

Maple Bars

Ingredients

1-½ cups milk (2% or whole milk is best.)
⅓ cup sugar
⅓ cup shortening
1-½ teaspoon salt
1 teaspoon cinnamon
⅓ cup warm water
2 packages active dry yeast
½ teaspoon sugar
2 eggs
5 cups all-purpose flour
peanut oil (if you prefer to fry them)

ICING

4 cups powdered sugar
¼ cup melted butter
¼ teaspoon salt
1 teaspoon maple flavoring (like Mapleine)
Milk



Method

In a small pan on medium-high heat, scald the milk. To do this, let the milk heat until there are bubbles all the way around the outer edge, but catch it before it boils. Remove from heat.

Add 1/3 cup sugar, shortening, salt, and cinnamon. Allow the mixture to cool down until it's lukewarm.

In a large bowl combine the warm water, yeast, and ½ teaspoon sugar. Let it sit until bubbly – about 5 minutes.

Mix the lukewarm milk mixture into the yeast mixture. Add eggs one at a time, mixing well.

Slowly add the flour, mixing until combined. Knead well—5 minutes with stand mixer using the dough hook, or 7-8 minutes by hand on a lightly floured surface. You should have a nice, soft, elastic dough.

Set the dough to rise in a large oiled bowl, turning once to coat the dough with oil. Allow to rise until double—about an hour. Punch down.

Roll out the dough into a rectangle. The dough should be a little less than ½ inch thick. Trim off the rounded edges to get nice straight sides, and cut into 12 rectangles. They will look thin but they puff up when they're cooked! (Use a pizza cutter to cut.)

These can be baked or fried –

If you want to bake them, space the dough evenly on a cookie sheet. cover with a dishtowel and allow them to rise for 30 minutes. They'll still look a little skinny, but don't worry! Heat the oven to 425 F. Bake for approximately 8 minutes, (until golden brown) and move them with a spatula to a baking rack to cool.

If you want to fry them, just cover with a dishtowel and allow them to rise for 30 minutes. Pour at least 2 inches of peanut oil in a large pan and heat to 350 F. Drop in a few pastries at a time, giving them lots of room to move around. Once the bottom is golden, flip the bars over. If they insist on flipping right back over flip them back. When both sides are brown, remove and drain on paper towels. Move to a baking rack to cool.

To make the icing, mix the powdered sugar, butter, salt, and Mapeline in a medium bowl. Slowly stir in milk until it's the consistency you want. (Make it thick for spreading, or make it thin for dipping.) An electric hand mixer works well for this...it comes out so smooth and creamy that way.

Ice the bars and leave them uncovered so they can dry a bit. If you plan to store them, cover them loosely; they'll get really gooey if they're covered tightly with plastic wrap or foil.

Source: www.therowdybaker.com (Servings: --)
