



# The Holiday Book

Molasses-Inspired Recipes for the Holidays

*Crosby's*

# Cooking with Crosby's Fancy Molasses

My favourite Holiday traditions involve food: the sweet smell of the kitchen filled with Holiday baking, decorating gingerbread cookies, and wrapping homemade treats to give as gifts.

All that is special about the season is tied to the taste, smell and sharing of food that is only prepared this time of year. It's part of what brings us together, after all. And it's at the root of our most meaningful generosity.

From food bank donations to gathering around the table with friends and family, the act of sharing food does more than fill the belly. It connects us with others and feeds the soul.

I hope that this book gives you more reason, and more ways, to share during this season of giving and gathering.

*Bridget*

Bridget Oland  
*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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## Peanut Butter Molasses Cookies

Makes about 2 ½ dozen cookies

Adapted from Chocolate Moosey

<i>2 to 2 ¼ cups flour*</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>2 tsp baking soda</i>	<i>¼ cup butter, softened</i>
<i>1 tsp cinnamon</i>	<i>½ cup peanut butter</i>
<i>1 tsp ginger</i>	<i>1 cup packed brown sugar</i>
<i>½ tsp cloves</i>	<i>1 egg</i>
<i>¼ tsp salt</i>	

- Preheat oven to 325°F. Line cookie sheets with parchment paper.
- In a large bowl, whisk together 2 cups of the flour, baking soda, cinnamon, ginger, cloves, and salt.
- In another large bowl, beat together the molasses, butter, peanut butter brown sugar until smooth. Beat in the egg.
- Stir in the flour mixture a cup at a time and mix until combined. (Add extra ¼ cup of flour if dough seems too soft).
- Shape the dough into 1 ½" balls and place about 2" apart on the cookie sheets. Press with the tines of a fork in a criss-cross pattern.
- Bake 11-13 minutes or until edges are firm.\*\*
- Transfer cookies to a cooling rack.

\*Start with the 2 cups of flour and only add the extra ¼ cup if your dough is too soft.

\*\*If you're adding the chocolates: When there are 5 minutes left, remove the pan from the oven and quickly place the chocolates. Return pan to the oven to finish baking.



## Ginger Spice Molasses Cookies

<i>1 cup butter</i>	<i>3 tsp ginger</i>
<i>1 cup brown sugar</i>	<i>2 tsp cinnamon</i>
<i>2 eggs</i>	<i>1/3 cup milk</i>
<i>4 3/4 cups of flour</i>	<i>1 cup Crosby's Fancy Molasses</i>
<i>2 tsp baking soda</i>	

- Preheat your oven to 375°F.
- In a large bowl cream the butter and sugar. Whisk in the eggs one at a time.
- In a separate bowl combine the flour, baking soda, ginger and cinnamon.
- Add half the flour mixture to the butter mixture, then the molasses and milk, then the remaining flour mixture. Mix until combined then gather the dough into a ball and cut it in two.
- Chill the dough for an hour or overnight, if you have time.
- On a lightly floured surface roll dough about 1/4" inch thick and cut into rounds about the size of your cookie stamps.
- Place on a parchment lined baking sheet and bake for 5 minutes, remove from the oven and quickly press the cookie stamp into each of the cookies. Return to the oven for 3-5 more minutes.
- If you're not using a cookie press just bake your cut out cookies for 8-10 minutes.



## Fig and Apricot Newtons

Makes 24 cookies

Adapted from [themessybaker.com](http://themessybaker.com)

### *For the Dough:*

*½ cup butter, softened*

*¾ cup sugar*

*1 egg*

*¼ cup Crosby's Fancy Molasses*

*2 tsp vanilla*

*2 cups flour*

*½ tsp baking powder*

### *For the Filling:*

*⅔ cup chopped figs*

*½ cup chopped apricots*

*¼ cup sugar*

*2 Tbsp honey or molasses*

*(I used molasses)*

*½ cup orange juice*

*1 Tbsp orange zest (I omitted)*

*1 tsp vanilla*

### *For the dough:*

- In a medium bowl cream the butter and sugar.
- Beat in the egg then the molasses and vanilla.
- Combine the flour and baking soda then add to the butter mixture.
- Scrape dough onto parchment paper or plastic wrap, gather into a ball, flatten into a disk, wrap and refrigerate for at least an hour or overnight.

### *For the filling:*

- Combine the figs, apricots, sugar, molasses or honey and orange juice in a saucepan and bring to a simmer. Cook until fruit is plump, 5-8 minutes.
- Add vanilla (and orange zest, if using) and whirr in a food processor until smooth. Scrape into a bowl.

### *To assemble the cookies:*

- Preheat oven to 375°F.
- Cut dough in half and roll each half into a skinny rectangle approximately 18" long and 6" wide.
- Spread half of the fig mixture down the centre of the dough, in a two-inch wide strip.
- Fold one side of the dough over the filling then the other.
- Cut into 1 ½" bars and lay them seam side down on a parchment-lined baking sheet.
- Bake for 12-14 minutes (depending how soft you want them).



## White Chocolate Truffle Stuffed Molasses Cookies

From [www.thereciperebel.com](http://www.thereciperebel.com)

<i>1 cup brown sugar</i>	<i>1 tsp baking soda</i>
<i>3/4 cup butter, melted</i>	<i>1 tsp cinnamon</i>
<i>1 egg</i>	<i>1/4 cup sugar (for rolling)</i>
<i>1/4 cup Crosby's Fancy Molasses</i>	<i>6-8 Lindt white chocolate truffles, cut into quarters</i>
<i>2 1/4 cups flour</i>	
<i>1 tsp ginger</i>	

- Preheat oven to 350°F. Line a cookie sheet with parchment paper.
- In a large bowl beat sugar and butter until well combined. Beat in egg and molasses.
- Add flour, ginger, baking soda and cinnamon and beat until completely combined.
- Cover and refrigerate 20 minutes to an hour.
- Shape dough into 1 1/2" balls and flatten the middle with your thumb. Place a truffle piece in the middle and roll the dough around it, being careful not to leave any holes or gaps for it to leak. Roll cookie in granulated sugar and place on a cookie sheet at least 2" apart. Chill for 10 minutes, if you have time.
- Bake 8-10 minutes, until set. Cool slightly before removing from pan to a cooling rack.



## Gingerbread Coconut Thumbprint Cookies with Blueberry Jelly

<i>2 cups flour, spooned in</i>	<i>¼ cup butter, softened</i>
<i>1 cup whole-wheat pastry flour or regular whole wheat flour, spooned in</i>	<i>⅔ cup packed dark brown sugar</i>
<i>1 Tbsp ground cinnamon</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 ½ tsp ground ginger</i>	<i>1 egg</i>
<i>½ tsp ground cloves</i>	<i>Finely grated zest of 1 orange, lemon or lime</i>
<i>1 tsp baking powder</i>	<i>⅔ cup unsweetened desiccated coconut (medium)</i>
<i>¼ tsp. salt</i>	<i>½ cup blueberry jelly or any jam or preserves</i>
<i>⅓ cup oil</i>	

- Preheat to 350°F. Line a large baking sheet with parchment paper.
- Whisk flours, spices, baking powder, and salt in a medium bowl.
- In a large bowl beat oil, butter, brown sugar, molasses, egg and citrus zest until well blended.
- Beat half the flour mixture into the wet ingredients then beat in the remaining flour mixture until just incorporated. Let the dough stand for 5 minutes.
- Roll dough into 1 ½" balls (about 1 Tbsp. of dough per ball).
- Place coconut in a shallow bowl and roll each ball in the coconut.
- Place about 1 ½" apart on a prepared baking sheet. Press a well into the center of each cookie with a thumb and fill with a scant ½ tsp. jelly.
- Bake the cookies until set, about 8 to 12 minutes.
- Let cool slightly before removing to a wire rack.



## German Spice Cookies - Pfeffernusse

### *For the cookies:*

<i>3 cups flour (I used 1 cup whole wheat pastry flour and two cups of white flour)</i>	<i>½ tsp salt</i>
<i>1 tsp ground cinnamon</i>	<i>½ cup ground almonds</i>
<i>½ tsp baking soda</i>	<i>½ cup butter, at room temperature</i>
<i>½ tsp baking powder</i>	<i>2 tsp packed finely grated lemon zest (from about 2 medium lemons)</i>
<i>½ tsp ground ginger</i>	<i>2 tsp packed finely grated orange zest (from 1 medium orange)</i>
<i>½ tsp ground nutmeg</i>	<i>1 cup packed dark brown sugar</i>
<i>¼ tsp ground allspice</i>	<i>1 large egg</i>
<i>¼ tsp freshly ground black pepper</i>	<i>¾ cup Crosby's Fancy Molasses</i>

### *For the spiced sugar:*

<i>1 cup icing sugar</i>	<i>½ tsp ground nutmeg</i>
<i>1 tsp ground cinnamon</i>	<i>¼ tsp ground allspice</i>
<i>1 tsp ground ginger</i>	

- In a medium bowl whisk together dry ingredients (flour through almonds).
- In a large bowl beat together the butter and lemon and orange zest. Add the brown sugar in three batches and mix until well combined.
- Beat in the egg then the molasses.
- Add the flour mixture in three additions, mixing until just combined.
- Cover and refrigerate the dough until firm, at least 1 hour.
- Roll the dough into one inch balls and place on a parchment lined cookie sheet (at least an inch apart).
- Bake at 350°F for about 12 minutes. (Don't let the bottoms get too dark).
- Let them cool a bit then drop warm cookies into the spiced icing sugar and cool on a rack.



## Cardamom Scented Gingersnaps

<i>1 ½ cup butter, room temperature</i>	<i>1 ½ tsp ground cardamom</i>
<i>1 cup Crosby's Fancy Molasses</i>	<i>1 cup heavy cream, whipped to stiff peaks</i>
<i>2 cups sugar</i>	<i>9 cups flour (lightly spooned)</i>
<i>1 Tbsp + 1 tsp ground ginger</i>	<i>1 Tbsp baking soda</i>
<i>1 Tbsp + 1 tsp cinnamon</i>	
<i>2 tsp ground cloves</i>	

- Preheat oven to 400°F.
- Beat together butter and molasses.
- Beat in sugar and spices.
- With a wooden spoon fold in the whipped cream.
- Whisk together flour and baking soda then add to creamed mixture in three additions.
- Mix until just combined.
- Refrigerate for at least an hour, or overnight.
- Scrape dough onto a lightly floured surface, divide in half.
- On a very lightly floured surface roll to ¼" thickness. Cut into Holiday shapes.
- Bake on a parchment lined baking sheet for 5-6 minutes. Watch closely.



## Whole Wheat Gingerbread Cookies

<i>1 cup butter</i>	<i>1 tsp baking soda</i>
<i>1 cup sugar</i>	<i>½ tsp salt</i>
<i>1 egg, beaten</i>	<i>2 tsp ginger</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>2 tsp cinnamon</i>
<i>1 Tbsp lemon juice</i>	<i>½ tsp allspice</i>
<i>3 cups All purpose flour</i>	<i>¼ tsp each, nutmeg, cloves</i>
<i>1 cup whole wheat flour</i>	

- In a large bowl cream butter and sugar until creamy.
- Beat in egg and molasses. Add lemon juice. Sift dry ingredients. Gradually add to creamed mixture.
- When flour is fully incorporated gather dough into a ball, cut in half and pat into two disks.
- Chill for one hour.
- To bake, preheat oven to 350°F.
- Roll dough on a lightly floured surface to ¼" to ½" thick and cut into shapes.
- Bake on a parchment lined baking sheet for 8-10 minutes.



## Sparkly Chocolate Ginger Cookies

Slightly adapted from [www.marthastewart.com](http://www.marthastewart.com)

<i>½ cup chocolate chips (the darker the better)</i>	<i>1 Tbsp freshly grated ginger</i>
<i>1 ½ cups plus 1 Tbsp flour</i>	<i>½ cup dark-brown sugar, packed</i>
<i>1 ¼ tsp ground ginger</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 tsp ground cinnamon</i>	<i>1 tsp baking soda</i>
<i>¼ tsp ground cloves</i>	<i>½ cup granulated sugar (for rolling)</i>
<i>¼ tsp ground nutmeg</i>	<i>1 cup white chocolate chips, melted (for dipping)</i>
<i>1 Tbsp unsweetened cocoa powder</i>	
<i>½ cup butter</i>	

- Line two baking sheets with parchment.
- In a medium bowl, sift together flour, ground ginger, cinnamon, cloves, nutmeg, and cocoa.
- In another bowl beat butter and grated ginger.
- Add brown sugar; beat until combined. Add molasses; beat until combined.
- In a small bowl, dissolve baking soda in 1 1/2 teaspoons boiling water.
- Beat half of flour mixture into butter mixture.
- Beat in baking-soda mixture, then remaining half of flour mixture.
- Mix in chocolate.
- Chill if you have time.
- Roll dough into 1 1/2-inch balls; roll in granulated sugar.
- Bake at 325°F until the surfaces crack slightly, 10 to 12 minutes.
- Cool and dip in melted chocolate.
- Makes about 3 dozen.



## Chocolate Gingerbread Cut-out Cookies

<i>3 ¼ cups flour</i>	<i>1 tsp salt</i>
<i>⅓ cup cocoa powder</i>	<i>½ cup + 2 Tbsp butter</i>
<i>1 Tbsp ground ginger</i>	<i>½ cup (packed) dark brown sugar</i>
<i>2 tsp cinnamon</i>	<i>1 lg. egg</i>
<i>1 tsp cloves</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 Tbsp baking soda</i>	<i>2 oz. bittersweet chocolate, melted</i>
<i>½ tsp baking powder</i>	

- In a medium bowl whisk the flour with the cocoa, ginger, cinnamon, cloves, baking soda, baking powder and salt.
- In a large bowl beat the softened butter with the brown sugar until fluffy.
- Beat in the egg, then molasses, then melted chocolate.
- Add the flour mixture in three batches, incorporating well between additions.
- Scrape dough from bowl and divide into three equal pieces. Pat each piece into a disk, wrap in plastic and refrigerate until chilled.
- Roll out dough on a lightly floured surface to about ¼" thick. (You really won't need much flour.)
- Place cut-out cookies on a parchment-lined baking sheet.
- Bake at 350°F for about 7 minutes.



## Gingerbread Biscotti:

Adapted from joyofbaking.com

*¾ cup hazelnuts, toasted and coarsely chopped or whirred in the food processor (can also use pecans or walnuts)*

*1 cup rolled oats*

*1 ¾ cups flour*

*¾ cup brown sugar*

*¼ tsp salt*

*1 tsp baking powder*

*½ tsp baking soda*

*1 tsp ground cinnamon*

*1 tsp ground ginger*

*⅛ tsp ground cloves*

*2 eggs*

*¼ cup Crosby's Fancy Molasses*

*2 Tbsp oil*

*½ tsp vanilla extract*

*¾ cup dried cranberries*

### Glaze:

*½ cup icing sugar*

*1 Tbsp milk or cream,*

*½ tsp vanilla*

In a food processor, whir ½ cup of the rolled oats until finely ground.

In a large bowl combine the ground oats with the remaining ½ cup of rolled oats, the flour, sugar, salt, baking powder, baking soda and spices. In another bowl whisk the eggs, molasses, oil and vanilla until well combined. Gradually add the dry ingredients to the wet ingredients and mix until well blended. Add the hazelnuts and dried cranberries. Divide dough in half and on a lightly floured surface roll each half into a 12" log. Flatten a bit. Transfer logs to a parchment lined baking sheet and bake at 350°F for 30 minutes, until golden and firm to the touch. Remove from the oven and let cool for 10 minutes. Reduce oven temperature to 300°F.

Carefully move logs to a cutting board and cut into ¾" slices on the diagonal.

Place the slices back on the baking sheet, cut side down. Bake for 6-8 minutes, flip the slices and bake another 6-8 minutes.

Combine glaze ingredients and drizzle over biscotti.



## Glossy Pecan Toffee Bars

### ***Base:***

*1 cup + 4 Tbsp butter, softened*  
*6 Tbsp sugar*  
*1 large egg*  
*½ tsp vanilla*  
*2 cups flour*  
*¼ tsp baking powder*  
*½ tsp ground ginger*  
*Pinch of salt*

### ***Topping:***

*1 cup butter, cut into chunks*  
*1 ½ cups light brown sugar, packed*  
*½ cup Crosby's Fancy Molasses*  
*2 Tbsp heavy cream*  
*1 lb pecan halves*

### To make the crust:

- Beat together the butter and sugar. Mix in the egg and vanilla.
- Whisk together the flour, baking powder, ginger and salt and stir into the creamed mixture. Stir just until combined.
- Press into a 9"x13" pan that has been lined with parchment paper. (Ensure that the parchment goes up the sides too).
- Bake at 350°F for 15 minutes. The base will be set, but this will bake again once the topping is added so don't worry.
- Leave the oven on.

### To make the topping:

- Combine butter, brown sugar and molasses in a medium sauce pan over low heat. Stir to combine as the butter melts. Raise the temperature to medium and bring to a boil. Boil for three minutes then remove from heat, stir in the heavy cream and pecans.
- Combine well with a rubber spatula then carefully pour, scrape and spread over the baked crust.
- Return to the oven for 30-35 minutes.
- Remove from oven and let cool before cutting.



## Molasses Ginger Shortbread

Adapted from Threadbare Bakery blog

<i>2 cups flour</i>	<i>1/8 tsp ground cloves</i>
<i>1/2 cup icing sugar</i>	<i>1 cup cold butter</i>
<i>1 tsp ground ginger</i>	<i>1/4 cup Crosby's Fancy Molasses</i>
<i>1 tsp cinnamon</i>	<i>granulated sugar (for sprinkling)</i>

- Preheat oven to 325°F.
- Combine flour, icing sugar, and spices in a large bowl.
- Cut in butter with a pastry blender or your fingers, until mixture resembles fine crumbs.
- With a fork or your hands mix in the molasses.
- Knead until mixture forms a ball and divide in half.
- Roll 1/4 to 1/2" thick and cut into shapes. Prick with the tines of a fork, brush with a little milk and sprinkle with granulated sugar.
- Bake for 10-15 minutes or until bottoms just start to turn golden brown (be careful not to overcook).



## Cookies in a Jar:

from [www.best-cookie-jar-recipes.com](http://www.best-cookie-jar-recipes.com)

### Orange Spice Molasses cookies

#### ***Ingredients for Jar:***

<i>1 cup packed dark brown sugar</i>	<i>1 teaspoon cinnamon</i>
<i>3 cups flour</i>	<i>½ teaspoon ginger</i>
<i>1½ teaspoons baking soda</i>	<i>⅛ teaspoon ground cloves</i>
<i>Grated zest of one orange (about 1 Tbsp)</i>	<i>¼ teaspoon allspice</i>
	<i>⅓ cup dried cranberries</i>

#### ***Instructions for Jar:***

Place brown sugar in 1-quart jar and pack down firmly and evenly. In medium bowl, combine flour with baking soda, orange zest, cinnamon, ginger, cloves and allspice. Stir well to mix. Spoon flour mixture over brown sugar, pressing down with each addition. Place cranberries over flour mixture and press down to fit all in jar. Place lid on jar to close.

#### ***Ingredients for Baking:***

<i>1 egg</i>	<i>1 teaspoon vanilla</i>
<i>1 cup (2 sticks) butter, softened</i>	<i>Sugar for rolling (optional)</i>
<i>½ cup Crosby's Fancy Molasses</i>	

#### ***Instructions for Baking:***

Preheat oven to 375°F. Empty contents of jar into large mixing bowl. Add egg, butter, molasses and vanilla. Beat on low speed or by hand until dough is thoroughly blended. Drop by rounded teaspoonful onto parchment lined cookie sheet. Or form into balls and roll in sugar if you prefer more of a crackle top cookie. Bake for 7 to 9 minutes or until set. Makes about 4 dozen.



## Apple Cranberry Sauce

Adapted from The New York Times Cookbook

<i>1 pound of cranberries, picked over and washed</i>	<i>½ tsp cinnamon</i>
<i>1½ cups sugar</i>	<i>⅛ tsp allspice</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>⅛ tsp ground cloves</i>
<i>2 apples, peeled, cored and diced</i>	

In a large pot combine the cranberries, sugar, molasses and apples. Cover and place on medium heat, stirring from time to time. Bring to a boil and cook for about 10 minutes, stirring often. Uncover, turn the heat down to a simmer and cook another 10 to 15 minutes. Stir in the spices.



## Gingerbread-spiced Almonds

Adapted from Food & Drink Magazine

<i>1 Tbsp butter</i>	<i>¼ tsp cloves</i>
<i>2 Tbsp Crosby's Fancy Molasses</i>	<i>Pinch cayenne or a few grinds of black pepper</i>
<i>1 Tbsp sugar</i>	<i>⅓ tsp salt</i>
<i>1½ tsp ginger</i>	<i>2 cups raw almonds (or your favourite nut)</i>
<i>1½ tsp cinnamon</i>	

In a medium saucepan over medium heat melt the butter with molasses, sugar, spices and salt. Stir to combine and continue to stir until sugar has dissolved. When mixture starts to bubble add nuts and stir until well coated. Turn nuts onto a parchment lined baking sheet, spread in a single layer, and bake at 300°F until nuts are nicely toasted, about 20 minutes. Stir from time to time while baking and begin testing after 15 minutes or so (you don't want the nuts to get too brown). Cool and break into pieces. Store in an airtight container for up to two weeks.



Apple Cranberry sauce



Gingerbread-spiced almonds

## Holiday Brittle

Adapted from [www.adventuresincooking.com](http://www.adventuresincooking.com)

<i>1 cup almonds</i>	<i>¼ cup brown sugar</i>
<i>1 cup walnuts</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>¾ cup pumpkin seeds</i>	<i>1 cup water</i>
<i>⅔ cup dried cranberries</i>	<i>½ tsp salt</i>
<i>2¼ cups sugar</i>	<i>1 Tbsp butter</i>

In a large pot combine the sugars, molasses, water and salt. Bring to a gentle boil over low to medium heat, stirring from time to time. Using a candy thermometer, heat the mixture to 302°F. While the sugar mixture is boiling, place a sheet of parchment paper on a baking pan. Lightly grease the parchment paper. When the sugar mixture reaches 302°F, quickly remove from heat, stir in the butter and nuts and turn out onto the prepared pan. Use a rubber spatula to spread as thinly, and evenly as possible. The mixture will start to seize up immediately so you'll have to work fast! Cool and break into pieces.



## Five-spice Candied Nuts

<i>¼ cup butter</i>	<i>2 tsp Chinese Five Spice Powder</i>
<i>5 Tbsp brown sugar</i>	<i>1 tsp cumin</i>
<i>3 Tbsp Crosby's Fancy Molasses</i>	<i>½ tsp black pepper</i>
<i>¼ cup water</i>	<i>4 cups mixed nuts (raw)</i>
<i>1 tsp sea salt</i>	

In a large saucepan or wok, melt butter. Add sugar, molasses, water, salt and spices. Stir until sugar dissolves. Add nuts to the mixture and cook until syrup thickly coats nuts, stirring frequently (5 minutes or so). Transfer to a parchment lined baking sheet. Bake until nuts are lightly toasted and a little crisp (10-15 minutes). Test a few times to ensure you don't overcook the nuts and the syrup doesn't burn.



Holiday Brittle



Five-spice candied nuts

# Sweet Drinks

## Hot Apple Cider

<i>4 slices of lemon</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>12 whole cloves</i>	<i>2 cinnamon sticks</i>
<i>2 L apple cider</i>	<i>Juice of 2 lemons</i>

Combine all the ingredients in a large pot, or you can use a crock pot. Simmer on medium heat for 15 minutes, then hold on low. This always makes the house smell great.



## Molasses Eggnog

<i>2 eggs</i>	<i>2 Tbsp rum</i>
<i>2 Tbsp Crosby's Fancy Molasses</i>	<i>Fresh grated nutmeg</i>
<i>2 cups 17% cream</i>	

Mix all the ingredients in a blender on high speed. To thicken the eggnog, add a couple of ice cubes to the blender.

Serve with grated nutmeg on top.



Hot Apple Cider



Molasses Eggnog

# Substitutes

## Sour Milk - Fresh Milk

For 1 cup, place 1 tablespoon lemon juice or vinegar in bottom of a measuring cup. Add enough milk to make 1 cup. Stir and let mixture curdle, about 5 min.

## Cocoa - Chocolate

One square (1 ounce) of chocolate equals three tablespoons of cocoa and one tablespoon of butter.

## Brown Sugar

One cup of firmly packed brown sugar equals 1 cup of granulated sugar plus 1 tablespoon of molasses.

## Molasses

One cup of molasses equals 3/4 cup of sugar. In baking, decrease liquid by 1/4 cup for each cup of molasses. Omit any baking powder and add 1/2 teaspoon of baking soda.

## Baking Powder

One teaspoon of baking powder equals 1/4 teaspoon of baking soda plus 3/8 teaspoon of cream of tartar.

## Powdered Milk - Fresh Milk

One cup fresh milk equals four tablespoons powdered milk and one cup of water. When powdered milk is to be used, it is convenient to combine it with flour and other dry ingredients and then add the required quantity of water at the point where the use of fresh milk is called for.

## Measuring Equivalents

1 tablespoon = 3 teaspoons	1 kg = 2.2 lbs
2 tablespoons = 1 ounce	1 cup = 1/2 pint
16 tablespoons = 1 cup	1 teaspoon = 5 ml
1 cup = 8 ounces	1 tablespoon = 15 ml
1 cup = 250 ml	1 litre = 35 ounces

# More About Molasses

## Fancy Molasses

The highest grade of molasses available, fancy molasses is the pure juice of the sugar cane, condensed, inverted and purified. It is 100% natural and contains no additives or preservatives. It is lighter in colour than the other molasses products, and the flavour is tangy sweet. All the recipes in this cook book are made with fancy 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 the highly-concentrated, final by-product of the refined sugar manufacturing process. As the sugar crystallizes, the residual cane juice thickens into a dark mass and is separated out through a centrifuge. The resulting molasses is very dark with a robust, somewhat bitter flavour. Like fancy molasses, it is a pure product and contains no added sulphates or sulphites. Blackstrap molasses is recognized for its health benefits and is an excellent source of many minerals and nutrients including iron, magnesium and calcium.



## We Don't Add Sulfur

Sulphur dioxide and/or sulfites used to be added to molasses as a preservative or bleaching agent and causes an unpleasant aftertaste. Crosby's does not add sulphur to any of our products.



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For additional recipes and information  
on molasses visit [www.crosbys.com](http://www.crosbys.com).

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