

50  
Molasses-  
inspired  
recipes

# Molasses and More

Molasses-Inspired Recipes for Every Day



THE ORIGINAL  
**GRANDMA**<sup>®</sup>

# Cooking with Grandma 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 some 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  
*Grandma Molasses Kitchen*

Grandma'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.

Published by/ copyright  
January 2015 Grandma Foods Limited

All rights reserved.

No part of this publication may be reproduced, sorted in a retrieval system or transmitted, in any form or by any means, without the prior written permission of the publisher.

## Table of Contents

Breads & Breakfasts .....	3
Cookies & Bars.....	17
Cakes & Desserts.....	31
Vegetable Sides.....	41
Main Dish Meals.....	47
Sweet & Savoury Sauces.....	61
Substitutes & Measuring Equivalents.....	64



# Breads & Breakfasts



MJ's Blueberry Wheat Germ Muffins

## MJ's Blueberry Wheat Germ Muffins

<i>½ cup wheat germ</i>	<i>1 cup of plain yogurt</i>
<i>1 ¼ cups flour</i>	<i>2 eggs</i>
<i>½ tsp salt</i>	<i>¼ cup oil</i>
<i>1 ½ tsp baking soda</i>	<i>3 Tbsp Grandma Molasses</i>
<i>½ cup sugar</i>	<i>1 cup blueberries</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 Flax Waffles

<i>2 beaten eggs</i>	<i>3 cups flour</i>
<i>¼ cup sugar</i>	<i>(stoneground if you have it)</i>
<i>3 Tbsp Grandma Molasses</i>	<i>¼ cup ground flax or</i>
<i>⅔ cup butter, melted (or oil)</i>	<i>wheat germ</i>
<i>1 tsp vanilla</i>	<i>½ tsp salt</i>
<i>3 cups milk</i>	<i>4 tsp baking powder</i>

In a large bowl whisk together eggs and sugar. Add molasses and vanilla. Whisk in melted butter then milk. In a separate bowl stir together flour, flax, salt and baking powder. Carefully whisk dry ingredients into wet, taking care not to get any lumps. (If it does get lumpy just keep whisking until the batter is smooth). Bake waffles according to directions on your waffle iron.



Molasses Flax Waffles



Boston Brown Bread Muffins

## Boston Brown Bread Muffins

<i>½ cup rye flour</i>	<i>⅓ cup Grandma Molasses</i>
<i>½ cup yellow cornmeal</i>	<i>⅓ cup packed dark brown sugar</i>
<i>½ cup all-purpose or whole wheat flour</i>	<i>⅓ cup vegetable oil</i>
<i>¾ tsp salt</i>	<i>1 cup buttermilk or soured milk*</i>
<i>1 ½ tsp baking soda</i>	<i>½ tsp vanilla</i>
<i>1 egg</i>	<i>1 cup golden raisins, currants or dried cranberries</i>

Preheat oven to 400°F and grease 12 muffin cups. Mix together the flours, cornmeal, salt, and baking soda. In a separate bowl, combine the egg, molasses, sugar, oil, buttermilk and vanilla. Stir the buttermilk mixture into the dry ingredients, along with the fruit, mixing gently until just combined. Fill the prepared muffin tins 3/4 of the way. Bake for 15-20 minutes (until tester comes out clean.)

\*To sour your milk add 1 Tbsp. of vinegar to the cup of milk.  
Let sit for 5 minutes.

## Warming Porridge with Cinnamon and Molasses

<i>1 cup old fashioned rolled oats</i>	<i>cinnamon (to taste)</i>
<i>3 cups water or milk</i>	<i>Walnuts</i>
<i>Grandma Molasses (to taste)</i>	<i>Cin-</i>

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



Warming Porridge with Cinnamon and Molasses



## Molasses Biscuits

Adapted from “150 Essential Whole Grain Recipes”

<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 Grandma 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 Grandma 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. Set aside.

In another bowl mix remaining dry ingredients. Make a well in the dry mixture and add the buttermilk mixture along with the currants.

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

Scrape 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 Grandma 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.





Whole Wheat Molasses Banana Bread

## Whole Wheat Molasses Banana Bread

<i>½ cup butter, melted, or canola oil</i>	<i>¾ cup whole wheat or spelt flour</i>
<i>¼ cup sugar</i>	<i>1 ¼ cups flour</i>
<i>⅓ cup Grandma Molasses</i>	<i>1 tsp baking powder</i>
<i>2 eggs</i>	<i>½ tsp baking soda</i>
<i>3 Tbsp yogurt or soured milk*</i>	<i>¼ tsp salt</i>
<i>2 tsp vanilla</i>	<i>1 tsp cinnamon</i>
<i>3 ripe bananas, mashed (about 1 - 1 ¼ cups)</i>	<i>½ tsp nutmeg</i>

Grease a large loaf pan or line it with parchment paper. In a large bowl combine the melted butter with the sugar and stir well. Add the molasses and then the eggs, one at a time. Stir in the yogurt, vanilla and then the mashed banana. In a separate bowl combine the flour, baking powder, baking soda, salt and spices. Add the wet ingredients to the dry ingredients and stir gently, just until combined. (Take care not to over mix.) Bake at 350°F for 50-60 minutes. Let cool in pan 10 minutes before upending on cooling rack.

\*To sour the milk, add ¼ tsp of vinegar to the 3 Tbsp of milk and let sit for five minutes.



Banana Oat Muffins with Molasses

## Banana Oat Muffins with Molasses

<i>½ cup butter, softened</i>	<i>1 tsp baking soda</i>
<i>⅓ cup sugar</i>	<i>½ tsp salt</i>
<i>2 large eggs</i>	<i>1 tsp cinnamon</i>
<i>3 ripe bananas, mashed (approximately 1 ¼ cups)</i>	<i>½ tsp nutmeg</i>
<i>¼ cup Grandma Molasses</i>	<i>1 ½ cups flour, (can use half whole grain)</i>
<i>½ cup plain yogurt or buttermilk</i>	<i>¾ cup rolled oats</i>
<i>1 tsp vanilla</i>	

Preheat oven to 350°F and prepare muffin tins. In a large bowl beat butter and sugar. Beat in eggs, one at a time. Add the bananas, molasses, yogurt, and vanilla and mix well. Sprinkle over the baking soda, salt, cinnamon and nutmeg and mix well. Add the flour ½ a cup at a time, mixing gently until just incorporated. Gently stir in the oats. Spoon into prepared tins and bake for 20-25 minutes, until set. Let cool 10 minutes before removing from pan.



## Pumpkin Spice Bread with Molasses and Ginger

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

Preheat the oven to 350°F. 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.

# 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 Grandma 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>

Preheat oven to 375°F. 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 for 15-18 minutes. Remove from oven, cool on the pan and cut into strips on the diagonal.



Katie's Fat Molasses Cookies

## 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 Grandma Molasses</i>
<i>1 cup shortening</i>	
<i>or butter</i>	

Preheat oven to 375°F. 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 for 10 to 15 minutes (watch closely after 10 minutes). These freeze beautifully.



Ginger Chocolate Hermit Bars

## Ginger Chocolate Hermit Bars

<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 Grandma Molasses</i>
<i>1 ½ tsp cloves</i>	<i>¾ cup chocolate chips</i>

Preheat oven to 375°F. 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 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 Grandma Molasses</i>	<i>Pinch of salt</i>
	<i>Raisins, if desired</i>

Preheat oven to 375°F. Mix in order given. Drop on a parchment lined cookie sheet. Bake for 10 min. Sandwich with a basic icing, flavoured with cinnamon, lemon or ginger. Chill the batter for 15 minutes before baking if your cookies are too flat for your liking.



Ila's Soft Molasses Cookies



Chocolate Molasses Crinkles

## Chocolate Molasses Crinkles

From [www.marthastewart.com](http://www.marthastewart.com)

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

Preheat oven to 325°F. 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 water 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 until the surfaces crack slightly, 10 to 12 minutes. Cool and dip in melted white chocolate.

## Orange Spice Crackle Cookies

<i>3 cups flour</i>	<i>¼ tsp allspice</i>
<i>1 ½ tsp baking soda</i>	<i>1 cup butter, softened</i>
<i>Grated zest of one orange</i>	<i>1 cup brown sugar</i>
<i>½ cup Grandma Molasses</i>	<i>1 egg</i>
<i>1 tsp cinnamon</i>	<i>1 tsp vanilla</i>
<i>1 ½ tsp ginger</i>	<i>Sugar for rolling</i>
<i>⅛ tsp ground cloves</i>	

Preheat oven to 375°F. In a medium bowl combine flour, spices, baking soda and orange zest. In a large bowl cream together butter and sugar. Add egg, molasses and vanilla. Stir in dry ingredients and mix until combined. Form into 1 ½" balls and roll in sugar. Bake for 8-10 minutes or until set.



Orange Spice Crackle Cookies



## Vanessa's Crispy Almond Butter Granola Bars

<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 Grandma 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.

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 Grandma 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 60 seconds. 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 Grandma 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.

Preheat oven to 350°F. Remove from freezer (or fridge) about 15 minutes before slicing. Slice ¼" thick. Bake 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 Grandma Molasses</i>
<i>4 tablespoons flour (can substitute gluten-free 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 brownies begin to pull away from the sides of the pan.





## One-bite Molasses Brownies

<i>1 cup dark chocolate chips or coarsely chopped bittersweet chocolate</i>	<i>2 eggs</i>
<i>½ cup butter, cut into pieces</i>	<i>1 cup sugar</i>
<i>¼ cup Grandma Molasses</i>	<i>1 tsp vanilla</i>
<i>2 Tbsp unsweetened cocoa powder</i>	<i>½ tsp baking powder</i>
	<i>¼ tsp salt</i>
	<i>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, cocoa 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 28 minutes, until the center is set. Remove to a wire rack and let the brownies cool for at least 20 minutes.

Cut into 2-inch squares.



# Cakes & Desserts



Whole Wheat Applesauce Cake

## Whole Wheat Applesauce Cake

(adapted from Martha Stewart Everyday Food)

<i>1 ½ cups whole wheat or spelt flour</i>	<i>1 cup butter, softened</i>
<i>1 ½ cups flour</i>	<i>2 cups packed light brown sugar</i>
<i>2 tsp baking soda</i>	<i>¼ cup Grandma Molasses</i>
<i>1 tsp salt</i>	<i>2 eggs</i>
<i>1 ½ tsp cinnamon</i>	<i>2 cups applesauce</i>
<i>1 ¼ tsp cardamom</i>	

Preheat oven to 350°F. 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 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.



Old Fashioned Gingerbread

## Old Fashioned 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 Grandma Molasses</i>
<i>½ cup sugar</i>	<i>1 egg</i>
<i>1 tsp ginger</i>	<i>1 cup boiling water</i>

Preheat oven to 350°F. 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 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>¼ cup yogurt or sour cream</i>
<i>5 tsp ground ginger</i>	<i>1 cup Grandma Molasses</i>
<i>2 ½ tsp baking soda</i>	<i>2 eggs</i>
<i>1 ½ tsp cinnamon</i>	<i>2 tsp vanilla</i>
<i>¼ tsp salt</i>	<i>1 cup hot, strong coffee or espresso</i>
<i>1 cup sugar</i>	<i>1 cup oil</i>

Preheat oven to 350°F. 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 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

<b><i>Filling:</i></b>	<b><i>Topping:</i></b>
<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 Grandma 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



**Brown Butter Molasses Blondies**

## Brown Butter Molasses Blondies

<i>1 cup butter</i>	<i>1 ½ cups flour</i>
<i>1 ½ cups brown sugar</i>	<i>1 tsp baking soda</i>
<i>½ cup Grandma Molasses</i>	<i>1 tsp ginger</i>
<i>2 eggs (at room temperature)</i>	<i>¼ tsp salt</i>
<i>1 tsp vanilla</i>	<i>½ to ¾ cup chocolate chips</i>
<i>1 cup whole wheat pastry flour</i>	

Preheat the oven to 350°F and line a 9"x13" pan with parchment paper. In a medium pot melt the butter and let it bubble away for a bit until it starts to brown and get a delicious caramelized smell. This could take 10-15 minutes, depending on your pot. Let the butter cool for a few minutes then stir in the brown sugar and molasses. Pour into a large bowl then add the eggs, one at a time, beating well after each addition. Stir in the vanilla. In another bowl combine the flours, baking soda, ginger and salt and stir into the butter-sugar mixture. Toss in the chocolate chips and mix until everything is incorporated. Spread the batter in the pan, right to the edges. (This dough is on the stiff side.) Bake for 30-35 minutes. Cool in the pan for about 10 minutes then lift them out of the pan, parchment and all, onto the cooling rack.

## Peach Gingerbread

<i>2 cups flour</i>	<i>⅔ cup butter, melted</i>
<i>1 cup brown sugar</i>	<i>1 cup milk</i>
<i>1 tsp. baking powder</i>	<i>½ cup Grandma Molasses</i>
<i>½ tsp baking soda</i>	<i>2 eggs, beaten</i>
<i>½ tsp salt</i>	<i>2 tsp vanilla</i>
<i>½ tsp cinnamon</i>	<i>2-3 peaches, peeled,</i>
<i>1 ½ tsp ginger</i>	<i>quartered and thinly sliced</i>

Preheat oven to 350°F. Grease and flour a 10" spring form pan. 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 50-60 minutes. Serve on its own or with a little sweetened whipped cream.



**Peach Gingerbread**



## Carrot Cake Muffins with Molasses Cream Cheese Icing

<i>2 cups flour</i>	<i>¼ tsp nutmeg</i>
<i>1 cup whole wheat pastry flour</i>	<i>¼ cup Grandma Molasses</i>
<i>4 tsp baking powder</i>	<i>½ cup butter</i>
<i>½ tsp baking soda</i>	<i>1 cup milk</i>
<i>½ tsp salt</i>	<i>½ cup plain yogurt</i>
<i>1 cup brown sugar</i>	<i>3 eggs</i>
<i>1 tsp cinnamon</i>	<i>1 tsp vanilla</i>
	<i>1 cup finely shredded carrots</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 for about 20 minutes.

---

### Molasses Cream Cheese Icing

<i>1 – 250 g package of cream cheese, softened</i>
<i>2 Tbsp butter, softened</i>
<i>3-4 Tbsp Grandma Molasses</i>
<i>1 tsp. vanilla</i>

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



Easy Apple Gingerbread

## Easy Apple Gingerbread

<i>½ cup oil</i>	<i>½ cup Grandma Molasses</i>
<i>2 cups flour</i>	<i>½ cup brown sugar</i>
<i>1 ½ tsp baking soda</i>	<i>1 egg</i>
<i>1 tsp ginger</i>	<i>1 tsp vanilla</i>
<i>1 tsp cinnamon</i>	<i>½ cup boiling water</i>
<i>½ tsp cloves</i>	<i>4 tart apples peeled and cut</i>
<i>½ tsp salt</i>	<i>into ½ inch chunks</i>

Preheat oven to 350°F. In a medium bowl whisk the flour, baking soda, ginger, cinnamon, cloves, and salt. In another bowl whisk oil, molasses, brown sugar, egg, vanilla and ½ cup boiling water. Add the flour mixture and stir just until combined. Gently fold in the apples. Scrape batter into a greased and floured 9" round cake pan. Bake for 45 minutes (or until a tester comes out clean).

## Blueberry Flax Gingerbread

<i>½ cup Grandma Molasses</i>	<i>1 ¾ cups flour (half whole grain half white works well)</i>
<i>½ tsp baking soda</i>	<i>¼ cup ground flaxseed</i>
<i>½ cup butter, softened</i>	<i>3 tsp baking powder</i>
<i>½ cup sugar</i>	<i>¼ tsp salt</i>
<i>1 egg</i>	<i>1 tsp cinnamon</i>
<i>½ cup milk</i>	<i>1 tsp ginger</i>
<i>½ tsp vanilla</i>	<i>1 cup blueberries</i>

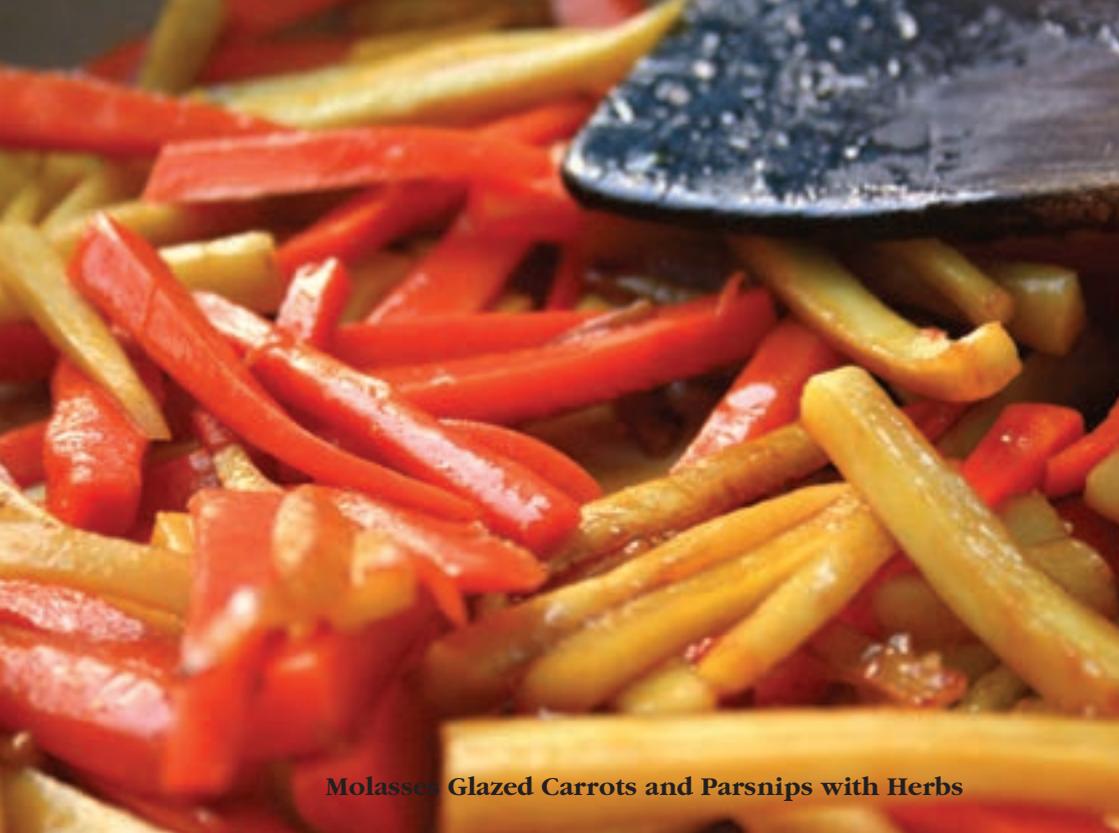
Preheat oven to 350°F. Grease an 8" round or square cake pan and line the bottom with parchment paper. Mix soda and molasses. Set aside.

In a medium bowl cream butter and sugar, then add the egg, vanilla and molasses mixture. Combine remaining dry ingredients. Add dry ingredients to butter mixture, alternating with the milk. Fold in the blueberries. Spread in prepared pan and bake at 350°F for about 45 minutes.



Blueberry Flax Gingerbread

# Vegetable 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 Grandma Molasses  
3 sprigs of marjoram or thyme  
(or 1 tsp dried)\*  
Sea salt and pepper to taste*

Slice the vegetables 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 Grandma 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

*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 dressing:

**Orange dressing:**  
*3 Tbsp cider vinegar*      *2 Tbsp Grandma Molasses*  
*1 tsp orange zest*      *⅔ cup oil (half olive oil,*  
*2 Tbsp orange juice*      *half walnut oil if you have it)*  
*2 ½ tsp Dijon mustard*      *Salt & pepper to taste*  
*½ tsp cumin (optional)*

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  
4 Tbsp vinegar (cider, sherry or  
red wine)  
2 Tbsp Grandma 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. Pour over spinach. Top with nuts and strawberries.



## Chili Molasses Sweet Potato Wedges

*4 medium sweet potatoes cut into wedges*

***Coating:***

*1 1/2 Tbsp olive oil*

*1 Tbsp Grandma 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.

# Main Dish Meals



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

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

*4 pork chops  
(or pork tenderloin slices)  
Salt & pepper to taste  
1-2 Tbsp olive oil  
½ cup cider or apple juice  
½ cup Grandma Molasses  
1 tsp dried thyme or*

*3-5 sprigs of fresh  
thyme  
2 tsp cider vinegar  
2 tsp Dijon mustard  
3 tart apples, peeled,  
cored and sliced into  
8-10 wedges each*

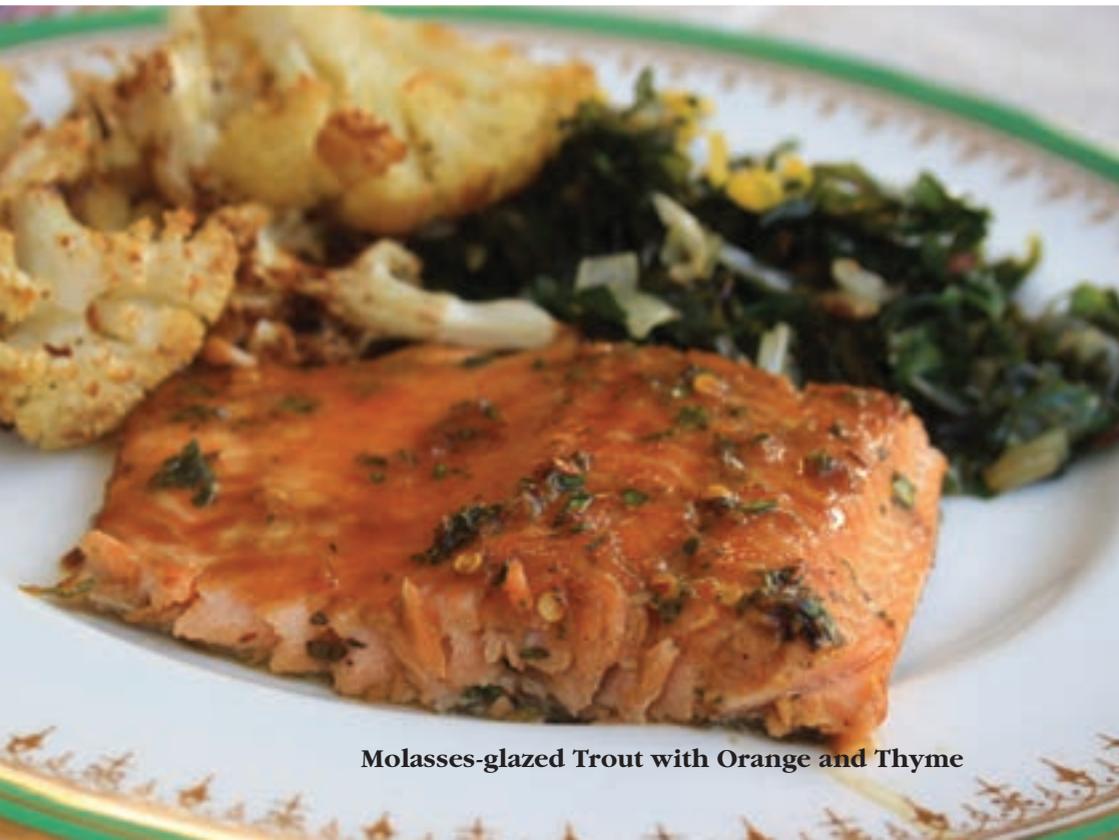
Pat chops dry, season with salt and pepper. In a good-sized sauté pan over medium, heat oil until it shimmers then add the pork chops. Cook 2-3 minutes each side until cooked through. (Take care not to overcook.) Remove chops to a plate and cover loosely with foil to keep warm. Add cider and molasses 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**

*¼ cup Grandma Molasses  
¼ tsp crushed  
red pepper flakes  
Zest from one orange*

*½ tsp dried thyme or  
1 ½ tsp of fresh thyme,  
chopped  
A pinch of sea salt  
Enough trout for 4 people*

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**



**Steak Kabobs with Molasses Chili Marinade**

## Steak Kabobs with Molasses Chili Marinade

<i>¼ cup brown sugar</i>	<i>1 Tbsp chili powder</i>
<i>¼ cup Grandma Molasses</i>	<i>¼ tsp freshly ground black pepper</i>
<i>3 Tbsp soy sauce</i>	<i>2 lbs steak, cut in 1"- 1 ½" cubes</i>
<i>2 Tbsp cider vinegar</i>	
<i>5 cloves garlic, minced</i>	
<i>1 Tbsp grated fresh ginger</i>	

In a medium bowl whisk together brown sugar, molasses, soy sauce, vinegar, garlic, ginger, chili powder and freshly ground black pepper until the sugar is dissolved. Place steak cubes in the marinade and toss them around with your hands until well coated. Refrigerate for 1-4 hours, covered, tossing occasionally. If using wooden skewers soak them in water for at least 30 minutes. Thread meat on skewers, leaving space in between the cubes so they cook evenly. Turn the oven to broil. Place the kabobs on a foil-lined cookie sheet and broil 4-6 inches from the heat. Turn after 3-4 minutes and then check for doneness after another 3-4 minutes. Continue cooking to your preference. Reserve the marinade and simmer in a small pot for 10 minutes. Strain and serve with the kabobs.



**Mom's Black Bean Turkey Chili**

## Mom's Black Bean Turkey Chili

<i>2 cups dried black turtle beans, soaked and cooked (or about 4 cups cooked)</i>	<i>1 Tbsp tomato paste</i>
<i>1-2 Tbsp Grandma Molasses</i>	<i>¼ cup chili powder</i>
<i>1 lb. ground turkey</i>	<i>¼ tsp dried chipotle (optional)</i>
<i>2 onions, diced</i>	<i>2 cans diced tomatoes</i>
<i>3 jalapenos</i>	<i>1 ½ cups broth</i>
<i>1 large red pepper, diced</i>	<i>2 tsp dried oregano</i>
<i>4 cloves garlic, pressed</i>	<i>¼ cup oil, divided</i>
	<i>Salt to taste</i>

Heat 2 Tbsp. of the oil in a large, heavy pot over medium heat and brown the ground turkey until it is no longer pink. Remove to a bowl.

In the same pot, heat the remaining 2 Tbsp. of oil and sauté the onions, jalapenos and red pepper. Add garlic, tomato paste and chili powder and stir to combine. Add tomatoes, turkey (with juices), beans and broth. Bring to a simmer, add oregano, molasses and salt to taste.



Easy Molasses and Soy Glazed Salmon

## Easy Molasses and Soy Glazed Salmon

*¼ cup soy sauce or tamari*      *Enough salmon for 4 people*  
*¼ cup Grandma Molasses*      *(fillets or steaks)*  
*2 Tbsp white wine or sherry*      *Chives or parsley to garnish*  
*A pinch of red pepper flakes or a*  
*few grinds of black pepper*

Combine first four ingredients. Place salmon in a dish and pour over half of the marinade. Let rest 30 minutes, flipping once.

Remove salmon from dish, discard marinade and place in a parchment lined baking pan. Brush with remaining marinade and bake in a 450°F oven for 5 minutes. Remove from oven, brush again with marinade and return to oven until done to your liking.

Brush with marinade before serving.



## Molasses-glazed Pork Tenderloin

*1 pork tenderloin, about 1-1 ½ lbs.*      *2 Tbsp chopped fresh*  
*2 Tbsp olive oil*      *oregano or 2 tsp dried*  
*¼ cup red currant jelly*      *(can substitute thyme or*  
*3 Tbsp Grandma Molasses*      *rosemary)*  
*2 cloves of garlic, sliced lengthwise*

Pre-heat oven to 350°F Warm the jelly and molasses in a small pot and whisk until well combined. Set aside. Season pork loin with salt and pepper. Cut little slices along the top of the tenderloin every inch and insert the garlic slices. Heat the oil in a fry pan and brown the pork loin until it is seared on all sides. Remove to a parchment-lined roasting pan and brush with glaze. Sprinkle with oregano and place in the oven. Baste with glaze every 10 minutes. Bake for about 25 minutes or until an instant read thermometer inserted into the thickest part reads 145°F. Remove from oven, cover and let rest for 15-20 minutes before slicing. Recipe from Food & Drink Magazine.



Molasses-glazed Pork Tenderloin



Molasses Glazed Grilled Shrimp

## Molasses Glazed Grilled Shrimp

<i>4 cloves garlic, minced</i>	<i>½ tsp dried oregano</i>
<i>½ cup Grandma 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. Grandma Molasses</i>	<i>½ tsp dried rosemary</i>
<i>1 Tbsp. Soy sauce or Tamari</i>	<i>(not ground)</i>
<i>2 Tbsp lemon juice</i>	<i>1 bay leaf</i>
<i>(about half a lemon)</i>	<i>2 Tbsp fresh parsley</i>
<i>Zest from half a lemon</i>	<i>or cilantro (chopped)</i>
<i>2 ½ tsp paprika</i>	<i>Dash of Worcestershire sauce</i>
<i>¼ tsp smoked paprika</i>	<i>1 to 1 ½ pounds firm</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 in the fridge for 30 minutes.

Place fish, marinade and all, in 450°F oven for 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 Grandma 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:

<i><u>Moroccan</u></i>	
<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>

<i><u>Mexican</u></i>	
<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.



## 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 Grandma 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 Grandma 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 5-8 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

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

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

<i>½ cup Grandma Molasses</i>	<i>½ cup minced onion</i>
<i>¼ cup Dijon mustard</i>	<i>½ tsp salt</i>
<i>½ cup chili sauce</i>	<i>½ tsp pepper</i>
<i>1 tsp Worcestershire sauce</i>	<i>½ cup beer</i>

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 Barbecue Sauce



Five-minute Chocolate Sauce



Quick Coffee Toffee Sauce

## Five-minute Chocolate Sauce

*1 cup whipping cream*  
*½ cup Grandma Molasses*  
*8 oz dark chocolate, broken into pieces*

In a sturdy pot melt chocolate in cream over low heat.

Remove from heat and stir in the molasses.

Stir well to combine. Cool and refrigerate.

For a sweeter sauce use chocolate chips.

---

## Quick Coffee Toffee Sauce

<i>½ cup water</i>	<i>2 Tbsp butter</i>
<i>1 Tbsp cornstarch</i>	<i>½ tsp vanilla</i>
<i>½ cup Grandma Molasses</i>	<i>½-1 tsp instant espresso powder or instant coffee*</i>
<i>2 Tbsp brown sugar</i>	

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

# Index

Apple Cranberry Crisp.....	33
Banana Bread.....	13
Banana Oat Muffins with Molasses .....	13
Beer Barbecue Sauce.....	61
Biscuits.....	7
Blondies.....	35
Blueberry Flax Gingerbread.....	39
Blueberry Wheatgerm Muffins.....	3
Boston Brown Bread Muffins .....	5
Brown Bread Muffins .....	5
Brown Butter Molasses Blondies.....	35
Cajun Haddock.....	53
Carrot Cabbage Slaw with Orange Molasses Dressing .....	43
Carrot Cake Muffins with Molasses Cream Cheese Icing .....	37
Chicken .....	59
Chili.....	49
Chili Molasses Sweet Potato Wedges .....	45
Chocolate Molasses Crinkles.....	21
Cranberry Sauce with Apple.....	61
Crinkles.....	21
Easy Apple Gingerbread.....	39
Easy Molasses and Soy Glazed Salmon.....	51
Easy Oatmeal Brown Bread.....	11
Espresso Gingerbread .....	33
Five-minute Chocolate Sauce .....	63
Ginger Chocolate Hermit Bars .....	19
Gingerbread .....	31, 33, 35, 39
Gingersnaps.....	25
Granola Bars.....	23
Haddock .....	53
Hermit Bars .....	17
Hermit Cookies .....	19
Ice-box Gingersnaps.....	25
Ila's Soft Molasses Cookies .....	19
Irish Soda Bread with Molasses.....	9
Katie's Fat Molasses Cookies .....	17
MJ's Blueberry Wheat Germ Muffins .....	3







Find us on  
Facebook

twitter

Pinterest

For additional recipes and information  
on molasses visit [www.melassegrandma.com](http://www.melassegrandma.com).



Grandma Foods Ltd.  
PO 2240, Saint John, NB E2L 3V4  
[www.melassegrandma.com](http://www.melassegrandma.com)

