

COOK • BAKE • BBQ



CROSBY'S SINCE 1879



EVERYDAY FAVOURITES II

More Recipes From
My Molasses Kitchen



SOMETIMES SLOW
IS A GOOD THING

COOKING WITH CROSBY'S FANCY MOLASSES

What inspires you to bake something?
When we asked our newsletter subscribers
this question 60% told us: *"When I discover
an appealing recipe I can't wait to try it."*

We hope that this collection of recipes will
be filled with all sorts of new discoveries that
will inspire you in the kitchen. It includes our
favourites from the past two years – all everyday
recipes that are easy to make, family-friendly
and perfect for sharing. We have
tucked in a few old-time
favourites too, the
sort of recipes that
we never tire of,
like ginger cookies,
molasses baked beans
and oatmeal brown
bread.

No matter what draws
you to the kitchen,
whether it's the lure of an
appealing recipe, a way to
relax, or an opportunity to
show family and friends that
you care, you'll find inspiration
in this little book of favourites.

We wish you much joy in the kitchen!

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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A close-up photograph of three golden-brown gingerbread scones on a silver-colored metal plate. The scones are topped with a thick, translucent vanilla glaze. A pat of butter is melting on the side of the plate. In the background, there are red berries and pinecones.

GINGERBREAD SCONES WITH VANILLA GLAZE



GINGERBREAD SCONES WITH VANILLA GLAZE

To make the scones:

Preheat the oven to 400°F and line a baking sheet with parchment paper.

In a large bowl, whisk together the flour, baking powder, spices and sugar.

Cut in the butter until it's pea-sized. (You can do this step in the food processor.)

In a small bowl whisk together the molasses and milk. Pour over the flour mixture and stir to combine.

When mixture almost comes together scrape onto a lightly floured counter and knead to combine. Gather dough into a ball and gently press it into the shape of a disk about ¾" thick. Place on prepared sheet. Score into eight wedges.

Bake for about 18 minutes, or until golden and the top springs back slightly when touched.

To glaze:

Whisk together the glaze ingredients.

Let scones cool for about 10 minutes then pour over the glaze.

*2 cups all-purpose flour, spooned in
(can use ½ cup whole wheat)
1 Tbsp baking powder
1 tsp gingerbread spice
(or half cinnamon, half ginger)
2 Tbsp sugar
½ cup cold butter, cut into cubes
Scant ¼ cup of
Crosby's Fancy Molasses
½ cup milk*

Glaze:

*½ cup icing sugar
1 Tbsp milk
½ tsp vanilla*

A close-up photograph of a loaf of oatmeal brown bread on a wooden cutting board. A slice has been cut and is being spread with butter. A spoon with jam is also visible.

MOM'S OATMEAL BROWN BREAD

MOM'S OATMEAL 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). 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 (not instant)
2 Tbsp dry yeast
1 cup warm water
2 tsp sugar
⅔ cup Crosby's Fancy Molasses
6 cups all-purpose flour
(can use 2 cups whole wheat)*



WHOLE WHEAT CHOCOLATE ZUCCHINI MUFFINS



WHOLE WHEAT CHOCOLATE ZUCCHINI MUFFINS

MAKES 12 MUFFINS

Preheat oven to 375°F and prepare muffin tins.

Whisk flours, cocoa powder, baking soda, baking powder, flax and salt.

In another bowl whisk the eggs with the sugar, molasses, milk and oil.

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

Gently stir in zucchini and chocolate chips.

Fill muffin tins $\frac{3}{4}$ full and bake 20-25 minutes.

Let cool in pan for 10 minutes then remove to a wire rack to finish cooling.

1 cup all-purpose flour, spooned in
 $\frac{1}{2}$ cup whole wheat or spelt flour, spooned in
 $\frac{1}{2}$ cup cocoa powder
1 tsp baking soda
1 tsp baking powder
 $\frac{1}{2}$ tsp salt
2 Tbsp ground flax
2 large eggs, room temperature
 $\frac{1}{2}$ cup sugar
3 Tbsp Crosby's Fancy Molasses
 $\frac{1}{2}$ cup milk
 $\frac{1}{3}$ cup oil (olive, canola or grapeseed)
1 $\frac{1}{2}$ cups grated zucchini, excess liquid squeezed out
 $\frac{1}{2}$ cup chocolate chips



BROWN SUGAR BANANA MUFFINS

BROWN SUGAR BANANA MUFFINS

MAKES 12 MUFFINS

Preheat oven to 375°F and prepare muffin tins.

Whisk together the flour, baking powder, salt, cinnamon and coffee.

In another bowl mash the bananas then whisk in sugar, oil, molasses, eggs and vanilla.

Add wet to dry and stir gently until just a few streaks of flour remain. (Don't overmix.)

Fill muffin cups to $\frac{3}{4}$ full and bake for 18-20 minutes.

2 cups all-purpose flour, spooned in
1 Tbsp baking powder
 $\frac{1}{4}$ tsp salt
2 tsp finely ground coffee (optional)
1 tsp cinnamon
2 ripe bananas
 $\frac{3}{4}$ cup brown sugar
(can reduce to $\frac{1}{2}$ cup)
 $\frac{1}{2}$ cup oil (canola, grape seed or olive)
2 Tbsp Crosby's Fancy Molasses
2 eggs, room temperature
1 tsp vanilla

A close-up photograph of several golden-brown sweet bran muffins. One muffin in the foreground is topped with a pat of melting butter. The muffins are arranged on a white plate with a decorative floral pattern.

SWEET BRAN MUFFINS



SWEET BRAN MUFFINS **RSF**

MAKES 12 MUFFINS

Preheat oven to 400°F and prepare muffin tins.

In a large bowl combine dry ingredients.

In another bowl whisk together the wet ingredients.

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

Fill muffin cups to $\frac{3}{4}$ full.

Bake for 15 – 20 minutes until firm and nicely browned.

Allow to cool on a wire rack & enjoy!

2½ cups all-purpose flour, spooned in
2 tsp baking powder
½ tsp baking soda
1½ tsp salt
1½ cups baker's bran (natural bran)
1 large egg, room temperature
1 cup Crosby's Fancy Molasses
¾ cup milk
¼ cup butter, melted

A photograph of two slices of pumpkin banana bread. The slices are thick and dark brown, topped with a generous amount of white butter. They are served on a silver-colored metal plate with an ornate rim. A butter knife is also on the plate. A green cloth is visible in the background.

PUMPKIN BANANA BREAD

PUMPKIN BANANA BREAD

Preheat the oven to 350°F.

Line a 9" x 5" bread pan with parchment paper or grease it well.

In a large bowl whisk together the banana, eggs, oil, pumpkin, molasses, honey, sugar and vanilla.

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

Sprinkle the flour mixture over the pumpkin mixture and stir gently until just combined.

Scrape into prepared pan and bake for about an hour.*

Remove from oven when you tap the top of the loaf and feel little give, or when a tester inserted into the middle of the loaf comes out clean.

Cool in pan 10 minutes then remove to a wire rack to finish cooling. Cool completely before cutting.

**Lay parchment paper over the top of the bread during the last 15 minutes of cooking.*

2 ripe bananas, mashed
2 large eggs, room temperature
⅓ cup vegetable oil
1 ½ cups pumpkin puree (not pumpkin pie filling)
¼ cup Crosby's Fancy Molasses
¼ cup honey
1 tsp vanilla
½ cup sugar
2 ½ cups all-purpose flour, spooned in
1 tsp baking powder
1 tsp baking soda
½ tsp salt
1 tsp cinnamon
2 tsp ginger
¼ tsp nutmeg
¼ tsp cloves



MOLASSES OATMEAL WAFFLES



MOLASSES OATMEAL WAFFLES RSE

MAKES 10 WAFFLES

Heat milk and molasses in a saucepan over medium until warm to the touch.

Place rolled oats in a large bowl and pour over warm milk mixture. Whisk in remaining ingredients.

Let batter sit five minutes.

Cook as directed in your waffle iron instructions.

*2 cups milk
¼ cup Crosby's Fancy Molasses
2 cups rolled oats (not instant)
2 eggs, room temperature
⅓ cup oil
½ cup all-purpose flour,
spooned in
1 tsp baking powder
½ tsp baking soda
1 tsp salt
1 Tbsp ground flax
or wheat germ*



GINGERBREAD PANCAKES

GINGERBREAD PANCAKES

MAKES 16 PANCAKES

Combine dry ingredients in a large bowl.

In another bowl combine the wet ingredients.

Add wet ingredients to dry ingredients and whisk to combine.

Let batter sit for 5-10 minutes.

Drop by ¼ cup measure on a medium-hot, well-greased frying pan.

Flip when the batter is set and the edges lose their wet look.

Keep warm until ready to eat.

Drizzle with a maple syrup, or a molasses maple syrup blend (3 Tbsp maple syrup and 1 Tbsp molasses)

*2 ½ cups all-purpose flour
(can use up to one cup whole wheat)
¼ cup sugar (optional)
1 ½ Tbsp baking powder
½ tsp baking soda
½ tsp salt
1 ½ tsp ginger
1 ½ tsp cinnamon
½ tsp allspice
Pinch of cloves
2 eggs, room temperature
¼ cup Crosby's Fancy Molasses
2 cups milk
2 Tbsp oil*



WHOLE WHEAT CHOCOLATE CHIP COOKIE BARS



WHOLE WHEAT CHOCOLATE CHIP COOKIE BARS

MAKES ABOUT 3 1/2 DOZEN BARS

Preheat oven to 350°F.

Line an 11" × 17" baking sheet with parchment paper.

In a large mixing bowl, beat together olive oil, melted butter, brown sugar, white sugar, molasses and vanilla. Stir until well combined.

Beat in eggs, one at a time.

Stir in flours, flax, baking soda, cinnamon and salt and stir until almost combined.

Add chocolate chips and stir until well combined.

Spoon dough onto prepared baking sheet and spread evenly, right to the edges. (It's easiest to use wet hands for this job.)

Sprinkle over extra chocolate chips and press into the dough.

Bake for 23-25 minutes, until golden and set.

Cool on a rack. Let cool before cutting.

3/4 cup olive oil
1/4 cup melted butter
1 1/4 cup brown sugar
1/4 cup sugar
1/4 cup Crosby's Fancy Molasses
2 tsp vanilla extract
2 large eggs, room temperature
2 cups all-purpose flour, spooned in
1 cup whole wheat flour, spooned in
2 Tbsp ground flax
2 tsp baking soda
1 tsp cinnamon
1/2 tsp salt
1 heaping cup bittersweet chocolate chips
Extra chocolate chips for sprinkling (optional)



CAPE BRETON MOLASSES BISCUITS

CAPE BRETON MOLASSES BISCUITS

MAKES ABOUT 2 DOZEN BISCUITS (USING A 2 1/2" ROUND COOKIE CUTTER)

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

In a large bowl cream the butter and sugar.

Beat in the egg, then the molasses and milk.

In a separate bowl whisk the flour, baking soda, salt and spices.

Stir dry into the wet mixture in two additions (don't over mix).

Scrape dough onto a lightly floured surface and roll 1/2" thick.

Cut into rounds and prick with a fork.

Bake 16-18 minutes, until the tops just bounce back.

Let cool on the pan.

1 cup butter, softened
1 cup brown sugar
1 large egg, room temperature
1 cup Crosby's Fancy Molasses
1/2 cup milk soured with 1 Tbsp vinegar*
4 1/2 cups flour, spooned in
2 tsp baking soda
1 tsp salt
1 tsp cloves
1 tsp cinnamon
1 1/2 tsp ginger
*To sour the milk: Add 1 Tbsp vinegar to 1/2 cup measuring cup and fill with milk. Let sit 5 minutes until it curdles.

GINGER COOKIES



GINGER COOKIES

MAKES THREE DOZEN COOKIES

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 in molasses and egg.

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

Preheat oven to 350°F.

Scoop dough by 1 1/2 Tbsp. and form into balls. Roll in remaining sugar.

Place 2" apart on prepared baking sheets.

Using the bottom of a glass, flatten into rounds.

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

2 1/2 cups flour, spooned in
2 1/4 tsp baking soda
1/4 tsp salt
1 Tbsp ginger (ground)
1/2 tsp allspice
3/4 cup butter, room temperature
1/2 cup packed brown sugar
1/2 cup sugar, plus 1/3 cup for coating
6 Tbsp Crosby's Fancy Molasses
(1/4 cup + 2 Tbsp.)
1 large egg, room temperature

MOM'S CHEWY HERMIT BARS



MOM'S CHEWY HERMIT BARS

MAKES TWO DOZEN BARS

Preheat oven to 375°F and line a large cookie sheet with parchment paper.

In a large bowl cream the butter and sugar. Beat in the molasses and then the egg.

In another bowl combine dry ingredients and add to butter mixture.

When it comes together as a dough add the raisins.

Divide dough in half and form each piece into a 12" log.

Place on prepared baking sheet a few inches apart. Flatten the logs slightly.

Bake 15- 18 minutes.

Remove from oven, cool on the pan and cut into strips on the diagonal.

Drizzle with a simple white icing before slicing, if desired (see glaze recipe on page 3).

2 cups + 2 Tbsp all-purpose flour,
spooned in
2 tsp baking soda
2 tsp cinnamon
2 tsp ginger
1/4 tsp cloves
1/4 tsp salt
1/2 cup butter, room temperature
1 cup brown sugar
1/4 cup Crosby's Fancy Molasses
1 large egg, room temperature
3/4 cup raisins
(or dried cranberries)



WHOLE WHEAT APPLE SNACK CAKE



WHOLE WHEAT APPLE SNACK CAKE **RSF**

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

Whisk together flour, baking soda, salt and spices.

In a separate bowl whisk the oil with the molasses and honey.

Whisk in eggs.

Add this wet mixture to the flour mixture and stir to combine.

Stir in vanilla then grated apples.

Scrape into prepared pan and bake about 40 minutes.

Cool in pan 15 minutes then remove to a rack to finish cooling.

*To prepare the apples, peel them first then grate on the large side of a box grater. To measure, sprinkle into the measuring cup, taking care not to pack them in. Once measured, give grated apple a little squeeze to remove some of the juice. (Save juice for another use.)

*1½ cups whole wheat flour, spooned in
1 ½ tsp baking soda
¼ tsp salt
¾ tsp cinnamon
¼ tsp nutmeg
½ cup oil (olive, grape seed, canola)
½ cup Crosby's Fancy Molasses
½ cup honey
2 large eggs, room temperature
1 tsp vanilla
3 cups shredded apples**



MAPLE MOLASSES ZUCCHINI CAKE

MAPLE MOLASSES ZUCCHINI CAKE

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

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

In another bowl beat the eggs then whisk in the oil followed by the sugar, molasses, maple syrup and vanilla.

Add wet ingredients to dry and stir until almost combined. Stir in the zucchini and walnuts.

Scrape into prepared pan and bake for about 50 minutes, until set.

Let cool about 10 minutes then remove from the pan.

Serve with cream cheese frosting on the side.

*3 large eggs, room temperature
1 cup sugar
1 cup olive oil
½ cup Crosby's Fancy Molasses
½ cup pure maple syrup
2 tsp vanilla extract
2 cups all-purpose flour, spooned in
2 tsp baking soda
1 tsp baking powder
1 tsp salt
3 tsp ground cinnamon
1 tsp ginger
¼ tsp cloves
¼ tsp nutmeg
2 cups shredded zucchini
1 cup chopped walnuts*

MOLASSES CHOCOLATE CAKE

SERVES 10-12

Preheat oven to 350°F.

Line a 9"x13" metal pan with parchment paper (or grease and flour two 8" round cake pans.)

In a large bowl whisk together dry ingredients.

In a medium bowl whisk the oil, vinegar, vanilla, molasses and water.

Whisk the wet ingredients into the dry and mix well.

Pour into prepared pan and bake for 35-40 minutes, until the cake starts to pull away from the edge of a pan or a tester comes out clean.

Cool in pan 10 minutes then remove from pan to a wire rack and cool completely before frosting.

SECRET INGREDIENT CHOCOLATE FROSTING

Cream butter, molasses & vanilla.

Add milk and mix well.

Add cocoa then the icing sugar one cup at a time, mixing well after each addition.

*½ cup oil
2 tsp vinegar
2 tsp vanilla
¼ cup Crosby's Fancy Molasses
1 ¾ cups water
3 cups all-purpose flour,
spooned in
1 ½ cups sugar
6 Tbsp cocoa
2 tsp baking soda
1 tsp salt*

Frosting

*½ cup butter, softened
¼ cup milk
2 Tbsp Crosby's Fancy Molasses
1 tsp vanilla
3 cups icing sugar
¾ cup cocoa*

DOUBLE GINGER CAKE

SERVES 10-12

Preheat oven to 350°F.

Grease and flour a 9½" spring-form pan and line the bottom with parchment. (Or grease and flour a 10" tube pan.)

In a medium bowl, combine flour, cinnamon, ginger, cloves and pepper.

In a large bowl, beat together molasses and sugar.

Beat in eggs, one at a time, then carefully beat in the oil and mix until well blended.

Add flour mixture and blend until just combined.

In small bowl, stir soda into boiling water. Quickly add to batter along with minced fresh ginger. Mix just until blended. Pour into prepared pan.

Bake about one hour, adding up to 15 min extra if necessary.

If top browns to quickly loosely cover with foil.

Cool 30 mins in pan on a wire rack.

Run a knife around edge.

Remove sides and bottom of pan to finish cooling.

2 ½ cups all-purpose flour, spooned in
1 tsp cinnamon
1 tsp ground ginger
½ tsp ground cloves
½ tsp ground black pepper
1 cup Crosby's Fancy Molasses
1 cup sugar
2 large eggs, room temperature
1 cup oil
2 tsp baking soda
1 cup boiling water
¼ cup minced fresh ginger

A close-up photograph of a cornbread peach cobbler. The dish features golden-brown cornbread squares, sliced peaches, and a dollop of white ice cream. A silver spoon is visible on the right side of the dish, which is served on a white plate with a blue floral pattern.

CORNBREAD PEACH COBBLER



CORNBREAD PEACH COBBLER

Preheat oven to 425°F.

Toss the peaches with the cornstarch and molasses and spread in a 9"x9" glass baking dish. Top with butter.

Place dish in the oven while you prepare the topping (about 10 minutes)

Whisk together the flour, cornmeal, brown sugar, baking powder and salt. Cut in the cold butter until pea sized. Pour in the buttermilk and stir until just combined.

Remove peaches from the oven and spoon batter by spoonful on top of the peaches in a patchy sort of way (6-8 dollops of batter).

Bake for 25-30 minutes, until golden and bubbling.

*If you don't have buttermilk use 7 Tbsp. milk with 1 Tbsp. of yogurt (flavoured or not).

5-7 peaches, pitted and sliced into 8 wedges each
½ Tbsp cornstarch
¼ cup Crosby's Fancy Molasses
1 Tbsp butter
¾ cup flour
¼ cup fine cornmeal (corn flour)
3 Tbsp brown sugar
1 ½ tsp baking powder
¼ tsp salt
3 Tbsp cold butter
*½ cup buttermilk**

A close-up photograph of four salmon fillets arranged on a white plate with a blue floral pattern. The salmon is coated in a dark, glossy sauce and garnished with fresh green herbs. Several slices of orange are placed around the salmon. A silver fork is visible in the bottom left corner.

GARLICKY ORANGE JUICE SALMON

GARLICKY ORANGE JUICE SALMON **RSF**

In a small bowl whisk together the molasses, honey and soy sauce.

Warm a sturdy fry pan over medium, to medium-high, and add the oil and butter. Swirl to coat the pan then add the salmon, skin side up.

Sear for 3-4 minutes then flip and cook 2 minutes.

Remove salmon from pan and set aside.

Add the orange juice and garlic to the pan. Stir to combine and scrape up the brown bits from the bottom of the pan. When the liquid is slightly reduced, add the molasses-honey-soy mixture. Stir and let it simmer for a minute, until it gets a little syrupy.

Return the salmon to the pan, skin side down, along with any juices they released.

Spoon over the sauce and continue cooking until done.

Drizzle pan sauce over the salmon once it has been plated.

2 Tbsp Crosby's Fancy Molasses
1 Tbsp honey
2 Tbsp soy sauce
1 Tbsp olive oil
1 Tbsp butter
4 salmon fillets
½ cup orange juice
4 cloves garlic, minced



MOLASSES-BRINED ROAST CHICKEN



INSTANT POT MUSTARD MOLASSES CHICKEN



MOLASSES-BRINED ROAST CHICKEN **RSF**

MOLASSES-BRINE FOR CHICKEN

Dissolve salt and molasses in water, add chicken or chicken pieces and refrigerate for 4-24 hours. When ready to prep your chicken for cooking, discard the brine, pat chicken dry and continue on with roasting instructions.

In a large Dutch oven or heavy covered pot, scatter onions and bay leaf. Lay chicken on top, skin side up.

In a small bowl whisk together wine, soy sauce, Worcestershire, molasses, minced garlic, oregano, red pepper flakes and paprika. Pour over chicken.

Tuck lemon slices around the chicken pieces, sprinkle with salt & pepper.

Cover and cook at 350°F for 1-1 1/2 hours, until done, basting from time to time.

8 cups water
1/4 cup kosher salt (coarse)
1/3 cup Crosby's Fancy Molasses

One 3-4 lb chicken or chicken pieces
1 onion, sliced
1 bay leaf
1/2 cup white wine
2 Tbsp. soya sauce or tamari
1 Tbsp. Worcestershire sauce
2 Tbsp. Crosby's Fancy Molasses
2 cloves garlic, minced
2 tsp. dried oregano
Pinch of red pepper flakes
1 tsp. paprika
1 lemon, thinly sliced, seeds removed

INSTANT POT MUSTARD MOLASSES CHICKEN **RSF**

Sprinkle onions in your Instant Pot, toss in the bay leaf and lay the chicken on top.

Whisk together remaining ingredients and pour over chicken. Secure lid of pot, turn steam valve to close. Set to pressure cooker and set the timer for 10 minutes.

When the 10 minutes of cooking time is complete, carefully open steam valve and when steam has completely released remove lid and serve.

Serve extra sauce alongside.

1/2 onion, chopped
1 bay leaf
6 boneless, skinless chicken thighs
2 Tbsp Dijon mustard
2 Tbsp cider vinegar
1/3 cup Crosby's Fancy Molasses
1/4 cup tomato sauce or
2 Tbsp tomato paste
1 tsp dried thyme or oregano
1 Tbsp Worcestershire sauce
1/4 cup water, broth or leftover coffee
2 cloves garlic, minced

Oven version:

Sprinkle onions in a shallow baking dish with a tight fitting lid and top with chicken. Whisk together remaining ingredients and pour over chicken.

Cover and bake at 350°F for 30-45 min or until chicken is cooked through. * Remove the lid for the final 15 minutes of cooking. Serve with sauce spooned over.

*Cooking time will depend on size of thighs.



GARLIC SWEET AND SOUR MEATBALLS



GARLIC SWEET AND SOUR MEATBALLS **GF**

Meatballs

Heat oven to 400°F. Line a rimmed baking sheet with parchment paper or foil.

Combine the above ingredients. Mix well and shape lightly into 1½ inch balls.

Bake for 18-20 minutes, until done. (Careful not to overcook.)

Meatball Sauce

Combine sauce ingredients in a large saucepan.

Bring to a boil and simmer for five minutes.

Remove from heat. Add meatballs, heat on minimum for 10 minutes. Serve hot.

Meatballs:

1 lb ground beef or turkey
2 cloves of garlic (chopped fine)
1 egg (well beaten)
1 tsp salt
1 Tbsp Crosby's Fancy Molasses

Meatball Sauce:

1 Tbsp butter
½ cup ketchup
½ cup chopped onions
½ cup bouillon or apple juice
¼ cup Crosby's Fancy Molasses
2 Tbsp brown sugar
⅓ cup cider vinegar
1 tsp dry mustard
¼ tsp pepper



MOLASSES BAKED BEANS

MOLASSES BAKED BEANS

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

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

Mix together and pour over the beans: brown sugar, molasses, salt, Worcestershire, dry mustard and pepper. Dab with the butter or oil or sprinkle over the bacon pieces.

Pour over enough boiling water to just cover the beans.

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.

Tasty tips: Try adding left over molasses baked beans to your next batch of chili.

2 cups dried navy or pea beans
1 small onion, peeled
One small apple, peeled, quartered and cored
⅓ cup brown sugar
½ cup Crosby's Fancy Molasses
1 tsp salt
1 ½ tsp dried mustard
½ Tbsp Worcestershire sauce
½ tsp freshly ground black pepper
1 slice of bacon, chopped
or 1 Tbsp butter or olive oil
Boiling water



MAGICAL MOLASSES SAUCE



MAGICAL MOLASSES SAUCE GF RSF

Combine ingredients in a saucepan and warm over medium heat, stirring from time to time.

Bring to a simmer and cook for five minutes.

Squash: Slice squash or peel and cube it. Place on a parchment-lined baking sheet and brush with sauce (or toss sauce with cubed squash). Bake at 350°F for 15 minutes. Flip, brush with more sauce and cook until tender.

Onions: Quarter onions and place on a lightly oiled, parchment-lined baking sheet. Brush with sauce and bake at 350°F until soft and caramelized.

Sweet potato: Slice cross-wise into medallions and bake according to squash instructions above.

*1/4 cup butter
1/4 cup Crosby's Fancy Molasses
2 Tbsp cider vinegar
Pinch of salt
Freshly ground black pepper
to taste*



SPICY MOLASSES ROASTED SWEET POTATOES

SPICY MOLASSES ROASTED SWEET POTATOES GF RSF

Preheat oven to 425°F and line a baking sheet with parchment paper.

Cut sweet potatoes into 8 wedges each.

In a large bowl whisk together the first 6 ingredients. Add the sweet potato wedges to the bowl and toss to coat.

Place wedges on prepared cookie sheet in a single layer.

Roast 20-25 minutes until tender and nicely browned, flipping halfway through.

Serve hot with ketchup.

*2 Tbsp olive oil
2 Tbsp Crosby's Fancy Molasses
1 Tbsp Cider vinegar
1 tsp grainy mustard
1 tsp kosher salt (coarse)
1 tsp hot sauce
3 sweet potatoes, scrubbed,
skin left on*



GREEK YOGURT CHOCOLATE PUDDING



GREEK YOGURT CHOCOLATE PUDDING **GF** **RSF**

SERVES 4

In a medium bowl, whip cream to stiff peaks.

Add remaining ingredients and whip just until combined.

Chill before serving.

*½ cup heavy cream (35%)
1 cup Greek yogurt, 2% fat or higher
¼ cup cocoa powder
3 Tbsp Crosby's Fancy Molasses
1 Tbsp honey
2 tsp vanilla*



PEANUT BUTTER GRANOLA

PEANUT BUTTER GRANOLA **GF** **RSF**

Preheat the oven to 300°F and line two cookie sheets with parchment paper.

Combine the first five ingredients in a large bowl.

In a smaller bowl whisk together the wet ingredients.

Add wet to dry and stir to combine, ensuring the dry ingredients are completely coated.

Spread evenly between the two cookie sheets.

Bake for one hour, tossing well every 15 minutes.

When cool, add raisins and store in an airtight container.

6 cups old fashioned rolled oats
(not instant)
1 cup raw sunflower seeds
1 cup unsweetened
shredded coconut
½ cup ground flax
½ cup raw pumpkin seeds
¾ cup natural peanut butter
(smooth or crunchy)
6 Tbsp Crosby's Fancy Molasses
2 Tbsp pure maple syrup
2 tsp vanilla
¼ cup canola, grape seed,
coconut or olive oil
¼ cup water
1 cup raisins*

**Use gluten-free rolled oats
if necessary.*

A close-up photograph of four round, golden-brown energy bites on a white surface. One bite is broken open, revealing a bright yellow, textured interior. In the background, a white bowl with gold polka dots is partially visible.

GOLDEN GINGER ENERGY BITES



GOLDEN GINGER ENERGY BITES **GF** **RSF**

In a food processor whirr the coconut until it starts to clump together.

Add the cashews and whirr until finely ground.

Add remaining ingredients and process until mixture comes together.

Scoop by tablespoonful and form into balls. Roll in cocoa powder. Store in the fridge.

*1 ½ cups shredded coconut
1 cup raw cashews
2 Tbsp hemp seeds
1 Tbsp coconut oil, melted
2 Tbsp Crosby's Fancy Molasses
½ Tbsp ginger
½ Tbsp turmeric
½ tsp cinnamon
Pinch of sea salt
Cocoa powder to coat (optional)*

A photograph of several round energy bites on a silver metal tray. One bite is broken open, showing a dark, chunky interior. The bites are coated in a white, crumbly substance. The tray is placed on a colorful patterned cloth.

PUMPKIN PIE ENERGY BITES

PUMPKIN PIE ENERGY BITES **GF**

Combine oats, hemp seeds, pumpkin seeds and chocolate chips in a food processor. Whirr until the pumpkin seeds and chocolate chips are chopped (but not pulverized).

Add remaining ingredients and whirr until everything comes together.

Scoop by tablespoonful and shape into balls.

Roll in coconut or almond flour.

Store in the fridge for up to two weeks.

2 cups rolled oats (not instant)
¼ cup hemp seeds
¼ cup pumpkin seeds
½ cup chocolate chips
½ cup canned pumpkin puree
(not pumpkin pie filling)
¼ cup peanut butter, almond butter
or sunflower seed butter
1 tsp vanilla extract
½ tsp cinnamon or pumpkin pie spice
¼ cup Crosby's Fancy Molasses
¼ cup pure maple syrup (or honey)
¼ tsp sea salt
Coconut and/or ground almonds
for rolling
* Use gluten-free rolled oats
if necessary.*



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

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 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 B₆, manganese and copper.



We Don't Add Sulfur

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

RSF Refined Sugar-Free

GF Gluten-Free

COOK • BAKE • BBQ



CROSBY'S SINCE 1879



SOMETIMES SLOW
IS A GOOD THING.

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