

COOK • BAKE • BBQ



CROSBY'S SINCE 1879



# EVERYDAY FAVOURITES

Wholesome recipes sweetened  
naturally with molasses



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.

*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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## TABLE OF CONTENTS

30-Minute Cinnamon Sticky Buns.....	3
Quick Molasses Brown Bread .....	3
Brown Soda Bread .....	5
Buttermilk Gingerbread Muffins .....	5
Apple Cider Pumpkin Muffins .....	7
Maple Molasses Blueberry Oatmeal Muffins .....	7
Whole Wheat Blueberry Muffins .....	9
Lassie Buns .....	9
Oatmeal Peanut Butter Energy Bites .....	11
Low Sugar Oatmeal Chocolate Chip Cookies.....	11
Easy Almond Cookies.....	13
Best Ever Triple Ginger Cookies.....	13
Energy Boost Cookies .....	15
Fat Molasses Cookies.....	15
Healthy Zucchini Brownies .....	17
Refined Sugar-Free Banana Cake .....	17
Healthier Carrot Cake for a Crowd .....	19
Chocolate Gingerbread Bundt Cake .....	19
One-Bowl Gingerbread Cake for a Crowd .....	21
Easy Pumpkin Cake with Molasses Cream Cheese Glaze .....	21
Molasses Mustard Chicken .....	23
Mexican Molasses-Lime Grilled Chicken .....	25
Turkey Sloppy Joes .....	25
Slow Cooker Baked Beans with Sausage .....	27
Oven-Baked Spareribs .....	27
Easy Homemade Ketchup .....	29
Beer Barbecue Sauce.....	29
Switchel with Cider Vinegar & Molasses.....	31
Pumpkin Spice Latte .....	31





### 30-MINUTE CINNAMON STICKY BUNS



## 30-MINUTE CINNAMON STICKY BUNS

MAKES 9 BUNS

Preheat the oven to 350°F.

Place the sauce ingredients in an 8"x 8" metal pan and place it in the oven for a few minutes, until the butter melts.

In the meantime, in a large bowl whisk the flour, baking powder, sugar and salt. Add the milk and oil and stir gently until just combined.

Scrape onto a lightly floured surface and roll into a 9"x 14" rectangle.

Sprinkle with the brown sugar and cinnamon and drizzle over the molasses.

Starting from the long side, roll into a log. Using a serrated knife, slice into 9 rolls.

Remove pan from the oven and stir to combine. Place the rolls on the pan (cut side down for the two end pieces.) Bake for 20-25 minutes, until golden and bubbly.

Let cool for 5 minutes (no more) and then invert onto a plate.

#### **Sauce:**

2 Tbsp butter  
¼ cup brown sugar  
1 Tbsp Crosby's Fancy Molasses

#### **Dough:**

2 cups flour, spooned in  
1 Tbsp baking powder  
1 Tbsp sugar  
½ tsp salt  
¾ cup milk  
¼ cup oil

#### **Filling:**

½ cup brown sugar  
2 Tbsp Crosby's Fancy Molasses  
½ tsp cinnamon



### QUICK MOLASSES BROWN BREAD

## QUICK MOLASSES BROWN BREAD

Grease a 9 x 5 x 3-inch loaf pan. 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. Stir in flour mixture.

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.

\*NOTE: To replace buttermilk, just add one tsp vinegar to each one cup of milk, or replace ¼ of the milk with plain yogurt.

2 cups whole wheat flour, spooned in  
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



A loaf of brown soda bread, sliced into three pieces. One slice is topped with butter and jam. The bread has a golden-brown crust and a soft, porous interior. A jar of jam is visible in the background.

## 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. Let sit for 10 minutes before removing from pan.

*2 ¾ cups whole-wheat or spelt flour, spooned in*  
*⅓ cup all-purpose flour*  
*2 tsp baking soda*  
*¼ tsp salt*  
*⅔ cup rolled oats, plus more for sprinkling*  
*2 large eggs, room temperature*  
*2 tsp oil, plus more for the pan*  
*2 Tbsp Crosby's Fancy Molasses*  
*2 cups buttermilk or soured milk*  
*Handful seeds or oats, for sprinkling*

A close-up of three buttermilk gingerbread muffins. Two are topped with a pat of butter. They are resting on a colorful patterned napkin. A butter knife is also visible.

## BUTTERMILK GINGERBREAD MUFFINS

## BUTTERMILK GINGERBREAD MUFFINS

### 10-12 MUFFINS

Preheat oven to 375°F and grease muffin pans or line them with paper liners.

In a large bowl, whisk flours with sugar, baking soda, spices and salt.

In another bowl, lightly beat the egg then whisk in the oil and molasses. When well combined whisk in the buttermilk.

Make a well in the dry ingredients and pour in the egg mixture. Stir gently until just combined taking care not to overmix.

Spoon into prepared pan.

Bake for 15-20 minutes until the tops spring back when lightly touched.

*1½ cups whole wheat flour, spooned in*  
*⅔ cup all-purpose flour, spooned in*  
*2½ tsp baking soda*  
*⅓ cup brown sugar*  
*1 Tbsp ground ginger*  
*1 tsp cinnamon*  
*⅛ tsp cloves*  
*½ tsp salt*  
*1 large egg, room temperature*  
*⅓ cup oil (olive, grapeseed, canola, coconut...)*  
*½ cup Crosby's Fancy Molasses*  
*¾ cup buttermilk*





## APPLE CIDER PUMPKIN MUFFINS



## APPLE CIDER PUMPKIN MUFFINS

**MAKES 16-18 MUFFINS**

Preheat oven to 350°F and grease muffin pans or line them with paper liners

In a medium bowl, beat together the melted butter, molasses and maple syrup. Beat in vanilla and eggs, one at a time. Beat in cider and pumpkin puree.

In a large bowl, whisk the flour, baking powder, baking soda, salt and spices. Stir in apple, mixing with your hands if necessary to separate the pieces.

Add wet ingredients to dry and stir gently until almost combined.

Spoon into prepared muffin pans, heaping the batter.

Sprinkle with pumpkin seeds.

Bake, 30-35 minutes until they spring back lightly when touched or a tester comes out clean.

Cool 10-15 minutes before removing from the pans.

*¾ cup butter, melted and cooled*  
*½ cup Crosby's Fancy Molasses*  
*¼ cup maple syrup*  
*1 Tbsp vanilla*  
*3 large eggs, room temperature*  
*½ cup apple cider (juice, not vinegar)*  
*15 oz pumpkin puree*  
*3 cups all-purpose flour, spooned in*  
*2 tsp baking powder*  
*½ tsp baking soda*  
*¾ tsp salt*  
*4 tsp ginger*  
*4 tsp cinnamon*  
*½ tsp nutmeg*  
*⅛ tsp cloves*  
*1 medium apple, peeled, cored and finely diced*  
*¼ cup pumpkin seeds*



## MAPLE MOLASSES BLUEBERRY OATMEAL MUFFINS

## MAPLE MOLASSES BLUEBERRY OATMEAL MUFFINS

**MAKES 1 DOZEN MUFFINS**

Preheat the oven to 425°F and grease muffin pans or line them with paper liners.

In a medium bowl whisk together the wet ingredients.

In a large bowl whisk the dry ingredients. Add the blueberries and stir to coat.

Make a well in the dry ingredients and pour over the wet mixture. Stir gently until almost combined. Spoon into prepared pan and sprinkle over a few rolled oats.

Place in oven and immediately reduce the oven temperature to 400°F.

Bake for 15-20 min.

*¾ cup milk*  
*½ cup plain yogurt*  
*¼ cup pure maple syrup*  
*¼ cup Crosby's Fancy Molasses*  
*5 Tbsp oil*  
*1 large egg, room temperature*  
*1 tsp vanilla*  
*1 ½ cups rolled oats (not instant)*  
*1 cup + 2 Tbsp whole wheat flour, spooned in*  
*1 ½ tsp baking powder*  
*½ tsp baking soda*  
*¼ tsp salt*  
*½ tsp ginger (powdered)*  
*¾ cups blueberries (frozen or fresh)*



A close-up photograph of several whole wheat blueberry muffins. One muffin in the foreground is split open, revealing a soft interior studded with blueberries and topped with a pat of melting butter. The muffins are resting on a light-colored wooden cutting board.

## WHOLE WHEAT BLUEBERRY MUFFINS



## WHOLE WHEAT BLUEBERRY MUFFINS

### MAKES 14 MUFFINS

Preheat oven to 400°F and line muffin tins with papers. (Can use ramekins for the extra batter)

In a medium bowl, whisk together liquid ingredients. In a large bowl whisk dry ingredients.

Add liquid mixture to dry ingredients and stir gently 2-3 times.

Add the berries and mix just until the flour is moistened. (Batter will be lumpy and will break into coarse globs.)

Pour into muffin cups and fill to the top.

Bake at once until golden brown, about 20 minutes.

Let muffins rest in the pan for about 10 minutes before removing them from the pan to finish cooling.

*2 cups all-purpose flour, spooned in*  
*1 cup whole wheat or spelt flour, spooned in*  
*¾ cup sugar*  
*1 Tbsp baking powder*  
*¼ tsp baking soda*  
*¼ tsp salt*  
*3 large eggs, room temperature*  
*1 cup milk*  
*¼ cup Crosby's Fancy Molasses*  
*¼ cup oil or melted butter*  
*2 tsp vanilla*  
*2 cups blueberries*

A photograph of several dark brown, rectangular Lassie Buns. They are arranged on a silver metal cooling rack. The buns have a slightly irregular, rustic shape and are studded with small dark spots, likely raisins or dried fruit.

## LASSIE BUNS

## LASSIE BUNS

### MAKES 12-18 BUNS

Preheat oven to 400°F. Line a cookie sheet with parchment paper.

In a large bowl whisk together dry ingredients.

In another bowl (or saucepan) whisk the molasses and milk with the melted butter. Make sure it's cool to the touch then beat in egg and vanilla (if using).

Add wet mixture to the dry ingredients and stir gently until combined. Let sit for a couple of minutes.

Scrape dough onto a well-floured surface and knead gently a few times. (The dough will be very soft.)

Pat or roll to one-inch thick and cut into rounds.

Place on prepared sheet, with edges just touching. Bake 12-15 minutes.

*3 cups all-purpose flour, spooned in (a little more if necessary)*  
*½ cup sugar*  
*½ tsp salt*  
*1 ½ tsp baking soda*  
*2 tsp baking powder*  
*1 tsp cinnamon (optional)*  
*¼ tsp cloves (optional)*  
*½ cup raisins or dried currants*  
*½ cup butter, melted*  
*½ cup Crosby's Fancy Molasses*  
*½ cup milk*  
*1 egg*  
*1 tsp vanilla (optional)*



A close-up photograph of several round, brown energy bites on a white surface. Some bites are coated in white shredded coconut. The background is slightly blurred, showing more bites.

## OATMEAL PEANUT BUTTER ENERGY BITES



## OATMEAL PEANUT BUTTER ENERGY BITES

**MAKES 18 BALLS**

Combine all of the ingredients in a food processor, pulsing until they come together. Scrape into a bowl and refrigerate for 30 minutes.

Using a tablespoon measure, scoop the mixture and shape it into balls. Roll in your preferred coating or leave plain.

Chill for 30 minutes before serving.

*1 cup old-fashioned rolled oats  
½ cup natural peanut butter  
2 Tbsp Crosby's Fancy Molasses  
2 Tbsp honey or maple syrup  
¼ cup chocolate chips  
1 Tbsp ground flax seed  
1 Tbsp chia seeds  
1 Tbsp hemp seeds  
Pinch of sea salt  
Shredded coconut, almond flour or  
cocoa powder for rolling (optional)*

A photograph of several thick, golden-brown oatmeal cookies on a parchment-lined baking sheet. The cookies are studded with chocolate chips and other ingredients. A metal spatula is visible in the background.

## LOW SUGAR OATMEAL CHOCOLATE CHIP COOKIES

## LOW SUGAR OATMEAL CHOCOLATE CHIP COOKIES

**MAKES 2 1/2 DOZEN**

In a large bowl cream butter and sugar until light textured. Add egg then molasses and vanilla.

Sprinkle over the flour, flax, millet (or sunflower seeds), baking soda, baking powder and salt. Stir to combine.

Stir in rolled oats then chocolate chips, dried cranberries, coconut and pumpkin seeds.

Drop by spoonful onto a parchment lined baking sheet. Press the tops lightly with the bottom of a glass.

Bake at 350°F for 12-14 minutes.

*½ cup butter, softened  
½ cup sugar (can reduce to 6 Tbsp)  
1 large egg, room temperature  
2 Tbsp Crosby's Fancy Molasses  
1 tsp vanilla  
½ cup all-purpose flour, spooned in  
2 Tbsp ground flax  
2 Tbsp raw millet or sunflower seeds  
½ cup whole wheat flour, spooned in  
½ tsp baking soda  
½ tsp baking powder  
pinch of salt  
1 cup old fashioned rolled oats  
(not instant)  
1 cup chocolate chips  
½ cup shredded coconut  
½ cup dried cranberries or raisins  
½ cup pumpkin seeds*





## EASY ALMOND COOKIES



## EASY ALMOND COOKIES

### MAKES 18 COOKIES

Preheat oven to 350°F. Line a baking sheet with parchment paper.

In a medium bowl whisk the almond flour and baking powder together. Stir in the molasses, maple syrup and vanilla and mix until well combined (batter will be sticky).

Scoop dough into a tablespoon measure and roll into balls. Place on prepared baking sheet, an inch apart. Lightly flatten the tops of the cookies.

Bake until cookies are set and the bottoms are golden, about 12 minutes. Cool slightly on the pan and then remove to a rack.

*2 cups almond flour*  
*½ tsp baking powder*  
*2 Tbsp Crosby's Fancy Molasses*  
*3 Tbsp pure maple syrup*  
*2 tsp vanilla extract*



## BEST EVER TRIPLE GINGER COOKIES

## BEST EVER TRIPLE GINGER COOKIES

### ABOUT 2 1/2 DOZEN

In medium bowl, whisk the flour, baking soda, spices, salt and chopped candied ginger. (Use your fingers, if necessary, to un-clump the candied ginger.)

In a large bowl cream the butter and sugar until fluffy. Beat in egg then molasses and fresh ginger.

Add dry ingredients to wet and stir to combine. Chill for 30 min (or overnight).

Preheat oven to 350°F. Line baking sheets with parchment paper.

Roll dough into tablespoon sized balls and roll each ball in sugar.

Place 2" apart on the baking sheet and bake for about 12 minutes or until puffed and cracked on top.

Cool on the pan for a few minutes then remove to a wire rack.

*2 ¼ cups all-purpose flour*  
*1 tsp baking soda*  
*2 tsp ground ginger*  
*¾ tsp ground cinnamon*  
*½ tsp ground allspice*  
*½ tsp salt*  
*⅓ cup finely diced crystallized ginger*  
*¾ cup butter, softened*  
*1 cup sugar, plus more for rolling*  
*1 large egg, room temperature*  
*¼ cup Crosby's Fancy Molasses*  
*2 tsp finely grated fresh ginger*



## ENERGY BOOST COOKIES



## ENERGY BOOST COOKIES

**MAKES 18 COOKIES**

Preheat oven to 350 F.

In a large bowl beat together peanut butter, molasses, honey, melted butter and egg.

In another bowl whisk flours, baking soda and baking powder.

Beat into peanut butter mixture

Stir in remaining ingredients.

Drop by heaping tablespoonful onto prepared baking sheet.

Bake 9-11 minutes.

*½ cup natural peanut butter  
(or almond butter)  
¼ cup Crosby's Fancy Molasses  
¼ cup honey  
⅓ cup butter, melted  
(can substitute oil)  
1 tsp vanilla  
1 large egg, room temperature  
½ cup all-purpose flour, spooned in  
½ cup whole wheat flour, spooned in  
½ tsp baking powder  
¼ tsp baking soda  
1 cup quick oats (not instant)  
½ cup flaked coconut  
¼ cup dried cranberries or raisins  
¼ cup chocolate chips*

## FAT MOLASSES COOKIES



## FAT MOLASSES COOKIES

**MAKES 2 ½ DOZEN LARGE COOKIES**

In a large bowl cream sugar and butter. Add molasses and egg and blend well.

Combine dry ingredients and add to the creamed mixture, alternating with the milk.

Scrape dough onto a lightly flowered surface and gather into a ball. Flatten into a disk, wrap in plastic and refrigerate for an hour or overnight. (Add up to ¼ cup additional flour if the dough is too soft to handle.)

Preheat oven to 350°F and line a cookie sheet with parchment paper.

On a lightly floured surface, roll dough to 1/4 inch thick and cut into rounds (or preferred shape).

Place on prepared sheet, about 1 1/2 " apart.

Bake 12-15 minutes.

*1 cup sugar  
1 cup butter, softened  
1 cup Crosby's Fancy Molasses  
1 large egg, room temperature  
4 ½ cups all-purpose flour,  
spooned in  
2 tsp baking soda  
1 tsp each of ginger,  
cloves, cinnamon and salt  
½ cup milk*





## HEALTHY ZUCCHINI BROWNIES



## HEALTHY ZUCCHINI BROWNIES

### MAKES 36 BROWNIES

Line a 9"x 9" pan with parchment paper or grease it well.

Whisk together butter, sugar, vanilla and molasses. Add egg and mix well.

In a separate bowl, whisk flours, flax, cocoa powder, baking soda and salt.

Add this mixture to the wet ingredients and mix well.

Fold in the zucchini and ½ a cup of the chocolate chips.

Spread in prepared pan. Sprinkle over remaining 2 Tbsp of chocolate chips and press them in a bit.

Bake at 350°F for 35 to 40 minutes.

½ cup oil or melted butter  
1 cup sugar  
1 Tbsp vanilla  
1 large egg, room temperature  
5 Tbsp Crosby's Fancy Molasses  
1 cup all-purpose flour, spooned in  
1 cup whole wheat or spelt flour, spooned in  
¼ cup ground flax  
½ cup cocoa powder  
1 ½ tsp baking soda  
½ tsp salt  
2 cups shredded zucchini, excess liquid squeezed out\*  
½ cup + 2 Tbsp chocolate chips

\*Grate the zucchini on the large-hole side of a box grater. A handful at a time, squeeze out as much liquid as possible.



## REFINED SUGAR-FREE BANANA CAKE

## REFINED SUGAR-FREE BANANA CAKE

Preheat the oven to 350°F and line a 9" square baking pan with parchment paper.

In a large bowl beat together the oil, molasses and honey. Beat in the eggs one at a time then the vanilla, banana and milk. In a medium bowl whisk together the dry ingredients.

Using a wooden spoon, stir dry ingredients into the wet mixture, stirring just until combined.

Scrape batter into the prepared pan and bake for 30-35 minutes, until a tester comes out with just a few moist crumbs attached.

Set on a rack to cool for 10 minutes then lift the cake from the pan by grabbing hold of the parchment paper edges.

### **Cream Cheese Frosting:**

Beat together the cream cheese and butter. Beat in the molasses and honey, then the vanilla. Spread over the cake.

(Frosting can be chilled for a few minutes if it becomes too soft.)

⅓ cup oil or melted butter  
⅓ cup Crosby's Fancy Molasses  
2 Tbsp honey  
2 large eggs, room temperature  
1 cup mashed ripe bananas (2-3)  
2 tsp vanilla extract  
¼ cup milk  
1 cup whole wheat or spelt flour, spooned in  
¾ cup flour, spooned in  
1 tsp baking powder  
½ tsp baking soda  
½ tsp salt  
½ tsp cinnamon

### **Cream Cheese Frosting:**

8 ounces cream cheese, room temperature  
2 tablespoons butter, room temperature  
2 Tbsp Crosby's Fancy Molasses  
2 Tbsp Honey  
1 tsp vanilla





## HEALTHIER CARROT CAKE FOR A CROWD



## CHOCOLATE GINGERBREAD BUNDT CAKE



# HEALTHIER CARROT CAKE FOR A CROWD

SERVES 15-20

Preheat oven to 325°F.

Line a 9"x13" pan with parchment paper

In a medium bowl whisk the flour, baking soda, cinnamon and salt.

In a large bowl whisk the oil with the molasses and sugar. Whisk in the eggs, one at a time, then vanilla. Stir dry ingredients into egg mixture.

Fold in carrots and walnut and mix until combined. Scrape into prepared pan and spread evenly.

Bake 50-55 minutes until a tester comes out clean or with just a few moist crumbs attached.

Let cool completely before icing.

### Icing:

Beat together cream cheese and butter. Beat in the sugar until you reach desired stiffness. Mix in vanilla. Spread on cool cake.

*2 cups all-purpose flour, spooned in  
(can use half whole wheat)*

*2 tsp baking soda*

*2 tsp cinnamon*

*½ tsp salt*

*¾ cup oil*

*¼ cup Crosby's Fancy Molasses*

*1 ¼ cups sugar*

*4 large eggs, room temperature*

*1 tsp vanilla*

*½ cup chopped walnuts*

*3 cups packed grated carrots  
(about 4 large carrots)*

### Icing:

*4 oz. cream cheese, softened*

*¼ cup butter, softened*

*2-2 ½ cups icing sugar*

*1 tsp vanilla*

# CHOCOLATE GINGERBREAD BUNDT CAKE

Preheat oven to 350°F. Grease a 9 or 10-in. bundt or tube pan and dust with flour.

In a medium bowl, whisk together the flour, cocoa, baking powder, baking soda, ginger, cinnamon, salt, nutmeg and cloves.

In another bowl, beat butter and sugar until light and fluffy. Beat in eggs one at a time. Beat in molasses and vanilla.

Add the dry mixture to the creamed mixture in three additions, alternating with the sour cream (beginning and ending with the dry mixture).

Scrape batter into prepared pan and smooth the top. Bake 50 minutes to an hour, until a tester comes out clean when inserted into centre of cake and when the cake starts to pull away from the sides of the pan.

Cool cake in pan for 10-20 minutes, then invert onto a cooling rack. When ready to serve, sprinkle over icing sugar.

*3 cups all-purpose flour, spooned in*

*3 Tbsp cocoa powder*

*2 tsp baking powder*

*1 tsp baking soda*

*1 Tbsp ginger*

*2 tsp cinnamon*

*½ tsp salt*

*½ tsp nutmeg*

*¼ tsp cloves*

*¾ cup butter, softened*

*1 ½ cups sugar*

*3 large eggs, room temperature*

*½ cup Crosby's Fancy Molasses*

*1 tsp vanilla*

*2 cups sour cream*





### ONE-BOWL GINGERBREAD CAKE FOR A CROWD

## ONE-BOWL GINGERBREAD CAKE FOR A CROWD

Preheat oven to 350°F and grease a 9" x 13" pan or line it with parchment paper.

In a large bowl beat butter with sugar. Beat in eggs then molasses. Beat in water.

Sprinkle over the flour, spices, baking soda and salt and beat until smooth.

Pour into prepared pan and bake until a tester comes out with just a few moist crumbs attached, about 45 minutes to an hour.

*½ cup butter, softened*  
*1 cup sugar*  
*2 large eggs, room temperature*  
*1 cup Crosby's Fancy Molasses*  
*1 cup boiling water*  
*2 ½ cups all-purpose flour, spooned in*  
*2 tsp cinnamon*  
*2 tsp ginger*  
*1 tsp baking soda*  
*¼ tsp salt*

## EASY PUMPKIN CAKE WITH MOLASSES CREAM CHEESE GLAZE

Preheat the oven to 350°F and grease and flour a 9" tube pan.

In a large bowl beat the brown sugar with the oil. Beat in the eggs then the molasses, yogurt, and pumpkin.

In another bowl whisk the flour with the spices, baking powder, baking soda and salt.

Add the dry ingredients to the wet mixture and whisk until no lumps remain.

Pour into prepared pan and bake for 25-30 minutes, until the cakes starts to pull away from the sides of the pan and a tester comes out with just a few moist crumbs attached.

Remove to a wire rack and let cool in the pan for about 15 minutes. Gently remove from pan and let cool completely.

### To make the icing:

Beat together the cream cheese, molasses, icing sugar and water. Set the cooled cake on a serving plate and drizzle the icing over the cake.

*1 cup brown sugar*  
*¼ oil*  
*2 large eggs, room temperature*  
*3 Tbsp Crosby's fancy Molasses*  
*½ cup plain yogurt*  
*½ cup pumpkin puree*  
*1 ¼ cups all-purpose flour, spooned in*  
*1 tsp cinnamon*  
*½ tsp ginger*  
*1 tsp baking powder*  
*½ tsp baking soda*  
*¼ tsp salt*

### Icing:

*¼ cup light cream cheese, softened*  
*2 tsp Crosby's Fancy Molasses*  
*½ cup icing sugar*  
*2 tsp water*



### EASY PUMPKIN CAKE WITH MOLASSES CREAM CHEESE GLAZE



## MOLASSES MUSTARD CHICKEN

### SERVES 4-6

Line a baking sheet with foil or parchment paper and drizzle over the Tbsp of olive oil.

In a medium bowl, whisk together the Rub Ingredients. Sprinkle over the chicken and rub in a bit. Place chicken on prepared baking sheet.

Move oven rack to top position and broil chicken for 6 minutes on each side (12 minutes total). (Chicken can be baked instead @ 375°F)

In a small bowl, whisk together the Molasses Dijon Sauce ingredients.

Remove chicken from oven and brush top sides with sauce; broil 1-2 minutes or until chicken is cooked through.

Brush individual servings with additional sauce and serve.

*1 ½ lbs. boneless,  
skinless chicken thighs  
1 Tbsp olive oil*

**Rub:**

*2 tsp garlic powder  
1 ½ tsp chili powder  
1 ¼ tsp salt  
1 tsp ground cumin  
1 tsp onion powder  
½ tsp smoked paprika  
(optional but yummy)  
½ tsp paprika  
Pinch of cayenne*

**Molasses Dijon sauce**

*⅓ cup Crosby's Fancy Molasses  
2 Tbsp Dijon mustard  
1 Tbsp cider vinegar  
1 tsp lemon juice*



A black grill pan sits on a wooden surface, filled with several pieces of grilled chicken thighs. The chicken is charred with dark grill marks and has a glistening, dark sauce coating it. In the bottom left corner, a small portion of a bowl containing corn and beans is visible.

## MEXICAN MOLASSES-LIME GRILLED CHICKEN



## MEXICAN MOLASSES-LIME GRILLED CHICKEN

### SERVES 6

Combine all marinade ingredients in a sauce pan and stir well. Pour 3 Tbsp into a zip-lock bag or baking dish and add chicken. Toss the chicken until it's well coated. Marinate for 30 minutes or up to 12 hours.

Bring remaining marinade to a simmer over medium heat and cook until reduced by half.

Season chicken with salt and pepper. Grill over medium heat (either stovetop or barbecue) until cooked through, basting often with the remaining marinade.

Tent chicken with foil and let rest for 5 minutes before serving.

*3 lbs. boneless, skinless chicken thighs*  
*1 Tbsp olive oil*

**For the marinade:**  
*2 Tbsp olive oil*  
*2 Tbsp Crosby's Fancy Molasses*  
*2 Tbsp brown sugar*  
*¼ cup fresh lime juice*  
*1 tsp finely grated fresh ginger*  
*1 tsp cumin*  
*1 tsp coriander*  
*1 tsp dry oregano*  
*3 cloves garlic, minced*  
*1 tsp kosher salt*

A close-up shot of a turkey sloppy joe sandwich. The sandwich is made with a soft, golden-brown bun and is filled with a chunky mixture of ground turkey, red bell peppers, and a thick, reddish-orange sauce. It is served on a dark, textured plate next to a side of fresh green lettuce.

## TURKEY SLOPPY JOES

## TURKEY SLOPPY JOES

### SERVES 4-5

Over medium heat, warm 1 Tbsp of the oil in a large pot. Add the turkey and break it up with a wooden spoon. Saute until cooked, stirring often. Remove to a plate.

In the same pot, add diced onion, red pepper, garlic, spices and salt. Saute until soft but not browned (about 5 minutes).

Add tomatoes, ketchup, chili sauce, molasses, mustard, water and cooked turkey. Bring to a simmer and cook, stirring often, 20 minutes.

Stir in vinegar and Worcestershire sauce and season with pepper. Cook five more minutes.

Serve over toasted buns or use as a taco filling.

*2 Tbsp oil*  
*1 lb. ground turkey (or chicken)*  
*1 red pepper, diced*  
*1 onion, diced*  
*2 cloves garlic, minced*  
*1 tsp chili powder*  
*¼ tsp smoked paprika*  
*¼ tsp salt*  
*1 cup crushed tomatoes*  
*¼ cup ketchup*  
*¼ cup chili sauce*  
*(can substitute additional ketchup)*  
*2 Tbsp Crosby's Fancy Molasses*  
*1 Tbsp Dijon mustard*  
*1 cup water*  
*1 Tbsp cider vinegar*  
*1 tsp Worcestershire sauce*  
*Freshly ground black pepper, to taste*





## SLOW COOKER BAKED BEANS WITH SAUSAGE



## SLOW COOKER BAKED BEANS WITH SAUSAGE

(NO SOAKING OF BEANS REQUIRED)

**SERVES 4-6**

Drain and rinse beans. Add onion, carrot and garlic to slow cooker. Scatter over beans.

In a medium bowl whisk molasses, sugar, mustard, soy sauce, vinegar, salt & water. Pour over beans, cover and cook on low 6-8 hours.

Whisk in flour, puncture sausages and lay them on top of the beans. Cover and continue cooking until sausages are cooked through, 30-40 minutes.

Slice sausage before serving.

*2 540 ml cans of white beans  
(white kidney/cannellini or navy beans)  
1 onion, diced  
1 carrot, chopped  
2 cloves garlic, minced  
½ cup Crosby's Fancy Molasses  
⅓ cup brown sugar  
1 Tbsp Dijon mustard  
1 Tbsp soy sauce or Worcestershire Sauce  
1 Tbsp cider vinegar  
½ tsp salt  
1 ½ cups water  
1 ½ Tbsp flour  
4-6 sausages*

## OVEN-BAKED SPARERIBS

**SERVES 6**

Preheat oven to 350°F

Place ribs in a covered roasting pan or Dutch oven. Sprinkle with salt and pepper and dress with lemon slices and sprinkle over the onions.

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

Pour half of the mixture over the ribs, cover and bake for 60 minutes, basting once with another spoonful of the sauce.

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.

*3 lbs. back ribs (membrane removed)  
½ tsp salt  
A few grinds of black pepper  
1 lemon, thinly sliced, seeds removed  
¾ cup chopped onion  
⅓ cup chili sauce  
(tomato-based or Asian style)  
2 Tbsp dry mustard (powder)  
½ cup brown sugar  
½ cup Crosby's Fancy Molasses  
¾ cup orange juice  
1 tsp lemon juice*



## OVEN-BAKED SPARERIBS





## EASY HOMEMADE KETCHUP



## EASY HOMEMADE KETCHUP

Warm a medium pot over medium heat and add the oil. When it's shimmering add the onion and fresh garlic (if using).

Saute for 2-3 minutes then whisk in remaining ingredients.

Let simmer 5-10 minutes.

Ketchup will last in the fridge for up to a month.

*1/2 Tbsp olive oil  
1 clove garlic or 1/2 tsp garlic powder  
1/4 cup grated onion  
1/2 tsp chili powder  
Pinch of allspice  
1 156-ml can tomato paste  
1/4 cup Crosby's Fancy Molasses  
1/3 cup apple cider vinegar  
1 Tbsp brown sugar  
1 tsp Worcestershire sauce  
1 tsp Dijon mustard  
1/4 tsp cayenne pepper (optional)  
1/8 tsp salt*



## BEER BARBECUE SAUCE

## BEER BARBECUE SAUCE

In a medium saucepan, saute the onion in the oil until soft.

Add remaining ingredients, bring to a boil and simmer for 10-20 minutes. (Sauce will thicken as it cools.)

*1/2 cup minced onion  
1 Tbsp olive oil  
1/2 cup Crosby's Fancy Molasses  
1/4 cup Dijon mustard  
1/2 cup chili sauce  
1 tsp Worcestershire sauce  
1/2 tsp salt  
1/2 tsp pepper  
1/2 cup beer*





### SWITCHEL WITH CIDER VINEGAR & MOLASSES



*This recipe makes a concentrate that you can then mix with sparkling water, to taste, for a refreshing, restorative drink in the dog days of summer.*

## SWITCHEL WITH CIDER VINEGAR & MOLASSES

In a saucepan combine water, molasses and ginger. Bring to a boil and simmer gently for 8-10 minutes. Remove from heat and when cool to room temperature remove ginger pieces and stir in cider vinegar and lemon juice.

*1 cup water  
1 ½ Tbsp Crosby's Fancy Molasses  
1-inch knob of fresh ginger, thinly sliced  
2 Tbsp cider vinegar  
Lemon juice to taste*

Add concentrate to sparkling water, to taste.  
Lasts in the fridge for 2 weeks.



### PUMPKIN SPICE LATTE

## PUMPKIN SPICE LATTE

SERVES 2

Pour coffee, milk and vanilla into a medium saucepan. Whisk in pumpkin, spices and salt.

Warm gently and remove from heat just before it comes to a simmer.

Pour into a blender, add molasses, and whirl for 5 seconds.

Pour into two mugs and top with a dollop of whipped cream.

*1 cup strong coffee or espresso  
1 cup milk (can use coconut milk)  
1 tsp vanilla extract  
2 Tbsp pumpkin puree  
¼ tsp pumpkin pie spice (or a pinch each of cinnamon, ginger, nutmeg and allspice)  
1 ½ Tbsp Crosby's Fancy Molasses  
Pinch of salt  
Whipped cream (can use whipped coconut milk)*





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</b> 60	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g	
+ Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Potassium / Potassium</b> 190 mg	<b>5 %</b>
<b>Carbohydrate / Glucides</b> 15 g	<b>5 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 13 g	
<b>Protein / Protéines</b> 0.2 g	
Vitamin A / Vitamine A	<b>0 %</b>
Vitamin C / Vitamine C	<b>0 %</b>
Calcium / Calcium	<b>2 %</b>
Iron / Fer	<b>6 %</b>
Riboflavin / Riboflavine	<b>25 %</b>
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub>	<b>4 %</b>
Magnesium / Magnésium	<b>4 %</b>
Copper / Cuivre	<b>2 %</b>
Manganese / Manganèse	<b>4 %</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. Our fancy molasses is considered a source of iron and a good source of riboflavin.

## MOLASSES 100% NATURAL

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

## MORE ABOUT OUR 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 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 B<sub>6</sub>, manganese and copper.



### We Don't Add Sulfur

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



COOK • BAKE • BBQ



CROSBY'S SINCE 1879



SOMETIMES SLOW  
IS A GOOD THING.

FOR MORE GREAT RECIPES AND TO  
FIND OUT MORE ABOUT MOLASSES  
VISIT **CROSBYS.COM**



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*Le livre de recettes est aussi disponible en français.*