



Uncle Berwyn's *olde fashioned good times!*

from the Yukon forest to your table

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Birch Syrup Recipes

Most of the restaurants in Dawson City use Uncle Berwyn's Yukon Birch Syrup in their cooking. Jeff, the Chef of Klondike Kate's Restaurant, has shared with us some of his favourite Birch Syrup Recipes. If you have any creative Birch Syrup uses or recipe ideas give me an e-mail:

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Birch in Appetizers and Side Dishes

Emulsified Birch Syrup Vinaigrette

(Makes about 3 cups)

¼ cup **birch syrup**
½ cup good balsamic vinegar
2 ½ cups good olive oil
One garlic clove (put through garlic press)
2 tbsp grainy Dijon mustard
Pinch salt
Pepper to taste

Combine vinegar, salt and garlic in a non reactive mixing bowl. Let Stand for 10 minutes. Add mustard and birch syrup, mix through, while whisking, slowly drizzle the olive oil into the mix. Should be slightly thick when done. Add pepper to taste.

Birch Glazed Carrots

3 large carrots
¼ cup Low sodium or home made chicken stock, or rich vegetable stock.
Tbsp **birch syrup**
1 tsp butter
1 tbsp chopped fresh parsley (Italian flat leave preferred)
Pinch salt
Pinch pepper

Slice carrots ½ centimetre thick, place in sauce pan, add chicken stock, or veg stock and remaining ingredients and cook till liquid is absorbed. Add parsley and serve.

Raspberry Birch Caramelized Onions

2 yellow onions
1 tbsp butter
1 tbsp **birch syrup**
1 tbsp raspberry Vinegar

Slice onions in half and peel. Remove root from end, and slice very thin. Heat butter in a small saucepan on low heat. Add onions and cook slowly for 35mins, add birch syrup and cook for another 35mins or until golden brown, add raspberry vinegar and cook till completely absorbed and caramelized. (good with goat cheese, salads, steaks, tomatoes, sandwiches etc.)

Birch in Main Dishes

White Wine Birch Glaze for Salmon or Pork

½ cup **Birch Syrup**
¼ cup dry white wine
1 whole shallot
1 bay leaf
1 tbsp grainy Dijon
Butter and olive oil to sweat onions

Finely dice the shallot. In a small sauce pan heat the olive oil add butter till just hot, add shallots. Cook till translucent. Add white wine and bay leaf, reduce $\frac{3}{4}$ of the wine then add birch syrup bring to a simmer and cook for 15-20 minutes or till syrup constancy. Cool to room temp remove bay leaf and add Dijon. Use to glaze, salmon, poached, broiled or bbq. Also Delicious on roast pork tenderloin or chops.

Birch Bourbon BBQ Sauce

½ cup bourbon
1 cup ketchup
½ cup **birch syrup**
¼ cup veg oil
2 tbsp cider vinegar
2 tbsp Dijon mustard

In a large sauce pan, reduce the bourbon by half, over medium high heat. (careful if using open flame) Remove from heat and add the remaining ingredients.

Birch in Desserts

Birch Syrup Pecan Pie

Pie filling (for one 9" pie)

2 eggs (Slightly beaten)
¼ tsp salt
1 tsp good vanilla
½ cup corn syrup
½ cup **birch syrup**
¼ cup brown sugar
2 tbsp flour
1 cup pecans
1 (9" pie shell)

Combine all ingredients in a bowl and mix well.

Place pecans in your favourite pie crust. (9")

Pour filling over pecans and bake @375 for 35-40 mins or until set and crust golden.

Easy Pie Crust

¼ cup flour
2tbsp sugar
¼ tsp salt
½ cup butter
4-6 tbsp water

Combine all ingredients in a food processor or mixing bowl except water. Slowly drizzle water till ball forms. Roll it out.

Birch Syrup Ice Cream

125ml Milk
125ml Heavy Cream
3 tbsp White sugar
1 tsp good vanilla
3 egg yolks
¼ cup **Birch Syrup**

Pour milk and cream in a heavy bottomed saucepan warm gently till boiled. While heating cream mix, add all other ingredients except syrup in a mixing bowl and whisk through. When cream mix comes to a boil take off heat and add a little to the egg mixture, mix, then add the rest of the cream (Whisk away), return the mix to sauce pan and very gently heat the mix up, stirring constantly (don't go anywhere!) till it coats the back of your wooden spoon. Strain into container, add birch syrup. Cool. Follow instructions on your ice-cream machine.

Birch Syrup Crème Brulé (for 2)

250ml Heavy Cream
3 egg yolks
3 tbsp sugar (plus more to caramelize)
1 tsp good vanilla
¼ cup **birch syrup**

Pour cream and vanilla in a heavy bottomed sauce pan. Combine the rest of ingredients in a mixing bowl. When Cream comes to a boil, take off heat and add a little to the egg mixture, mix, then add the rest and mix well. Strain into a large measuring cup. Pour into 2 crème brûlée ramekins or small teacups or whatever you may have. Place containers into a larger baking pan or pot, place in pre heated 350 degree oven. Heat some water in your teapot. Pour Hot water carefully into pan till it comes half way up the ramekins. Cook for 35- 40 mins or until just set. Cool. When completely cool sprinkle sugar over crème brûlée and place under your broiler for 1 min or till caramelized.

Birch Pepper Cookies

3.5 cups flour
2 teaspoons baking powder
1/2 teaspoon of each: baking soda, salt, cloves, cardamom
1.5 teaspoon of each: cinnamon, pepper
1 teaspoon ginger
1 cup butter
1 cup white sugar
1 egg
1/4 - 1/3 cup birch syrup

Preheat oven to 350. Beat butter and sugar until fluffy; beat in egg and birch syrup. Mix dry ingredients in a separate bowl. Gradually add dry ingredients. Shape into a disk, cover and chill until firm. Roll into 1" balls. Bake on ungreased sheet for 10-12 minutes.

Klondike Birch Syrup Pie

1/4 cup all-purpose flour
1/2 cup cold water
1 cup **Birch Syrup**
2 egg yolks, beaten lightly
2 tbsp butter
1 baked 8 inch (20 cm) pie shell

Stir together the flour and water until smooth. In a heavy saucepan pour in the birch syrup. Stir the flour mixture into syrup then add the beaten egg yolks. Cook over a low heat, stirring constantly, for about 5 minutes until thickened. Add the butter and stir until melted. Pour the mixture into the pie shell. Cool to room temperature before serving with whipped or ice cream.

Birch in Beverages

The Birch Beaver

1 oz Canadian whiskey
1 tsp Birch Syrup

Combine in Shooter Glass. Yeehaaa!

The Tintina Toddy

½ oz Kahlua
2 oz Rum, overproof/151 proof
to fill Water
1 tbsp Butter
1 oz Birch Syrup

Mix water, butter and birch syrup in beer glass. Heat in microwave. When heated through add rum and Kahlua. Stir to mix.



Uncle Berwyn's *Ah bien! sirop d'bouleau!*

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