

## Vermont Recipes

### Maple Fudge

**Ingredients:**

2 ¼ cups pure maple syrup

1 cup heavy cream

3 tablespoons butter

**Directions:**

Grease bottom and sides of a loaf pan with butter and line the pan with parchment paper, leaving a bit of an overhang on both long sides. In a 4-quart saucepan, bring maple syrup to a boil over medium heat; simmer for 5 minutes.

After 5 minutes, pour in the heavy cream; without stirring, bring back to a boil and let simmer until it reaches 236° F on a candy thermometer. Remove pan from heat and add butter, but do not stir it in. Let the mixture cool for 8 minutes.

Beat on medium speed until it gets thicker, loses its sheen, and starts to show signs of crystallization (about 5 minutes).

Transfer fudge to the prepared pan; spread all the way to the edges and place in the fridge for 2 to 3 hours or until completely set. Lift the fudge from the pan and cut into squares with a sharp knife.

# Cheese Soup

## Ingredients:

3 tablespoons butter  
1 large onion, chopped  
1 medium carrot, peeled and diced  
1 rib celery, diced  
1 teaspoon finely chopped garlic  
1 bay leaf  
½ cup flour  
2 cups whole milk  
1 ¾ cups chicken broth  
1 (12-ounce) bottle ale  
1 tablespoon Worcestershire sauce  
1 teaspoon dry mustard  
1 teaspoon salt  
¼ teaspoon ground black pepper  
1 pound extra sharp cheddar, grated  
4 slices bacon, cooked and crumbled



## Directions:

Melt butter in heavy, medium-sized pot over medium heat. When butter is hot, add onions, carrots, celery, garlic, and bay leaf. Cook, stirring occasionally, until vegetables begin to soften, about 5 minutes. Reduce heat to medium-low.

Sprinkle flour over vegetables and cook, stirring occasionally, for 3 minutes. Whisk in milk, then broth, then beer. Bring to simmer and cook, whisking occasionally, for 5 minutes. Stir in Worcestershire, mustard, salt, and pepper. Reduce heat and add cheese by the handful, stirring constantly, until all cheese is melted, and soup is creamy. Discard bay leaf and serve sprinkled with bacon.

## Beet and Fiddlehead Salad

### Ingredients:

8-10 beets, sliced  
8-10 fiddleheads, washed  
1 tablespoon butter  
 $\frac{1}{3}$  cup water  
 $\frac{1}{3}$  cup spring greens  
2 tablespoons toasted pine nuts



### Directions:

Place beets and  $\frac{1}{2}$  the water in a pan over medium heat, bring to a simmer, cover, and let steam 7-8 minutes.

Add 1 tablespoon butter and cover for 1 minute. Stir in fiddleheads and the remaining water, cover and let steam 5-6 minutes. Add the remaining butter and cover again for 2-3 minutes.

Stir and serve topped with spring greens and pine nuts.

## Vermont Apple Crisp

### Ingredients:

6 apples  
1 cup brown sugar  
1 teaspoon vanilla  
 $\frac{3}{4}$  cup uncooked old-fashioned oats  
 $\frac{1}{2}$  cup flour  
1 teaspoon cinnamon  
 $\frac{1}{2}$  cup butter



**Directions:**

Peel, core, and slice apples. Preheat oven to 375°F.

Layer apples into baking dish. Mix flour, brown sugar, oats, and cinnamon in a bowl. Add vanilla and cut in butter with a pastry blender or fork.

Work until mixture forms large crumbs. Sprinkle over apples. Bake 30-35 minutes or until topping is browned and apples are soft. Serve warm with vanilla ice cream, if desired.

## Venison Stew

**Ingredients:**

3 pounds venison meat, diced into 1"-1½" pieces

5 medium potatoes, diced into 1" pieces

3 carrots, diced into 1" pieces

3 stalks of celery, diced into 1" pieces

1 large onion, diced

2 tablespoons garlic, finely diced

1 tablespoon Worcestershire sauce

¼ teaspoon salt

¼ teaspoon ground pepper

1 ½ teaspoons beef bouillon

2 cups water

1 tablespoon brown sugar

1 packet brown gravy mix

Salt and pepper to taste

**Directions:**

Spray slow cooker with cooking spray. Place all ingredients into slow cooker and mix with large wooden spoon. Cover and cook on low for 7-8 hours. Serve.