

Serving suggestions

Maple syrup, Canada's natural food sweetener, is used directly as a topping for foods like pancakes or as a flavouring, sauce, glaze or sweetener. It can be substituted for white sugar: for every 250 mL white sugar, replace with 250 mL maple syrup and decrease the liquid by 115 mL. It can also be used in recipes for cooking everything from meats and vegetables to desserts.

Maple grandperes

A traditional French Canadian recipe for maple dumplings.

400 mL maple syrup	2 mL salt
33 mL water	50 mL shortening
375 mL sifted all-purpose flour	200 mL milk
20 mL baking powder	

Combine maple syrup and water; bring to a boil. Sift dry ingredients. Cut in shortening until mixture resembles fine bread crumbs. Stir in milk to make soft dough. Drop from a 15 mL spoon into the boiling syrup mixture. Cover and simmer 15 minutes without removing lid. Serve immediately. Makes about 18 dumplings.

Lamb with maple sauce

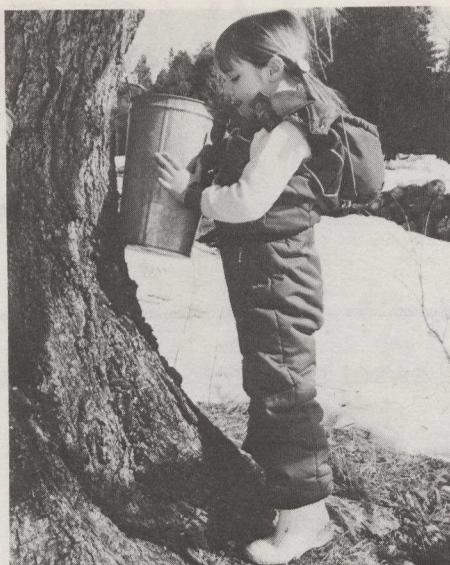
2 kg lamb leg	2 mL sage
200 mL vinaigrette dressing	10 mL Worcester-shire sauce
5 mL dry mustard	2 mL dried mint
2 mL rosemary	15 mL lemon juice
1 clove garlic crushed	125 mL maple syrup

Place meat on rack in shallow pan. Combine remaining ingredients except maple syrup and baste roast. Roast 1 hour 30 minutes at 160°C, basting often. Drain off excess fat and remove rack. Pour maple syrup over roast. Cover with foil and roast to desired degree of doneness. Serve meat with sauce from pan.

Maple tarts

50 mL butter	100 mL water
75 mL cornstarch	12 baked tart shells
300 mL maple syrup	

Melt butter and blend in cornstarch. Stir in maple syrup and water. Bring mixture to a boil and simmer until it thickens, stirring constantly. Continue cooking 5 minutes more, stirring occasionally. Remove from heat and cool 15 minutes. Spoon into tart shells. Makes 12 tarts.



Krysta Petrie peers into a sap bucket during a visit to a sugarbush near Pakenham, Ontario.

into moulds. The sugar crystallizes into a block that can be readily cut with a knife.

The sap for hard maple sugar is boiled to a temperature a few degrees higher than for soft sugar and cooled rapidly. When it begins to crystallize, it is stirred until it becomes cloudy, yellowish and very thick. It is then poured into moulds. The resulting hard block of sugar may be broken into chunks, crushed or grated.

Maple butter is produced by boiling the sap to a slightly lower temperature than for soft maple sugar and then rapidly cooling it to room temperature. It is stirred until fairly thick and then poured into containers.

For maple taffy, the sap is boiled as for soft maple sugar, allowed to settle and then poured into containers. The pouring must be done in one operation to prevent crystallization.



Maya Fowlie enjoys maple syrup that has been hardened on the snow.

Support for GATT trade report

Secretary of State for External Affairs Joe Clark and Minister for International Trade James Kelleher have announced Canadian support for the report of the General Agreement on Tariffs and Trade (GATT) entitled *Trade Policies for a Better Future — Proposals for Action*.

The report represents the unanimous conclusions of a seven-member group established in 1983 to study the problems facing the international trading system.

Several recommendations for concerted action which the authors "believe necessary to put the world trading system on the right path", are put forward in the report.

The Canadian ministers noted that the first recommendation, which urged that "the making of trade policy" be brought into the open in each country, is a course of action that Canada has already started with its recent issuance of a discussion paper seeking the views of all Canadians on ways of securing and enhancing our access to markets.

The report also recommends that agricultural trade should be based on clearer and fairer rules; that GATT "codes" governing non-tariff distortions should be improved and vigorously applied to make trade more open and fair; that governments should be prepared to examine ways and means of expanding trade in services and to explore whether multilateral rules can be devised for this sector; and that the GATT dispute settlement process should be improved.

Mr. Clark and Mr. Kelleher remarked on the timeliness of the report as Canada and other countries are concerned about ensuring that the current economic upturn becomes the beginning of a new era of non-inflationary growth, lower unemployment, and rising standards of living. They noted Canada's agreement with the report's emphasis on "open international trade" as a "key to sustained growth" and concern that a "growing accumulation of restrictive measures" threatens the sustained economic growth we all seek.

The ministers expressed their full support for the report's alternative — "a new commitment to open trade, backed up by improvements in the operation of the GATT system" — and concurred with the report's statement that both developed and developing countries have a contribution to make in this process. They said the report's warning that the "benefits" of protectionism are immediate and visible, while its costs are long-term and largely invisible, should be considered further.

Russell Mant, The Citizen photos