

COOK • BAKE • BBQ



CROSBY'S SINCE 1879



# THE BREAD BOOK

MOLASSES BREADS,  
MUFFINS AND SCONES

3<sup>rd</sup> EDITION



SOMETIMES SLOW  
IS A GOOD THING

# COOKING WITH CROSBY'S FANCY MOLASSES

There's an appealing nostalgia around molasses. The word alone is rich with memories of cozy kitchens and the homemade favourites shared with family and friends.

These molasses memories almost always include bread: slabs of white bread dipped in molasses, spicy ginger muffins reminiscent of gingerbread, and oatmeal brown bread with baked beans on Saturday night.

The recipes we have gathered in this cookbook are intended to help you recall, and hopefully recreate, those happy times.

We hope you enjoy this collection of yeast breads, tea breads, muffins and scones. Delicious and wholesome, they're rich with the sweet flavor of Fancy Molasses.

Here's to a new generation of memories made in the kitchen.

We wish you much joy in the kitchen!

*Bridget*

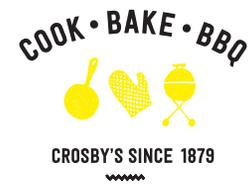
Bridget Oland  
Crosby's Molasses Kitchen



Crosby's has been importing the world's finest molasses for over 140 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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SARAH'S MOLASSES BROWN BREAD



## SARAH'S MOLASSES BROWN BREAD MAKES TWO LARGE LOAVES

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

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

Add 1 cup boiling water, whisk, and then add 1 cup cold water. Stir in yeast mixture.

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

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

Cover each pan with a dishtowel and set in a warm place to rise until double in size (about 1 ½ hours).

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

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

*1 cup warm water  
1 tsp sugar  
1 Tbsp yeast  
¾ 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 ½ - 5 ½ cups all-purpose flour*



MOLASSES CORNBREAD

## MOLASSES CORNBREAD

Bring cold water and salt to boil in small pan on medium-high heat. Whisk in cornmeal a bit at a time. Reduce heat to low and cook for 1 minute, stirring constantly, until consistency of thick mush. Stir when cooled to room temperature. Put cornmeal mixture, milk and molasses in bowl of stand mixer equipped with dough hook. Sprinkle in yeast. On medium speed, blend in flour 1 cup at a time. You may need to add more flour or less depending on the humidity. Mix until dough is smooth and supple. The dough should come away from the sides of the bowl but stick to the bottom. Turn onto floured work surface and knead three or four times.

Place in large, greased bowl and cover with kitchen towel. Leave in warm place till doubled in volume, about 2 hours.

Butter 2 loaf pans (9" x 5"). Divide dough in half and pat into 2 loaves. Place in pans and cover with kitchen towel. Let sit 45 minutes or until doubled in size.

Brush tops lightly with oil. Bake in preheated 425°F oven for 10 minutes. Reduce heat to 350°F and bake 20 to 25 minutes more, or until lightly browned.

Cool on wire rack for 5 minutes, then turn out of pans. Cool to room temperature before slicing.

*1 ½ cups cold water  
3 tsp salt  
1 cup cornmeal (coarse grind)  
1 cup cold whole milk  
¼ cup Crosby's Fancy Molasses  
1 Tbsp instant dry yeast  
4 cups all-purpose flour  
butter, for greasing pans  
olive oil, for brushing dough*

A close-up photograph of several golden-brown molasses sticky buns stacked on a white plate. The buns are thick and have a spiral shape, with a dark, sticky glaze coating them.

## MOLASSES STICKY BUNS



## MOLASSES STICKY BUNS

### MAKES 16 BUNS

Roll out each loaf of bread dough into a 10" square.

Spread with  $\frac{1}{3}$  cup butter to within  $\frac{1}{2}$  inch of edges.

Combine sugar and cinnamon; sprinkle over butter. Roll up jelly-roll style; pinch seams to seal. Cut each roll into eight slices.

For sauce, in a small saucepan, bring the brown sugar, butter, water and molasses to a boil. Pour into a greased 13" x 9" baking dish. Place rolls, cut side down, in molasses sauce.

Cover and let rise in a warm place until doubled in size, about 30 minutes.

Bake at 350°F for 30-35 minutes or until golden brown.

Cool in dish for 5 minutes; invert onto a serving platter. Serve warm.

*2 loaves (16 ounces each)  
frozen bread dough, thawed  
 $\frac{1}{3}$  cup butter, softened  
 $\frac{1}{2}$  cup sugar  
1 $\frac{1}{2}$  tsp ground cinnamon*

*Molasses Sauce  
1 cup packed brown sugar  
 $\frac{1}{2}$  cup butter, cubed  
 $\frac{1}{3}$  cup Crosby's Fancy Molasses  
3 Tbsp water*

A photograph of several slices of thick, golden-brown no-knead brown bread on a wooden cutting board. One slice is topped with a generous amount of white butter. A spoon with red jam is in the foreground, and a knife is visible in the background.

## NO KNEAD BROWN BREAD

## NO KNEAD BROWN BREAD

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, but really depends on how warm your kitchen is).

Bake at 350°F for 45 minutes to an hour, until loaves sound hollow when tapped.

Remove from pans to cool.

*2 cups boiling water  
2 Tbsp butter  
2 tsp salt  
1 cup rolled oats  
2 Tbsp dry yeast  
1 cup warm water  
2 tsp sugar  
 $\frac{1}{2}$  cup Crosby's Fancy Molasses  
6 cups flour*



## IRISH SODA BREAD WITH MOLASSES



## IRISH SODA BREAD WITH MOLASSES

Put the  $\frac{1}{2}$  cup oats in mixing bowl. Stir in the buttermilk, molasses and oil; reserve. Mix dry ingredients in large bowl. Make a well in the dry mixture and add the liquid all at once; add currants. Stir until dough pulls together in a shaggy mass. Let rest 3 minutes.

Flour your work surface and hands. Scoop 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  $\frac{3}{4}$ -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 buttermilk. Just put 1  $\frac{1}{2}$  Tbsp vinegar in a measuring cup and fill it to the 1  $\frac{3}{4}$  cup mark with milk. Let sit for 5 minutes before using. Or put  $\frac{1}{4}$  cup plain yogurt in a measuring cup and fill to the 1  $\frac{3}{4}$  cup mark with milk. Stir well.*

*$\frac{1}{2}$  cup rolled oats  
1  $\frac{3}{4}$  cups buttermilk\*  
 $\frac{1}{4}$  cup Crosby's Fancy Molasses  
2 Tbsp vegetable oil  
3 cups flour  
 $\frac{1}{2}$  cup whole wheat flour  
1 Tbsp sugar  
1  $\frac{1}{2}$  tsp salt  
1 tsp baking soda  
1 tsp baking powder  
1 cup currants*



## BROWN SODA BREAD

## BROWN SODA BREAD

Preheat the oven to 325°F.

Line a 9-by-5-by-3-inch loaf pan with parchment paper or grease it well.

In a large bowl whisk the flours, baking soda, salt, and oats. In another bowl beat the eggs with the oil. Beat in the molasses.

Add the wet to the dry and mix gently.

Add the buttermilk and mix gently until just combined.

Scrape the batter into the prepared pan and smooth the top with a wet spoon. Sprinkle with rolled oats.

Bake for 1 hour, until a tester comes out clean.

Set on a wire cooling rack. Let sit for 10 minutes before removing from pan.

*2  $\frac{3}{4}$  cups whole-wheat flour  
 $\frac{1}{2}$  cup all-purpose flour  
2 tsp baking soda  
 $\frac{1}{4}$  tsp salt  
 $\frac{2}{3}$  cup rolled oats,  
plus more for sprinkling  
2 eggs  
2 tsp oil, plus more for the pan  
2 Tbsp Crosby's Fancy Molasses  
2 cups buttermilk or soured milk*



## WHOLE WHEAT MOLASSES QUICK BREAD



## WHOLE WHEAT MOLASSES QUICK BREAD

Grease a 9 x 5 x 3-inch loaf pan or line it with parchment paper.

Heat oven to 400°F.

Mix flour, baking powder, baking soda and salt.

Beat egg in a large bowl. Stir in buttermilk, molasses and butter.

Add wet ingredients to dry and stir until just combined.

Scrape batter into prepared pan and bake 40 minutes to an hour, or until well browned and a tester comes out clean.

Remove from oven and place pan on a wire rack to cool.

*2 cups whole wheat flour  
1 tsp baking powder  
1 tsp baking soda  
1 tsp salt  
1 large egg, room temperature  
2 cups buttermilk or soured milk\*  
3 Tbsp Crosby's Fancy Molasses  
1 ½ Tbsp butter, melted*

## MOLASSES SCONES MAKES 18 SCONES

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.

*1 ¾ cups flour  
1 cup whole wheat flour  
½ cup toasted sunflower seeds,  
plus more for sprinkling  
2 ½ tsp baking powder  
½ tsp baking soda  
½ tsp salt  
½ cup cold butter, cubed  
1 cup buttermilk or soured milk  
¼ cup Crosby's Fancy Molasses  
1 egg, beaten*



## MOLASSES SCONES



WALNUT AND MOLASSES SCONES WITH VANILLA GLAZE



## WALNUT AND MOLASSES SCONES

Preheat oven to 425°F. Combine dry ingredients and cut in butter with a pastry blender or two knives. Combine milk and molasses, mix well and add to dry mixture along with the walnuts. Stir gently just until the dough comes together. Turn out onto a lightly floured surface. (This is a very light and sticky dough but resist the urge to add more flour. Keeping with the flour proportions and working the dough as little as possible creates the most beautifully soft scone.) Divide dough in half and pat each half into a 1" thick disk, fold it over on itself to create a half-moon, then fold it over again. Gently pat into a 1" thick disk, cut into 6 wedges. Place on a parchment-lined cookie sheet at least 1" apart. Bake 10-12 minutes. Remove from oven and coat with glaze while still warm. Sprinkle with finely chopped walnuts. Serve warm.

- 2 cups flour
- 2 Tbsp sugar
- 1 ½ tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- ¼ cup cold butter
- ¾ cup + 2 Tbsp milk
- 2 Tbsp Crosby's Fancy Molasses
- ¾ cup walnuts, coarsely chopped

### Glaze:

- ½ cup sugar
- 1-2 Tbsp cream
- ½ tsp vanilla
- ¼ cup walnuts, finely chopped



WHOLE WHEAT MOLASSES OATMEAL SCONES

## WHOLE WHEAT MOLASSES OATMEAL SCONES

Combine dry ingredients in a food processor and pulse to combine. Add cold butter and pulse until mixture resembles fine meal (you want there to be little chunks of butter left.) Remove to a good sized bowl. In a separate bowl beat eggs, milk and molasses together and add to dry mixture. Stir gently until just combined. Turn out onto a lightly floured surface and knead gently a few times until the dough comes together. (Work the dough as little as possible so your scones are light). Roll out (don't press too hard) about an inch thick and cut into shapes. Place them on a parchment paper lined baking sheet and brush with egg wash. Bake at 400°F for 20-25 minutes. Remove to a rack to cool.

### To make glaze:

Whisk icing sugar and molasses together. Add vanilla and spread or drizzle over scones.

- 1 ¾ cups whole wheat pastry flour
- ¾ cups flour
- ½ cup rolled oats
- 1 Tbsp baking powder
- 1 Tbsp brown sugar
- 1 tsp salt
- 1 cup cold butter, cut into pieces
- ¼ cup milk
- ¼ cup Crosby's Fancy Molasses
- 2 eggs
- 1 beaten egg for egg wash (optional)

### Frosting

- ½ cup icing sugar
- 3 Tbsp Crosby's fancy Molasses
- ½ tsp vanilla



## BLUEBERRY MOLASSES SCONE



## BLUEBERRY MOLASSES SCONE

Preheat oven to 400°F.

In a large bowl whisk together dry ingredients. Cut in cold butter until it is pea-sized and evenly distributed.

In another bowl whisk together the buttermilk, egg and molasses.

Add wet to dry and stir gently until almost incorporated. Gently fold in blueberries, taking care not to over mix.

Using a rubber spatula scrape dough onto a parchment-lined baking sheet. Dough will be very wet and shaggy.

Flour your hands and sprinkle a little flour over the dough. Gently pat and spread the dough into an 8"-9" circle. Using a floured knife score the dough into 8-12 wedges.

Bake about 20 minutes (up to 25) until scone springs back lightly when touched in the middle. (Cover with foil during the final few minutes of baking if the edges are getting too dark.)

Let cool before slicing into wedges.

*1 ¾ cups of flour  
6 Tbsp brown sugar\*  
2 tsp baking powder  
½ tsp baking soda  
¼ tsp salt  
¼ cup butter, cold  
½ cup buttermilk  
1 egg  
2 Tbsp Crosby's Fancy Molasses  
1 cup blueberries*

*\*Can reduce the brown sugar by half if you prefer a less sweet scone.*



## BLUEBERRY BUTTERMILK CORNBREAD WITH MOLASSES

## BLUEBERRY BUTTERMILK CORNBREAD WITH MOLASSES

Preheat oven to 400°F and grease a 9" cake pan (round or square)

In a large bowl whisk together the flour, cornmeal, baking powder, soda and salt.

In another bowl whisk the butter with the sugar and molasses. Whisk in the eggs then the buttermilk.

When well combined add to dry ingredients and stir gently until almost combined.

Fold in blueberries.

Scrape batter into prepared pan and bake for about 25 minutes.

Cool in pan for 10 minutes before loosening the edges and turning out onto a cooling rack.

*1 ¼ cups flour  
1 ¼ cups cornmeal  
2 tsp baking powder  
¼ tsp baking soda  
¼ tsp salt  
1 ¼ cups buttermilk  
2 eggs, at room temperature  
¼ cup brown sugar  
¼ cup Crosby's Fancy Molasses  
¼ cup butter, melted  
1 generous cup blueberries*



Nutrition Facts Valeur nutritive	
Per 1 tbsp (20 g) / pour 1 c. à soupe (20 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 60</b>	
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g	
+ Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Potassium / Potassium 175 mg</b>	<b>4 %</b>
<b>Carbohydrate / Glucides 15 g</b>	<b>5 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 12 g	<b>12 %</b>
<b>Protein / Protéines 0.2 g</b>	
Vitamin A / Vitamine A	<b>0 %</b>
Vitamin C / Vitamine C	<b>0 %</b>
Calcium / Calcium 30 mg	<b>2 %</b>
Iron / Fer 0.5 mg	<b>3 %</b>
Riboflavin / Riboflavine 0.25 mg	<b>19 %</b>
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub> 0.075 mg	<b>4 %</b>
Magnesium / Magnésium 10 mg	<b>2 %</b>
Copper / Cuivre 0.022 mg	<b>2 %</b>
Manganese / Manganèse 0.05 mg	<b>2 %</b>

### Fancy Molasses

Fancy Molasses is the highest grade of molasses. It's made from pure sugarcane juice that has been inverted into a syrup (not unlike the maple syrup-making process). Fancy molasses is tangy sweet in flavor. It contains no additives, is unsulfured, gluten-free and non-GMO.

## MOLASSES 100% NATURAL

- Tasty & nutritious
- Made from pure sugarcane
- No preservatives
- Gluten free
- Non-GMO

## MORE ABOUT OUR MOLASSES



### Cooking Molasses

Cooking molasses is a blend of blackstrap and fancy molasses. It is much less sweet than fancy molasses. 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 a nutrient-rich product with a robust, bitter-tart flavor. Crosby's blackstrap is a byproduct of the raw sugar manufacturing process. It is nutrient dense and is considered a good source of iron and magnesium and an excellent source of riboflavin and potassium. It is also considered a source of calcium, selenium, vitamin B6, manganese and copper.



### We Don't Add Sulfur

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

# WHY CROSBY'S MOLASSES IS PURE SWEETNESS:



## TERROIR

Crosby's molasses comes from just one place: Madre Tierra sugar mill in the village of Santa Lucia, Guatemala. It is made from the juice of sugarcane grown in the surrounding volcanic soils.



## TRADITION

Crosby's is a family-owned Canadian company and has been importing molasses since 1879.



## STANDARD OF IDENTITY

In Canada, only pure sugarcane juice inverted into a syrup can be classified as fancy molasses. (*Fancy molasses is not a by-product of the sugar refining process.*)



## COST EFFECTIVE NATURAL SWEETENER

Lower-cost alternative to other natural sweeteners like honey, maple syrup and agave syrup. Molasses can be substituted for, or used in conjunction, with these higher cost sweeteners.



35% LESS SWEET than refined white sugar

25% FEWER CARBS than white sugar

## A VERSATILE NATURAL SWEETENER.

Enjoy molasses in sweet & savoury recipes.



Made from PURE SUGARCANE JUICE

NON-GMO,  
NO PRESERVATIVES,  
UNSULFURED,  
GLUTEN-FREE &  
PALEO

To find out more visit [crosbys.com](http://crosbys.com)



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