

COOK • BAKE • BBQ



CROSBY'S SINCE 1879



# SIMPLE FARE

30 Everyday Recipes



SOMETIMES SLOW  
IS A GOOD THING

# COOKING WITH CROSBY'S FANCY MOLASSES

In the rush of everyday life, do you find yourself craving the “slow”, those unhurried minutes where you have time to spend with family, friends, or just yourself?

This new collection of recipes is a reminder that cooking can be a way to slow down, to unwind. It's a way to create spaces of calm in a busy life, whether you're making a batch of cookies or a 30-minute meal. And cooking even the simplest recipe is the entree to that other gift of the slow – reconnecting.

Savouring the slow in cooking is really about savouring the whole experience: the preparing and sharing of food that is nourishing in so many ways. So let's upend that notion that food prep is a stressful rush. Instead, think of it as a way to stop and smell the flowers.

With these simple, everyday recipes we're inviting you to unwind around the table, because sometimes slow is a good thing.

Here's to finding the slow in 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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## BUCKWHEAT FLAPJACKS WITH MOLASSES MAPLE SYRUP



## BUCKWHEAT FLAPJACKS WITH MOLASSES MAPLE SYRUP

Makes 14-16 pancakes

**Whisk.** Whisk dry ingredients together in a bowl. In another bowl whisk the molasses, eggs, oil, and buttermilk.

**Combine.** Add wet to dry and combine well.

**Brush.** Warm a fry pan over medium and brush lightly with oil. Using a ¼ cup measure pour batter into hot pan.

**Cook.** Cook until covered with bubbles then flip.

*\*If you're using stone ground whole wheat or spelt flour the batter may feel thin but the pancakes will cook up just fine.*

¾ cup buckwheat flour  
¾ cup flour (can use spelt or whole wheat\*)  
1 tsp baking powder  
½ tsp baking soda  
½ tsp salt  
¼ cup Crosby's Fancy Molasses  
2 eggs  
3 Tbsp oil or melted butter (plus more for the pan)  
1 ¾ cups buttermilk

### Molasses Maple Syrup

½ cup real maple syrup  
1 Tbsp Crosby's Fancy Molasses

*Combine in a pitcher and stir well.*

## LEMON POPPY SEED MUFFINS



## LEMON POPPY SEED MUFFINS

Makes 14 muffins

**Prep.** Preheat oven to 400°F and line muffin tins with papers.

**Whisk.** In a large bowl whisk together flour, sugar, baking powder, baking soda, ginger, poppy seeds, lemon zest & salt.

**Whisk.** In a medium bowl whisk together eggs with the milk, molasses, vanilla, lemon juice and melted butter.

**Stir.** Add liquid mixture to dry ingredients and stir gently just until the flour is moistened. (Mixing should be held to a minimum – a light stirring for 10 to 20 seconds. Batter will be lumpy and will break into coarse globs.

**Fill.** Spoon into muffin cups and fill to the top.

**Bake.** Bake at once until golden brown, 13-15 minutes.

3 cups flour, spooned in  
¾ cup white sugar  
1 Tbsp baking powder  
¼ tsp baking soda  
½ tsp ginger  
¼ tsp salt  
3 Tbsp poppy seeds  
Zest of one lemon  
3 large eggs  
1 cup milk  
¼ cup Crosby's Fancy Molasses  
1 tsp vanilla  
Juice of one lemon (3 Tbsp)  
½ cup butter, melted

### Lemon glaze:

Juice of half a lemon (1 ½ Tbsp)  
About ¾ cup icing sugar

## SARAH'S 3-HOUR BROWN BREAD

*Makes two large loaves*

**Dissolve.** In a small bowl dissolve sugar in warm water and sprinkle over the yeast. Leave for 5-10 minutes.

**Mix.** In a large bowl mix molasses, rolled oats, butter and salt.

**Whisk.** Add 1 cup boiling water, whisk, and then add 1 cup cold water.

**Stir.** Stir in yeast mixture.

**Knead.** Add flour gradually and scrape dough onto a floured surface to knead in the final cup of flour.

**Cut.** Cut dough in half and place in two large bread pans that have been well greased or lined with parchment paper.

**Rise.** Cover each pan with a dishtowel and set in a warm place to rise until almost double in size (about 1 1/2 hours).

**Bake.** Remove dishtowels and bake at 325°F for about an hour.

**Cool.** When ready, remove from oven and let cool about five minutes before removing from pans to cool.

1 cup warm water  
 1 tsp sugar  
 1 Tbsp yeast  
 3/4 cup Crosby's Fancy Molasses  
 1 cup rolled oats  
 2 Tbsp butter  
 2 tsp salt  
 1 cup boiling water  
 1 cup cold water  
 2 cups whole wheat flour  
 (spooned in)  
 4 1/2 cups flour (spooned in)

## WHOLE WHEAT MOLASSES BANANA BREAD

*Makes one large loaf*

**Prep.** Preheat oven to 350°F and grease a large loaf pan or line it with parchment paper.

**Combine.** In a large bowl combine the melted butter with the sugar and stir well.

**Add.** Add the molasses and then the eggs, one at a time.

**Stir.** Stir in the yogurt, vanilla and then the mashed banana.

**Combine.** In a separate bowl combine the flour, baking powder, baking soda, salt and spices.

**Stir.** Add the dry ingredients to the wet ingredients and stir gently, just until combined. (Take care not to over mix.)

**Bake.** Bake at 350°F for 50-60 minutes.

**Cool.** Let cool in pan 10 minutes before upending on cooling rack.

*\*To sour the milk, add 1/4 tsp. of vinegar to the 3 Tbsp. of milk and let sit for five minutes.*

1/2 cup butter, melted, or canola oil  
1/4 cup sugar  
1/3 cup Crosby's Fancy Molasses  
2 eggs  
3 Tbsp yogurt or soured milk\*  
2 tsp vanilla  
3 ripe bananas, mashed  
(about 1-1 1/4 cups)  
3/4 cup whole wheat flour  
(spooned in)  
1 1/4 cups flour (spooned in)  
1 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp salt  
1 tsp cinnamon  
1/2 tsp nutmeg

## BLUEBERRY BRAN MUFFINS



## BLUEBERRY BRAN MUFFINS

Makes 12-14 muffins

**Prep.** Preheat the oven to 350°F and prepare muffin pan.

**Whisk.** In a large bowl whisk together the flour with the salt, baking powder, baking soda and cinnamon. In a medium bowl whisk the yogurt with the sugar, molasses and honey. Whisk in the eggs and vanilla.

**Combine.** Stir the wet ingredients into the dry and mix gently until almost combined.

**Stir.** Stir in the wheat bran in two additions. Stir in the blueberries and mix until evenly distributed.

**Bake.** Spoon into prepared muffin pan and bake for 25-30 minutes if using fresh berries. Bake for 30-35 minutes if using frozen blueberries.

1 cup flour  
¼ tsp salt  
½ tsp baking powder  
½ tsp baking soda  
½ tsp ground cinnamon  
¾ cup plus 2 Tbsp. plain yogurt  
½ cup sugar  
6 Tbsp Crosby's Fancy Molasses  
2 Tbsp honey  
2 eggs, lightly beaten  
1 teaspoon vanilla  
2 ½ cups wheat bran  
1½ cups blueberries

## GIANT GINGER COOKIES



## GIANT GINGER COOKIES

Makes 18 giant cookies

**Prep.** Preheat oven to 350°F. Line cookie sheets with parchment paper.

**Whisk.** In a medium bowl, whisk together flour, baking soda, salt and spices. In a large bowl cream butter, brown sugar, and 1/2 cup granulated sugar until light and fluffy.

**Beat.** Beat in molasses and egg.

**Combine.** Gradually stir in flour mixture until just combined. Flatten into a disk, wrap in plastic, and freeze for 20 minutes.

**Divide.** Divide dough into 18 balls. Place remaining 1/3 cup granulated sugar in a bowl. Roll balls in sugar to coat; place at least 4 inches apart on prepared baking sheets (I had about 6 cookies per sheet). Using the bottom of a glass, flatten into 2-inch rounds. Sprinkle with sugar remaining in bowl.

**Bake.** Bake until brown, 12 to 15 minutes. Cool on a wire rack.

2 ½ cups flour, spooned in  
2 ¼ tsp baking soda  
¼ tsp salt  
1 Tbsp ginger  
½ tsp allspice  
¾ cup butter, room temperature  
½ cup packed light-brown sugar  
½ cup sugar, plus ⅓ cup for coating  
6 Tbsp Crosby's Fancy Molasses  
1 large egg

## AUNT MARCIA'S SOFT MOLASSES THUMBPRINT COOKIES

Makes 2 ½ to 3 dozen.

**Prep.** Preheat oven to 350°F and line cookie sheets with parchment paper.

**Combine.** In a large bowl cream butter and sugar. Add egg and beat well. Add molasses and tea mixture and beat until well combined.

**Mix.** In another bowl combine the ginger, cream of tartar and flour (start with 2 ½ cups). Add dry to wet ingredients and mix well.

**Knead.** Scrape dough out onto a lightly floured counter and gently knead in additional flour until the dough is no longer sticky. Roll out ¼" thick and cut into rounds.

**Fill.** With your thumb press a gentle dent in the top of the cookie and fill with ½ tsp of jam.

**Bake.** Bake for 10-14 minutes.

¾ cup brown sugar  
½ cup butter  
1 egg  
½ cup Crosby's Fancy Molasses  
¼ cup strong tea with 1 ½ tsp  
baking soda  
1 ½ tsp ginger  
½ tsp cream of tartar  
¼ tsp salt  
2 ½ - 3 cups flour  
(plus more for rolling out)  
Jam (optional)

## PEANUT BUTTER MOLASSES COOKIES

Makes about 2 1/2 dozen cookies

**Prep.** Preheat oven to 325°F. Line cookie sheets with parchment paper.

**Whisk.** In a large bowl, whisk together 2 cups of the flour, baking soda, cinnamon, ginger, cloves, and salt. In another large bowl, beat together the molasses, butter, peanut butter brown sugar until smooth. Beat in the egg.

**Combine.** Stir in the flour mixture a cup at a time and mix until combined. (Add extra ¼ cup of flour if dough seems too soft).

**Shape.** Shape the dough into 1 ½ inch balls and place about 2 inches apart on the cookie sheets. Press with the tines of a fork in a criss-cross pattern.

**Bake.** Bake 11-13 minutes or until edges are firm.\*

*\*If you're adding the chocolates: When there are 5 minutes left, remove the pan from the oven and quickly place the chocolates. Return pan to the oven to finish baking.*

2 to 2 ¼ cups flour  
 2 tsp baking soda  
 1 tsp cinnamon  
 1 tsp ginger  
 ½ tsp cloves  
 ¼ tsp salt  
 ¼ cup Crosby's Fancy Molasses  
 ¼ cup butter, softened  
 ½ cup peanut butter  
 1 cup packed brown sugar  
 1 egg  
 30 chocolate "kisses"  
 or "hugs" (optional)\*

## BAKERY-STYLE MOLASSES COOKIES

Makes 20-22 cookies

**Prep.** Preheat oven to 375°F. Line baking sheets with parchment paper.

**Mix.** Melt butter in a medium-sized pot. When just melted remove from heat and stir in the white and brown sugar. Stir in the molasses then the egg, mixing well.

**Combine.** Stir in flour, baking soda, cinnamon, ginger, cloves, and salt just until combined.

Place rolling sugar in a small bowl.

**Scoop.** Scoop dough by the tablespoonful and roll into balls. Roll in sugar and set on prepared sheet, about 2" apart.

**Bake.** Bake 10-12 minutes. Once set, remove to wire racks and let cool completely.

½ cup butter  
 ⅓ cup sugar  
 ¼ cup (packed) dark brown sugar  
 ⅓ cup Crosby's Fancy Molasses  
 1 egg  
 2 cups flour, spooned in  
 2 tsp baking soda  
 1½ tsp cinnamon  
 1 tsp ginger  
 ½ tsp cloves  
 ¼ tsp salt  
 Sugar for rolling



## NO-FUSS CRISPY CRANBERRY ALMOND GRANOLA BARS

*Makes 18 generous bars*

**Prep.** Line a 9"x9" pan with parchment paper or grease it well.

**Combine.** Combine the oats, rice cereal, cranberries and almonds in a large bowl.

**Melt.** Melt butter, molasses and brown sugar in a saucepan over medium heat.

**Boil.** Bring to a gentle boil and cook 2 minutes. Remove from heat and stir in vanilla extract (it will sputter).

**Stir.** Pour hot syrup over the oat mixture and stir to combine.

**Cool.** Allow to cool for a minute then stir in chopped chocolate. Press mixture firmly (and I mean firmly) into prepared pan and ensure it gets right to the edges. (Try laying a sheet of parchment paper overtop to make it easier to press down).

Refrigerate until set and cut into bars.

2 cups old fashioned rolled oats  
2 cups crisp rice cereal  
½ cup dried cranberries  
1 cup whole almonds, toasted  
⅓ cup butter  
⅓ cup Crosby's Fancy Molasses  
⅓ cup brown sugar, packed  
½ tsp vanilla extract  
4½ oz (125 grams) coarsely  
chopped dark chocolate

## CHEWY COCONUT CRANBERRY GRANOLA BARS



## CHEWY COCONUT CRANBERRY GRANOLA BARS

Makes 18 generous bars

**Prep.** Line a 9"x9" pan with parchment paper or grease it well.

**Combine.** In a large bowl combine oats, coconut, sunflower seeds, pumpkin seeds, flax and dried cranberries.

**Simmer.** In a medium saucepan over medium low heat, combine the molasses and peanut butter (or almond butter). Bring just to a simmer and remove from heat. Stir in vanilla and coconut oil.

**Stir.** Pour molasses mixture over oats-seed mixture and stir until well combined.

**Spread.** Scrape mixture into prepared pan, spread it evenly and press into pan as firmly as possible.

**Melt.** Melt chocolate and spread on top. Refrigerate until firm.

**Cool.** Cut into bars. Store in a cool place.

2 cups rolled oats, pulsed in the food processor a few times  
¾ cup unsweetened coconut flakes  
½ cup sunflower seeds  
½ cup pumpkin seeds  
1 Tbsp ground flax  
½ cup dried cranberries, coarsely chopped  
½ cup Crosby's Fancy Molasses  
½ cup creamy natural peanut butter or almond butter  
2 tsp coconut oil  
1 tsp vanilla  
½ cup chocolate chips to melt and spread on top (optional)

## ORANGE SPICE GINGERBREAD



## ORANGE SPICE GINGERBREAD

**Prep.** Preheat oven to 350°F and line a 9"x9" pan with parchment paper.

**Whisk.** In a medium bowl, whisk together flour, baking soda, baking powder, salt and spices.

**Stir.** In a large bowl cream butter and sugar then beat in egg and molasses. Stir in orange zest.

**Stir.** Gradually stir the dry ingredients into the creamed mixture. Stir in the hot water.

**Pour.** Pour into a prepared pan.

**Bake.** Bake at 350°F until a tester comes out clean, 40-45 minutes.

½ cup of white sugar  
½ cup of butter, softened  
1 egg  
1 cup of Crosby's Fancy Molasses  
Zest of 1-2 oranges  
2 ½ cups of flour (spooned in)  
1 ½ tsp baking soda  
1 tsp baking powder  
½ tsp salt  
1 tsp cinnamon  
1 ½ tsp ginger  
¼ tsp cloves  
¼ tsp cardamom  
1 cup of hot water

## CHOCOLATE SWIRL GINGERBREAD

**Prep.** Preheat oven to 350°F. Butter an 8" x 8" pan or line it with parchment paper.

**Combine.** In a large bowl combine flour, brown sugar, ginger, baking powder, salt, pepper, and cloves.

**Melt.** Combine the butter and water in a pan and warm over medium heat until the butter melts. Stir in molasses then egg

**Whisk.** Pour butter mixture into dry ingredients and stir just until combined. (Don't over mix.)

**Pour.** Pour half the batter into the prepared pan.

**Drizzle.** Using a spoon, drizzle half the chocolate over the batter. Pour remaining batter on top, and drizzle the remaining chocolate over in a zigzag pattern (or in strips about 1 1/2" apart.)

**Design.** Draw a butter knife through the batter (perpendicular to the chocolate lines) to make a design.

**Bake.** Bake 30-35 minutes until the top springs back when lightly touched.

1 1/2 cups flour\* (spooned in)  
 1/2 cup packed brown sugar  
 1 1/2 tsp ginger  
 1 tsp baking powder  
 1/4 tsp salt  
 1/8 tsp black pepper (optional)  
 1/8 tsp ground cloves  
 1/2 cup butter  
 1/2 cup water  
 1/2 cup Crosby's Fancy Molasses  
 1 egg, lightly beaten  
 2 ounces bittersweet chocolate,  
 melted  
 \* Can use 1/2 cup whole wheat  
 pastry flour

## MOLASSES BUTTER TARTS

Makes 12 butter tarts

### Instructions for the pastry:

In a food processor combine the flour, sugar and salt.

Add the butter and pulse until it is cut into pea-sized pieces. Add cold water and pulse until pastry starts to come together. Turn out onto a lightly floured counter and gather together, kneading ever so lightly if that's what it takes to form it into a ball. Pat into a disk and chill for at least an hour.

### To make the tarts:

Preheat oven to 375°F.

Roll pastry to 1/8" thick and cut into discs that are large enough to line your muffin tins. Chill pastry in pan if you have time.

### To make filling:

In a medium bowl whisk brown sugar, molasses and butter. Whisk in eggs, then vinegar and vanilla.

Fill pastry-lined muffin cups about 3/4 full and sprinkle over the chopped walnuts.

Bake the tarts for 20-25 minutes until filling starts to dome and pastry is golden.

Cool tarts in the tin and remove carefully. Best served at room temperature.

### Filling:

3/4 cup brown sugar, packed  
 1/2 cup Crosby's Fancy Molasses  
 1/3 cup butter, melted  
 2 large eggs, room temperature  
 1 tsp cider vinegar  
 1 tsp vanilla extract  
 1/2 cup chopped walnuts

### Flaky Pastry:

2 1/2 cups flour  
 2 tsp sugar  
 1/2 tsp salt  
 1 cup cold butter, cut into pieces  
 1/2 cup cold water

## RASPBERRY PEACH CRISP

**Preheat.** Preheat oven to 375°F

**Cut & Toss.** Cut peaches off the pit and slice into 8 wedges each. Toss in a bowl with raspberries, molasses and sugar.

**Spoon.** Spoon mixture into an 8"x8" baking dish.

**Combine.** In another bowl combine the flour, oats and brown sugar. Cut in the butter until combined.

**Bake.** Sprinkle the mixture over the fruit and bake for 35 minutes or until bubbly.

6 peaches, gently scrubbed  
1 pint raspberries (about 2 cups)  
3 Tbsp Crosby's Fancy Molasses  
2 Tbsp sugar  
1 cup flour  
1 cup rolled oats  
½ cup brown sugar  
½ cup butter



## PERFECT STICKY TOFFEE PUDDING

Makes 14-16 muffin-sized puddings.

**Preheat.** Preheat oven to 350°F and grease and flour muffin tins.

**Simmer.** Add the dates and water to a small saucepan. Bring to the boil and simmer for two minutes.

**Cream.** In a large bowl, cream butter brown sugar and vanilla.

**Beat.** Add the eggs, one at a time, beating well after each addition. Add the molasses and beat well.

**Sift.** Sift together the flour and baking powder.

**Mix.** Add the dry ingredients to the creamed mixture in three additions and mix until smooth.

**Puree.** Puree the date mixture in a food processor or blender. Stir in the baking soda then add to the batter.

**Bake.** Spoon batter into prepared tins and bake for about 18 – 20 minutes at 350°F until the center is just firm.

**Cool.** Let cool slightly before removing from tins. These have a delicate crumb so remove them carefully. (Don't worry if the bottoms look a little messy. Once they're coated in toffee sauce they'll look lovely.)

Serve warm with Toffee Sauce drizzled over. Or you can place them in an oven proof dish, pour over half of the sauce and warm at 350°F for 15 minutes or so.

8 ounces chopped pitted dried dates  
(15-20 pitted dates)  
1½ cups water  
½ cup butter  
1 cup firmly packed brown sugar  
2 tsp vanilla extract  
2 extra large eggs  
5 Tbsp Crosby's Fancy Molasses  
1½ cups flour  
1½ tsp baking powder  
1 tsp baking soda

## MOLASSES TOFFEE SAUCE

**Melt.** Melt the butter, brown sugar and molasses in a heavy bottom pot that's tall enough to allow for foaming.

When the mixture is incorporated, slowly add the cream.

**Boil.** Boil rapidly for 5 minutes. Remove from the heat and add in the vanilla.

½ cup butter  
½ cup lightly packed brown sugar  
3 Tbsp Crosby's fancy molasses  
1 cup plus 3 Tbsp 35% cream  
1 tsp pure vanilla



GINGER CARDAMOM RHUBARB CRISP



## GINGER CARDAMOM RHUBARB CRISP

**Prep.** Preheat oven to 350°F.

**Combine.** In a medium bowl combine rhubarb with sugar, molasses, spices and 2 Tbsp flour. Toss to coat and scrape into a 9"x9" (or thereabouts) baking dish.

In another bowl combine the flour, oats, sugar and ginger.

Cut in the butter with a pastry blender or rub with your fingers, until the mixture forms pea-sized chunks.

**Sprinkle.** Sprinkle over rhubarb mixture and bake for about 35-40 minutes, until fruit is bubbling and topping is starting to brown.

**Drizzle.** Serve with a drizzle of fresh cream.

5 cups chopped rhubarb  
½ cup sugar  
¼ cup Crosby's Fancy Molasses  
½ tsp ground ginger  
¼ tsp cardamom  
2 Tbsp flour

**Topping:**

½ cup flour  
1 cup old fashioned rolled oats  
½ cup brown sugar  
½ tsp ground ginger  
½ cup butter



PECAN PRALINE NO-CHURN ICE CREAM

*Yield: about 1 liter (1 quart) of ice cream*

**Prep.** Preheat the oven to 350°F.

**Combine.** In a small bowl, combine the brown sugar, molasses, butter, cinnamon and salt. Add the pecans and stir until they are well coated.

**Bake.** Spread the nuts on a parchment lined baking sheet and bake for 10-12 minutes until they are bubbling and dark in colour. Remove from the oven and allow them to cool completely. Chop the cooled and hardened pecan praline into small pieces.

Line a 9x5 inch loaf pan with parchment paper.

**Whisk.** In a small bowl, whisk together the sweetened condensed milk and the molasses.

**Drizzle.** Whip the heavy cream until stiff peaks form. Drizzle in the condensed milk mixture and continue to whip until all the condensed milk is incorporated into the cream and the mixture is thick.

**Spread.** Fold the chopped pecan praline into the cream mixture, and spread this in the prepared pan. Cover and freeze for at least 6 hours.

Recipe courtesy of [bakeeatrepeat.ca](http://bakeeatrepeat.ca)

**For the praline:**

2 Tbsp brown sugar  
2 Tbsp Crosby's Fancy Molasses  
1 Tbsp butter, melted  
¼ tsp cinnamon  
¼ tsp kosher salt  
1 cup pecans

**For the ice cream:**

1 can (300 ml) sweetened condensed milk  
2 Tbsp Crosby's Fancy Molasses  
2 cups heavy cream

A close-up photograph of several skewers of grilled salmon. The salmon is cooked to a golden-brown, slightly charred exterior and is garnished with sliced green onions. The skewers are arranged on a wooden platter.

## GRILLED TERIYAKI SALMON



# GRILLED TERIYAKI SALMON

Serves 4

### For the teriyaki sauce:

**Whisk.** In a medium pot whisk cornstarch into water then whisk in remaining ingredients (except fish).

**Simmer.** Bring to a gentle simmer, stirring constantly and cook until it begins to thicken (2-3 minutes).

**Cool.** Remove from heat and let cool slightly.

### To cook the fish:

**Marinate.** Marinate salmon in half of the sauce for about 30 minutes.

Enough salmon for 4 people  
(Salmon steaks, fillets or skinless pieces cut into strips for threading on skewers)

### Teriyaki Sauce

¼ cup water  
3 tsp cornstarch  
½ cup soya sauce or tamari  
5-6 Tbsp Crosby's Fancy Molasses  
1 ½ tsp grated fresh ginger  
1 clove of garlic, minced  
1 tsp toasted sesame oil  
¼ cup cider vinegar

When ready to cook fish remove from marinade, shake off excess and discard.

**Grill.** Grill on the barbecue or broil, flipping halfway through cooking.

Serve reserved sauce alongside, if desired.

A close-up photograph of oven-baked spareribs. The ribs are coated in a dark, sticky sauce and are served on a wooden platter with sliced mushrooms.

## OVEN-BAKED SPARERIBS

# OVEN-BAKED SPARERIBS

Serves 6

**Prep.** Preheat oven to 350°F. Place Ribs in a roasting pan or Dutch oven.

**Sprinkle.** Sprinkle with salt and pepper and dress with lemon slices and sprinkle over the onions.

**Whisk.** In a medium bowl whisk the chili sauce, mustard powder, brown sugar, molasses, orange juice and lemon juice.

**Bake.** Pour half of the mixture over the ribs, cover and bake for one hour, basting once with spoonful of reserved sauce.

3 lbs. ribs  
½ tsp salt  
A few grinds of black pepper  
1 lemon, thinly sliced, seeds removed  
¾ cup chopped onion  
⅓ cup chili sauce  
2 Tbsp mustard powder  
½ cup brown sugar  
½ cup Crosby's Fancy Molasses  
¾ cup orange juice  
1 tsp lemon juice

Remove lid and continue to bake for another 45-60 minutes, basting a few times with remaining sauce and pan sauces.

Cut into individual ribs and serve.



## AWESOME ASIAN WINGS



## AWESOME ASIAN WINGS

**Combine.** Combine all ingredients, except wings.

**Toss.** Toss wings with mixture. Spread in a single layer on a parchment-lined cookie sheet.

**Bake.** Bake at 450°F for 25 minutes, flipping half way through.

**Broil.** Turn oven to broil and broil 3-5 minutes, flip then broil another 3-5 minutes.

2 lbs chicken wings  
¼ cup Crosby's Fancy Molasses  
2 Tbsp soy sauce or tamari  
1 Tbsp chili sauce  
1 Tbsp sesame oil  
1 Tbsp hoisin sauce  
(can substitute molasses)  
1 Tbsp rice vinegar  
2 cloves garlic, pressed  
1 inch fresh ginger, grated or minced

## MOLASSES BAKED BEANS

**Soak.** Soak 2 cups of dried navy or white beans in plenty of water overnight.

**Simmer.** The next day, drain the beans, put them in a pot and cover with water. Bring to a boil, and simmer for 30 minutes (or until the skins break when you blow on them).

Preheat oven to 300°F.

**Drain.** Drain the beans and put them in a large ovenproof pot or bean crock. Bury onion and apple in the middle of the beans.

**Mix & Pour.** Mix together and pour over the beans: brown sugar, molasses, salt, mustard and pepper. Dab with the butter or sprinkle over the bacon pieces.

Pour over enough boiling water to just cover the beans.

**Cook.** Cover the pot and cook for 4-6 hours, stirring occasionally and adding water if necessary so the beans do not dry out. Take the lid off for the last half hour of cooking.

2 cups dried navy or pea beans  
1 small onion, peeled  
½ an apple, peeled & cored  
⅓ cup brown sugar  
½ cup Crosby's Fancy Molasses  
1 tsp salt  
1 ½ tsp mustard powder  
½ tsp freshly ground black pepper  
1 slice of bacon, chopped  
or 1 Tbsp butter  
Boiling water



## MOLASSES BAKED BEANS

## GINGER CHICKEN KABOBS

Serves 4-6

**Combine.** Combine the marinade ingredients in a large bowl or baking dish and add the chicken, tossing to coat.

**Marinate.** Marinate the chicken pieces for 30 minutes to 2 hours (in the refrigerator), mixing around from time to time.

**Cook.** Remove from marinade and thread on soaked skewers. Cook on the grill over medium heat, or under the broiler, flipping once, until done.

### To make dipping sauce:

**Simmer.** Scrape leftover marinade into a saucepan with 1 Tbsp. olive oil and warm over medium heat until sizzling. Stir in lime juice, fish sauce and molasses and simmer gently for five minutes.

Serve alongside the chicken.

### Peanut Dipping Sauce Variation:

**Warm.** Add marinade to a saucepan with 1 Tbsp. olive oil and warm over medium heat until sizzling/boiling.

**Whisk.** Reduce heat and add remaining ingredients, whisking to combine.

When it's warmed through transfer to a serving bowl.

### Marinade:

4 shallots, minced (can substitute  
 ¼ cup minced onion)  
 4 cloves of garlic, minced  
 2 Tbsp freshly grated ginger  
 2 Tbsp soy sauce or tamar  
 2 Tbsp Asian fish sauce  
 1 tsp ground coriander  
 ½ tsp ground black pepper  
 2 Tbsp Crosby's Fancy Molasses

8 boneless, skinless chicken thighs,  
 cut into strips

### Dipping sauce:

Leftover marinade  
 1 Tbsp olive oil  
 1 Tbsp fresh lime juice  
 1 Tbsp Asian fish sauce  
 ½ Tbsp Crosby's Fancy Molasses

### Peanut Dipping Sauce

Half a batch of marinade  
 (recipe above)  
 1 Tbsp olive oil  
 2 Tbsp fresh lime juice  
 1 Tbsp fish sauce  
 2 Tbsp Crosby's Fancy Molasses  
 1 cup coconut milk  
 ½ cup smooth peanut butter

A close-up photograph of several golden-brown, glazed chicken drumsticks arranged on a green ceramic plate. A silver metal fork is placed to the right of the drumsticks. The drumsticks are coated in a thick, shiny sauce and garnished with thin slices of lemon.

## SWEET & SOUR CHICKEN DRUMSTICKS



# SWEET & SOUR CHICKEN DRUMSTICKS

Serves 4-6

Preheat oven to 350°F

**Prep.** Remove skin from chicken and place in a covered roasting pan or Dutch oven. (Make sure the pan is large enough to accommodate the chicken in a single layer.)

**Sprinkle.** Sprinkle with salt and pepper and dress with lemon slices and sprinkle over the onions.

**Whisk.** In a medium bowl whisk the chili sauce, mustard powder, brown sugar, molasses, orange juice and lemon juice.

**Baste.** Pour half of the mixture over the chicken, cover and bake for 30 minutes, basting once with spoonful of reserved sauce.

**Bake.** Remove lid and continue to bake for another 30-45 minutes, basting a few times with remaining sauce and pan sauces. (Bake them longer if you want them a little sticky).

3 lbs chicken drumsticks  
½ tsp salt  
A few grinds of black pepper  
1 lemon, thinly sliced,  
seeds removed  
¾ cup chopped onion  
⅓ cup chili sauce  
2 Tbsp mustard powder  
½ cup brown sugar  
½ cup Crosby's Fancy Molasses  
¾ cup orange juice  
1 tsp lemon juice

A photograph of a large, round, reddish-brown ceramic bowl filled with roasted cauliflower florets. The cauliflower is golden-brown and appears to be coated in a sauce. A silver metal fork is visible on the left side of the bowl.

## SWEET & SPICY ROASTED CAULIFLOWER

# SWEET & SPICY ROASTED CAULIFLOWER

**Toss.** In a large baking 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.** Bake at 375°F for 25-30 minutes, or until cauliflower is golden and tender.

**Stir.** Stir often during cooking so the cauliflower cooks evenly.

1 head of cauliflower, cut into florets  
2 tsp chili powder  
Generous pinch of cayenne  
1 tsp cumin  
1-2 Tbsp olive oil  
1 Tbsp Crosby's Fancy Molasses  
¼ tsp salt

## GRILLED NECTARINE SALAD WITH CHIPOTLE MOLASSES DRESSING

Serves 4

### **To make the dressing:**

Combine dressing ingredients in a blender and let it run until everything is pureed

### **To grill the nectarines:**

Toss the nectarine slices in olive oil and ensure cut sides are well coated. Place cut side down in a grill pan and cook until grill lines form (1-2 minutes per side). Flip and repeat. Remove from grill.

**Toss.** Toss salad greens with chipotle dressing to coat.

**Top.** Transfer to a platter and top with grilled nectarines and goat cheese rounds.

**Drizzle.** Sprinkle with onions and drizzle with a bit more chipotle dressing

Recipe courtesy of [sugarstuff.wordpress.com](http://sugarstuff.wordpress.com)

### **For the dressing:**

1 clove garlic  
2 Tbsp apple cider vinegar  
1 tsp lemon juice  
½ cup olive oil  
3 Tbsp Crosby's Fancy Molasses  
1 chipotle pepper in adobo sauce  
(or 1 tsp of puree from the can)  
¼ tsp sea salt

### **For the salad:**

2 nectarines, scrubbed,  
pitted and sliced  
1-2 Tbsp olive oil  
Mixed salad greens (enough for 4)  
About 3 oz. soft goat cheese, sliced  
¼ red onion, thinly sliced

## MOLASSES ROASTED ONIONS



## MOLASSES ROASTED ONIONS

**Mix.** Combine all the ingredients in a bowl and mix well.

**Pour.** Make a packet with tin foil and pour the ingredients in the foil.

**Wrap.** Wrap well and then wrap again in foil so you have a double layer.

**Bake.** Bake in the oven at 350°F or on the BBQ over medium, for about 40 minutes.

These onions store well. Make them ahead of time and store in the fridge for up to a week.

*2 large onions peeled and sliced thickly*  
*3-4 Tbsp Crosby's Fancy Molasses*  
*Pinch of salt*  
*A few grinds of black pepper*  
*1 Tbsp balsamic vinegar or cider vinegar*  
*One sprig of fresh thyme (optional)*

## SWEET CHILI BARBECUE SAUCE

**Warm.** In a saucepan over medium heat, warm the oil until it shimmers then add the onion.

**Saute.** Saute until the onion just starts to brown then whisk in remaining ingredients.

**Boil.** Bring to a boil and simmer for 10-15 minutes, stirring often.

*1 Tbsp oil*  
*½ cup grated onion*  
*¼ cup cider vinegar*  
*¼ cup Dijon mustard*  
*½ cup Crosby's Fancy Molasses*  
*½ cup chili sauce*  
*¼ cup vegetable stock*  
*1 tsp Worcestershire sauce*  
*1 tsp chili powder*  
*½ tsp salt*  
*½ tsp pepper*

## SWEET CHILI BARBECUE SAUCE



## GINGERBREAD LATTE



## GINGERBREAD LATTE

*One serving*

**Stir.** In a mug stir together the coffee, molasses and spices.

**Simmer.** Bring the milk to a simmer, either on the stovetop or in a microwave.

**Froth.** Froth the milk with a whisk or frother.

**Pour.** Pour frothed milk over the coffee, sprinkle lightly with gingerbread spices and serve.

*½ cup espresso or strong coffee  
½ Tbsp Crosby's Fancy Molasses  
¼ tsp or a generous pinch  
gingerbread spices (recipe below)  
½ cup milk*

### Gingerbread Spice Blend

**Blend.** Blend spices and store in a cool, dry place.

*2 tsp ginger  
2 tsp cinnamon  
½ tsp allspice  
¼ tsp nutmeg  
½ tsp cloves*

## GINGERBREAD SPICED ALMONDS



## GINGERBREAD SPICED ALMONDS

**Melt.** In a medium saucepan over medium heat melt the butter with molasses, sugar, spices and salt.

**Stir.** Stir to combine and continue to stir until sugar has dissolved.

**Stir.** When mixture starts to bubble add nuts and stir until well coated.

**Spread.** Turn nuts onto a parchment lined baking sheet, spread in a single layer, and bake at 300°F until nuts are nicely toasted, about 20 minutes.

Stir from time to time while baking and begin testing after 15 minutes or so (you don't want the nuts to get too brown).

**Cool.** Cool and break into pieces.

Store in an airtight container for up to two weeks.

*1 Tbsp butter  
2 Tbsp Crosby's Fancy Molasses  
1 Tbsp sugar  
1 ½ tsp ginger  
1 ½ tsp cinnamon  
¼ tsp cloves  
Pinch cayenne or a few grinds  
of black pepper  
½ tsp salt  
2 cups raw almonds  
(or your favourite nut)*

# MOLASSES 100% NATURAL

- Tasty & nutritious
- Made from pure sugarcane
- A source of iron, magnesium and potassium
- No preservatives
- Gluten free
- Non-GMO



## MORE ABOUT OUR MOLASSES



### 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 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

Crosby's does not add sulphur to any of our products.

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CROSBY'S SINCE 1879



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GOOD THING.

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