Eating well when you’re busy can seem 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 Oland
Crosby’s Molasses Kitchen

Crosby’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.

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MJ’s Blueberry Wheat Germ Muffins

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

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.
Boston Brown Bread Muffins

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

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.

<table>
<thead>
<tr>
<th>Boston Brown Bread Muffins</th>
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<tbody>
<tr>
<td>½ cup rye flour</td>
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<tr>
<td>½ cup yellow cornmeal</td>
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<tr>
<td>½ cup all-purpose</td>
</tr>
<tr>
<td>or whole wheat flour</td>
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<tr>
<td>¾ tsp salt</td>
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<tr>
<td>1 ½ tsp baking soda</td>
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<tr>
<td>1 egg</td>
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<table>
<thead>
<tr>
<th>Warming Porridge with Cinnamon and Molasses</th>
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</thead>
<tbody>
<tr>
<td>1 cup old fashioned rolled oats</td>
</tr>
<tr>
<td>3 cups water or milk</td>
</tr>
<tr>
<td>Crosby’s Fancy Molasses (to taste)</td>
</tr>
<tr>
<td>Cinnamon (to taste)</td>
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<tr>
<td>Walnuts</td>
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</table>
Molasses Biscuits
Adapted from “150 Essential Whole Grain Recipes”

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

Put the 1/2 cup oats in a 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 1/2 Tbsp vinegar in a measuring cup and fill it to the 1 3/4 cup mark with milk. Let sit for 5 minutes before using. Or put 1/4 cup plain yogurt in a measuring cup and fill to the 1 1/4 cup mark with milk. Stir well.
Easy Oatmeal Brown Bread

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>2 cups boiling water</td>
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<tr>
<td>2 Tbsp butter</td>
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<tr>
<td>2 tsp salt</td>
<td></td>
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<tr>
<td>1 cup rolled oats</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp dry yeast</td>
<td></td>
</tr>
<tr>
<td>1 cup warm water</td>
<td></td>
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<tr>
<td>2 tsp sugar</td>
<td></td>
</tr>
<tr>
<td>⅔ cup Crosby’s Fancy Molasses</td>
<td></td>
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<tr>
<td>6 cups flour</td>
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</table>

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**

| ½ cup butter, melted, or canola oil | ¼ cup whole wheat or spelt flour |
| ¼ cup sugar | 1 ¼ cups flour |
| ½ cup Crosby's Fancy Molasses | 1 tsp baking powder |
| 2 eggs | ½ tsp baking soda |
| 3 Tbsp yogurt or soured milk* | ½ tsp salt |
| 2 tsp vanilla | 1 tsp cinnamon |
| 3 ripe bananas, mashed (about 1 - 1 ¼ cups) | ½ tsp nutmeg |

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.

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**Banana Oat Muffins with Molasses**

| ½ cup butter, softened | 1 tsp baking soda |
| ¼ cup sugar | ½ tsp salt |
| 2 large eggs | 1 tsp cinnamon |
| 3 ripe bananas, mashed (approximately 1 ½ cups) | ½ tsp nutmeg |
| ½ cup Crosby’s Fancy Molasses | 1 ½ cups flour, (can use half whole grain) |
| ½ cup plain yogurt or buttermilk | ¼ cup rolled oats |

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

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.
**Mom’s Chewy Hermit Bars**

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**

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**

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:**

<table>
<thead>
<tr>
<th>½ cup icing sugar</th>
<th>1 Tbsp milk</th>
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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.

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**Ila’s Soft Molasses Cookies**

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.
Chocolate Molasses Crinkles
From www.marthastewart.com

Preheat oven to 325°F. Line 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

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.
Vanessa’s Crispy Almond Butter Granola Bars

| 2 cups rolled oats (not instant) | ½ cup slivered almonds, pumpkin seeds or sunflower seeds (or a combination) |
| 2 cups Rice Krispies cereal     | ½ cup dark chocolate chips or dried cranberries (or ¼ cup of each) |
| ¼ cup ground flax seed         |                                                                 |
| ½ cup Crosby’s Fancy Molasses  |                                                                 |
| ½ cup brown sugar              |                                                                 |
| ½ cup almond butter            |                                                                 |

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

5 Tbsp butter (or coconut oil)  
3 Tbsp brown sugar  
¼ cup Crosby’s Fancy 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  
½ cup brown sugar  
½ cup Crosby’s Fancy 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.
Spiced Chocolate Almond Brownies

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

| 1 cup dark chocolate chips or coarsely chopped bittersweet chocolate | 2 eggs |
| ½ cup butter, cut into pieces | 1 cup sugar |
| ¼ cup Crosby’s Fancy Molasses | 1 tsp vanilla |
| 2 Tbsp unsweetened cocoa powder | ½ tsp baking powder |
| ¼ tsp salt | ¼ tsp salt |
| 1 cup flour |

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.
**Whole Wheat Applesauce Cake**  
(adapted from Martha Stewart Everyday Food)

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**

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.
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.

**Filling:** Place the apples and cranberries in a medium casserole dish. Pour over the molasses, sprinkle with cinnamon and dab with the butter.

**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.
Brown Butter Molasses Blondies

- 1 cup butter
- 1 1/2 cups brown sugar
- 1/2 cup Crosby's Fancy Molasses
- 2 eggs (at room temperature)
- 1 tsp vanilla
- 1 cup whole wheat pastry flour
- 1 tsp baking soda
- 1 tsp ginger
- 1/2 tsp salt
- 1/2 to 1/4 cup chocolate chips

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

- 2 cups flour
- 1 cup brown sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1 1/2 tsp ginger
- 1/2 cup butter, melted
- 1 cup milk
- 1/2 cup Crosby's Fancy Molasses
- 2 eggs, beaten
- 2 tsp vanilla
- 2-3 peaches, peeled, quartered and thinly sliced

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.
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**

- 1 – 250 g package of cream cheese, softened
- 2 Tbsp butter, softened
- 3-4 Tbsp Crosby’s Fancy Molasses
- 1 tsp. vanilla

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

- ½ cup oil
- 2 cups flour
- 1 ½ tsp baking soda
- 1 tsp ginger
- 1 tsp cinnamon
- ½ tsp cloves
- ½ tsp salt
- ½ cup Crosby’s Fancy Molasses
- ½ cup brown sugar
- 1 egg
- ½ tsp vanilla
- ½ cup boiling water

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

- ½ cup Crosby’s Fancy Molasses
- ½ tsp baking soda
- ½ cup butter, softened
- ½ cup sugar
- 1 egg
- ½ cup milk
- ½ tsp vanilla
- 1 ¾ cups flour (half whole grain half white works well)
- ¾ tsp ground flaxseed
- 3 tsp baking powder
- ¼ tsp salt
- 1 tsp cinnamon
- 1 tsp ginger
- 1 cup blueberries

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.
Molasses Glazed Carrots and Parsnips with Herbs

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

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.
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
½ cup currants

Combine and toss with this dressing:

**Orange dressing:**
3 Tbsp cider vinegar
1 tsp orange zest
2 Tbsp orange juice
2 ½ tsp Dijon mustard
½ tsp cumin (optional)

2 Tbsp Crosby’s Fancy Molasses
½ cup oil (half olive oil, half walnut oil if you have it)
Salt & pepper to taste

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

Enough baby spinach
to feed your crew
2-3 Tbsp toasted pine nuts
1 pint of strawberries,
washed & sliced

Molasses vinaigrette:
½ cup olive oil
4 Tbsp vinegar (cider, sherry or red wine)
2 Tbsp Crosby’s Fancy Molasses
4 tsp Dijon mustard
½ 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:
1½ Tbsp olive oil
1 Tbsp Crosby’s Fancy Molasses
¼ to ½ tsp salt
1 tsp brown sugar
1 Tbsp chili powder
¼ tsp dried chipotle peppers (or more if you like heat)

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.
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 Crosby’s Fancy Molasses
1 tsp dried thyme or ¾ tsp dried thyme or
½ tsp crushed red pepper flakes
Zest from one orange
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 Crosby’s Fancy 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.
### Steak Kabobs with Molasses Chili Marinade

| ¼ cup brown sugar | 1 Tbsp chili powder |
| ¼ cup Crosby's Fancy Molasses | ¼ tsp freshly ground black pepper |
| 3 Tbsp soy sauce | 2 lbs steak, cut in 1”- 1 ½” cubes |
| 2 Tbsp cider vinegar | |
| 5 cloves garlic, minced | |
| 1 Tbsp grated fresh ginger | |

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

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

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

- % cup soy sauce or tamari
- % cup Crosby’s Fancy Molasses
- 2 Tbsp white wine or sherry
- 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 olive oil
% cup red currant jelly
3 Tbsp Crosby’s Fancy Molasses
2 cloves of garlic, sliced lengthwise
2 Tbsp chopped fresh oregano or 2 tsp dried (can substitute thyme or rosemary)

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 scared 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 Grilled Shrimp

4 cloves garlic, minced  
½ cup Crosby’s Fancy Molasses  
2 Tbsp olive oil  
1 Tbsp Worcestershire sauce  
½ tsp dried thyme  
1 tsp paprika

½ cup olive oil  
1 clove garlic, pressed or minced  
½ onion, diced  
1 Tbsp. Crosby’s Fancy Molasses  
1 Tbsp. Soy sauce or Tamari  
2 Tbsp lemon juice  
(about half a lemon)  
Zest from half a lemon  
2 ½ tsp paprika  
½ tsp smoked paprika

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

½ cup olive oil  
1 clove garlic, pressed or minced  
½ onion, diced  
1 Tbsp. Crosby’s Fancy Molasses  
1 Tbsp. Soy sauce or Tamari  
2 Tbsp lemon juice  
(about half a lemon)  
Zest from half a lemon  
2 ½ tsp paprika  
½ tsp smoked paprika

½ tsp dried oregano  
¼ tsp cayenne  
Pinch of sea salt  
freshly ground pepper, to taste  
2 Tbsp water  
1 ½ lbs raw shrimp, peeled

Pinch of cayenne  
(or more if you like)  
1 tsp dried thyme  
½ tsp dried rosemary  
(not ground)  
1 bay leaf  
2 Tbsp fresh parsley  
or cilantro (chopped)  
Dash of Worcestershire sauce  
1 to 1 ½ pounds firm  
white fish (haddock or cod)

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.
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
⅛ tsp cayenne
1 tsp freshly ground black pepper
1 tsp salt

Slather:
½ cup Crosby’s Fancy Molasses
½ cup ketchup
2 large cloves of garlic, minced
1 ¼ 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

<table>
<thead>
<tr>
<th>3-4 lbs of chicken pieces</th>
<th>Slather:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rub:</strong></td>
<td>½ cup Crosby’s Fancy Molasses</td>
</tr>
<tr>
<td>½ Tbsp onion powder</td>
<td>½ cup ketchup</td>
</tr>
<tr>
<td>1 tsp garlic powder</td>
<td>2 large cloves of garlic, minced</td>
</tr>
<tr>
<td>1 tsp paprika</td>
<td>1 ½ tsp Dijon mustard</td>
</tr>
<tr>
<td>½ tsp smoked paprika</td>
<td>1 Tbsp cider vinegar</td>
</tr>
<tr>
<td>¼ tsp cayenne</td>
<td>2 Tbsp fresh cilantro, chopped</td>
</tr>
<tr>
<td>½ tsp freshly ground black pepper</td>
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</table>

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.
Cranberry Sauce with Apple
Adapted from The New York Times Cookbook

1 pound of cranberries, picked over and washed
1 1/2 cups sugar
1/2 cup Crosby’s Fancy Molasses
2 apples, peeled, cored and diced

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

1/2 cup Crosby’s Fancy Molasses
1/2 cup Dijon mustard
1/2 cup chili sauce
1 tsp Worcestershire sauce
1/2 tsp cinnamon
1/8 tsp allspice
1/8 tsp ground cloves
1/2 tsp salt
1/2 tsp pepper
1/2 cup minced onion
1/2 cup beer

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.)
Five-minute Chocolate Sauce

| 1 cup whipping cream |
| ½ cup Crosby’s Fancy 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

| ½ cup water |
| 1 Tbsp cornstarch |
| ½ cup Crosby’s Fancy Molasses |
| 2 Tbsp brown sugar |
| 2 Tbsp butter |
| ½ tsp vanilla |
| ½-1 tsp instant espresso powder or instant coffee* |

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.

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### Measuring Equivalents

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Conversion</th>
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<tbody>
<tr>
<td>1 tablespoon</td>
<td>= 3 teaspoons</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>= 1 ounce</td>
</tr>
<tr>
<td>16 tablespoons</td>
<td>= 1 cup</td>
</tr>
<tr>
<td>1 cup</td>
<td>= 8 ounces</td>
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<td>1 cup</td>
<td>= 250 ml</td>
</tr>
<tr>
<td>1 kg</td>
<td>= 2.2 lbs</td>
</tr>
<tr>
<td>1 cup</td>
<td>= 1/2 pint</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>= 5 ml</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>= 15 ml</td>
</tr>
<tr>
<td>1 litre</td>
<td>= 35 ounces</td>
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</tbody>
</table>

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Fancy Molasses

The highest grade of molasses available, fancy molasses is the pure juice of the sugar cane, condensed, inverted and purified. It is 100% natural and contains no additives or preservatives. It is lighter in colour than the other molasses products, and the flavour is tangy sweet. All the recipes in this cook book are made with fancy molasses.

Cooking Molasses

Cooking molasses is a blend of blackstrap and fancy molasses. It is thicker and darker than fancy molasses - less sweet, with a more “full-flavoured” taste. Any product made with cooking molasses will have a much more robust “molasses” flavour than if fancy molasses is used.

Blackstrap Molasses

Blackstrap molasses is the highly-concentrated, final by-product of the refined sugar manufacturing process. As the sugar crystallizes, the residual cane juice thickens into a dark mass and is separated out through a centrifuge. The resulting molasses is very dark with a robust, somewhat bitter flavour. Like fancy molasses, it is a pure product and contains no added sulphates or sulphites. Blackstrap molasses is recognized for its health benefits and is an excellent source of many minerals and nutrients including iron, magnesium and calcium.

We Don’t Add Sulfur

Sulphur dioxide and/or sulfites used to be added to molasses as a preservative or bleaching agent and causes an unpleasant aftertaste. Crosby’s does not add sulphur to any of our products.