



CANADA AGRICULTURE
AND FOOD MUSEUM

MAPLE SYRUP DESSERT BREAD

Ingredients

1 pkg or 1 tbsp (15 ml) yeast
2/3 cup (160 ml) warm water
1/3 cup (85 ml) maple syrup
2 tbsp (30 ml) skim milk powder
1 tbsp (15 ml) shortening
1/2 tsp (2.5 ml) salt
1 ½ cups (500 ml) all-purpose flour

Preparation

In a large bowl, add yeast and maple syrup to the warm water and let stand for 5 minutes. When yeast mixture is frothy, add shortening, skim milk powder and salt. Stir well. Add flour, one cup at a time until blended. Turn out onto floured board. Knead until it feels just right (about 10 minutes). Put back in bowl; let it rise in warm place. When doubled (1 hour or so), punch down and form into a loaf. Place in a loaf pan. Cover with cloth and let rise for 45 minutes or so. Bake for 30 minutes at 350°F (175 °C) in regular oven, a bit less in a convection oven.

Optional Icing

¾ cup (190 ml) icing sugar
1 tbsp (15 ml) milk
1 tbsp (15 ml) melted butter
1/3 tsp (1.5 ml) lemon juice

Mix icing ingredients in a small bowl. While the baked loaf is still warm, spread icing on it. Let cool before slicing.

Yield: 1 loaf

