



## Butternut Squash Soup With Chantilly Maple Cream

### **Butternut Squash Soup**

1 (2 to 3 lb) butternut squash,  
peeled and seeded  
2 Tbsp unsalted butter  
1 medium onion, chopped  
6 cups chicken stock  
pinch nutmeg  
salt and freshly ground  
black pepper

Cut squash into 1-inch chunks.  
In large pot melt butter. Add onion  
and cook until translucent, 8 min.

Add squash and stock. Bring to  
boil, reduce heat to simmer, cook  
until squash is tender, 15 to 20 min.

Remove squash chunks with  
slotted spoon, place in blender.

Cool slightly, puree.

Return blended squash to pot. Stir  
in nutmeg, salt, and pepper. Serve  
garnished with a little Chantilly  
Maple Cream.

Yield: 4 servings

### **Chantilly Maple Cream**

1/2 cup 35% whipping cream, chilled  
2 Tbsp Ontario maple syrup, chilled

Chill mixing bowl and beaters for  
best results. Using whisk or electric  
mixer, beat whipping cream until soft  
peaks form. Add maple syrup and  
beat until firm. Serve immediately.

Yield: 1 cup

# Maple Soy Glazed Salmon

2 Tbsp low-sodium soy sauce  
2 Tbsp Ontario maple syrup  
1 Tbsp fresh orange juice  
1 tsp grated orange zest  
2 cloves garlic, chopped  
2 Tbsp chicken stock or water  
4 x 5 ounce skinless center-cut  
Canadian wild salmon fillets  
cooking spray  
salt and freshly ground pepper

Preheat oven to 400F. Mix soy sauce,  
maple syrup, orange juice, zest,  
garlic and stock in a large bowl.

Add salmon and turn to coat. Cover  
and refrigerate 20 min.

Coat a rimmed baking sheet with  
cooking spray. Drain fish. Discard  
marinade.

Season fish with salt and pepper.  
Place on prepared baking sheet.  
Bake until slightly golden around  
the edges, 8 to 10 min.

Yield: 8 servings





## Maple Walnut Vinegarette

- 1/4 cup Ontario maple syrup
- 1/4 cup champagne vinegar
- 1 Tbsp Dijon mustard
- 2 Tbsp minced shallots (optional)
- 1/2 cup walnut oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/8 tsp ground nutmeg

Mix together maple syrup, vinegar, mustard and shallots.

Drizzle in and whisk walnut oil until emulsified.

Stir in salt, pepper and nutmeg. Serve immediately or store in refrigerator for up to one week.

Yield: 1 cup

## Maple Mustard Pork Loin

- 1 (2 to 2 1/2 lb) boneless pork loin roast (single loin)
- 2 Tbsp Dijon mustard
- 1 Tbsp Ontario maple syrup
- 1 Tbsp olive oil
- 2 tsp dried sage, crushed
- 1 tsp grated orange zest
- 1/4 tsp freshly ground black pepper
- 1/2 tsp salt, divided

Preheat oven to 325F. Trim fat off pork loin. Combine mustard, maple syrup, oil, sage, orange zest, pepper and 1/4 tsp of the salt. Spoon onto meat.

Season roast with remaining salt and place fat side up, on a rack in a roasting pan. Roast, uncovered, for 45 min.

Remove from oven. Cover with foil. Let stand for 15 min. Carve and serve.

Yield: 8 servings