crosbys.com](http://www.crosbys.com)