

MAPLE TAFFY

Maple sap was discovered by Indigenous Peoples. They shared their knowledge with European settlers, who brought iron kettles, which allowed the sap to be boiled into syrup or reduced to maple sugar. Many settlers to the region maintained some woodland acreage so that they could harvest maple sap. In the 1860s, Dufferin County residents produced over 100,000 pounds of maple sugar.

The boiling of sap to produce maple syrup is called “sugaring off”. For this reason, the maple sap harvesting season is often called “the sugaring season”. The end of the season was often celebrated with a get-together called – you guessed it – “a sugaring-off party”. A favourite treat served at these parties was maple taffy. Do you want to learn how to make maple taffy? Here’s how:

Supplies and Ingredients

- Small-medium sauce pan
- Candy thermometer
- Wood spoon
- Amber (Medium) maple syrup
- Butter (optional)
- Clean, fresh snow or crushed ice (packed on a tray or long dish)
- Wooden popsicle sticks



Instructions

- Pour ¼ cup to 1 cup of maple syrup into the sauce pan. (The amount depends on how much taffy you want to make). Add ½ tsp – 2 tsp of butter (optional). This helps with smoothness.
- Gradually bring to a boil, stir continuously until the syrup begins to “thread”. Using a candy thermometer helps achieve the right consistency (232-238° F). Remove from heat immediately.
- Pour onto snow or crushed ice in lines.
- Roll onto popsicle sticks.
- Enjoy!