



RUNAMOK MAPLE

GRILLING WITH MAPLE

EAT · DRINK · INDULGE



GRILLED CHICKEN THIGHS AND ZUCCHINI WITH CARDAMOM INFUSED MAPLE AND LEMON SAUCE

6–8 boneless chicken thighs
2 medium zucchini, trimmed
and sliced thickly
Salt and pepper
Vegetable oil
¼ cup olive oil

2 Tbs **Cardamom
Infused Maple Syrup**
Juice from ½ fresh lemon
1 small red onion,
sliced thinly
1 tsp red pepper flakes

Season the chicken thighs and zucchini with salt and pepper and toss with a little vegetable oil. Place on a grill heated to medium-high. Grill until browned on both sides and completely cooked through, about 10–15 minutes.

While the chicken and zucchini are cooking, combine the olive oil, maple syrup, lemon juice, onion and red pepper in a large bowl. When the chicken and zucchini are done, put them in the bowl with the sauce immediately and toss them gently to make sure the sauce covers all of the ingredients. Let it sit for about a half hour, turning occasionally. Five minutes before serving, restart the grill and return the chicken and vegetables to it. Sear the meat on high heat for a few minutes. Place the meat and vegetables on a serving platter, pour the sauce from the bowl over the top and serve.

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FENNEL HIBISCUS CHUTNEY –FOR GRILLED LAMB OR STEAK

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| Vegetable oil for sautéing | 2 Tbs Hibiscus Flower |
| 1 medium onion, peeled and diced | Infused Maple Syrup |
| 1 fennel bulb, trimmed, cored and diced | Chopped mint or parsley (optional) |
| 2 Tbs red wine vinegar | Salt and fresh ground pepper |

Put 1–2 tablespoons of oil in a wide sauté pan, turn the stove on high and add the onion and fennel. Sauté the vegetables, letting them brown and stirring only occasionally. When they have developed a nice brown color add the vinegar and maple syrup. Stir to combine and cook a few minutes more until the liquid has mostly reduced to a glaze. Remove from the heat and let cool. Season with salt and pepper to taste.

Runamok Maple Syrup: Product of the USA

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MANGO RELISH FOR GRILLED HOT DOGS, PORK, CHICKEN OR SHRIMP

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|-------------------------------------|---------------------------------------|
| 1 ripe mango, peeled and diced | ½ red pepper, diced |
| 1 small jalapeno, minced | Juice from ½ fresh lime |
| 1 small red onion, peeled and diced | 1 Tbs Rum (or Bourbon) |
| | Barrel-Aged Maple Syrup |
| | Salt and pepper to taste |

Combine all ingredients and chill for an hour. Makes about 2 cups of relish.

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