



July 1, 2015

Celebrate Canada with a maple-inspired brunch

Today marks Canada's 148th birthday, and what better way to celebrate Canada's heritage than with a maple-inspired themed menu?

Our deliciously sweet Maple Scone with soft Spicy Maple Butter, pairs perfectly with a morning coffee or tea.

For the main event, serve Bacon and Cheddar Pancakes, with a side of our Maple Glazed Bacon. The bacon makes for an easy clean-up because it's baked in the oven. For guidance on How-to Bake Bacon in the Oven, visit our YouTube Channel: www.YouTube.com/theBlueFlameKitchen.

The sharpness of the cheddar cheese in the pancakes, combined with the sweetness of the bacon elevates this meal to a level that's truly award worthy.

Happy Canada Day!

MAPLE SCONES

3 cups (750 mL) flour
1/4 cup (50 mL) firmly packed brown sugar
1 1/2 tsp (7 mL) baking powder
1/2 tsp (2 mL) baking soda
1/2 tsp (2 mL) salt
3/4 cup (175 mL) chilled butter, cubed
1/2 cup (125 mL) whipping cream
1/2 cup (125 mL) maple syrup
1/4 tsp (1 mL) maple extract
Spicy Maple Butter (Recipe follows)

Combine flour, brown sugar, baking powder, soda and salt in a bowl. Add butter and rub in with fingers until mixture resembles a coarse meal. Stir together cream, syrup and maple extract. Add cream mixture to flour mixture, stirring just until combined. Knead dough 5 times on a lightly floured surface. Dough will be slightly sticky. Using floured hands, pat into an 8 inch (20 cm) round. Cut dough into 8 wedges. Place wedges 2 inches (5 cm) apart on an ungreased cookie sheet. Bake at 375°F (190°C) for 20 - 25 minutes or until light golden brown. Cool on racks. Scones may be baked 24 hours in advance or frozen for up to 1 month. Serve with Spicy Maple Butter. Makes 8 scones.

ATCO Blue Flame Kitchen has provided Albertans with reliable answers to everyday household questions for more than 85 years. Visit us online for great recipes, how-to videos, kitchen safety tips and more at www.atcoblueflamekitchen.com or call 1.877.420.9090 toll-free.



Spicy Maple Butter

1/2 cup (125 mL) butter, softened
2 tbsp (25 mL) maple syrup
1/4 tsp (1 mL) hot pepper sauce

Combine all ingredients in a small bowl until smooth.

BACON AND CHEDDAR PANCAKES

1 1/2 cups (375 mL) flour
1/2 cup (125 mL) cornmeal
2 tsp (10 mL) baking powder
1/2 tsp (2 mL) baking soda
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) cayenne pepper
1 1/2 cups (375 mL) buttermilk
1/2 cup (125 mL) sour cream
2 eggs, separated
1 cup (250 mL) shredded cheddar cheese
1/2 cup (125 mL) crumbled cooked bacon
2 tbsp (25 mL) finely chopped green onion
Maple syrup

Combine first 6 ingredients (flour through cayenne pepper) in a bowl. Whisk together buttermilk, sour cream and egg yolks until blended. Add buttermilk mixture to flour mixture and stir just until combined. Do not overmix.

Using medium speed of an electric mixer, beat egg whites until soft peaks form. Fold a third of beaten egg whites into batter to lighten. Gently fold in remaining beaten egg whites. Fold in cheese, bacon and green onion just until combined.

Using 1/4 cup (50 mL) batter for each pancake, spoon batter, spreading lightly, onto a lightly greased griddle over medium heat. Cook pancakes until golden brown, about 2 minutes per side. Serve with maple syrup. Makes about 16.



MAPLE GLAZED BACON

1 lb (500 g) sliced bacon
1/3 cup (75 mL) maple syrup
1 tsp (5 mL) freshly ground pepper

Separate bacon slices and place in a heavy plastic bag. Combine syrup and pepper. Pour over bacon. Gently squeeze and turn bag to coat bacon with mixture. Line a large jelly-roll pan with foil. Place a rack in pan. Arrange bacon on rack, overlapping if necessary. Bake at 350°F (180°C) for 45 - 50 minutes or until bacon is crisp. Do not overbake. Serves 6 - 8.