# Celebrity chef’s secret ingredient every dish needs

Renowned celebrity chef and restauranteur, Darren Robertson, who co-owns Three Blue Ducks alongside highly acclaimed chef and MasterChef judge, Andy Allen, brings his decades-long expertise and sustainable flare to every one of his farm-to-table dishes, and is now sharing one of his secret ingredients.

As an advocate for sustainability and organic local produce, one of Darren’s favourite ingredients in cooking is pure Canadian maple syrup, extracted from the snowy forests of Québec.

Darren says pure maple syrup not only has a unique flavour profile, but it also has a low environmental impact, offers a healthier option to refined sugars, and is incredibly versatile.

‘’What I love most about pure Canadian maple syrup is its depth and complexity. It’s not just sweet, it has these beautiful caramel and toffee notes with a hint of smokiness that you can’t get from any other sweetener.’’

‘’There’s a richness to it that elevates any dish, whether it’s sweet or savoury. Knowing it comes from a natural, sustainable source makes it even more special.’’

‘’Pure Canadian maple syrup is also incredibly versatile. It’s a game-changer in both sweet and savoury dishes. I love using it in desserts like maple pecan pie, maple syrup glazed donuts, or even a simple drizzle over vanilla ice cream.’’

“But it’s the savoury applications that really excite me. Pure maple syrup makes an incredible glaze for meats like duck or pork, adding a glossy, caramelized finish. One of my go-to dishes is roasted brussels sprouts with maple syrup and crispy pancetta.”

Using pure Canadian maple syrup in savoury dishes enhances the natural sweetness of the recipe, making it taste richer and more nuanced.

When it comes to incorporating pure maple syrup into home cooking, Darren says to start simple.

“Try adding it to salad dressings, marinades, or glazes for meats and vegetables. A favourite trick of mine is to use it in place of sugar in baking recipes – it adds a wonderful depth of flavour to cakes, cookies, and muffins.”

“It also offers a healthier, more natural sweetness compared to refined sugars. Once people experience the depth it can bring to their cooking, they’ll be hooked.”

**One of Darren’s favourite maple-infused dish is** [**maple-glazed lamb chops with veg.**](https://maplefromcanada.au/recipes/maple-glazed-lamb-chops-winter-veg/)

maple-glazed lamb chops with veg

**Ingredients:**

* ½ cup pure maple syrup
* 2 tsp ground ginger
* 2 tsp dried tarragon
* 1 tsp ground cinnamon
* 1 tsp ground fennel seeds
* ½ tsp ground black pepper
* ½ tsp chilli powder
* 1 tsp garlic powder
* ½ tsp salt
* 12 lamb chops
* 2 tbsp olive oil
* 1 cup feta cheese

**Method:**

1. In a medium bowl, mix the maple syrup, ginger, tarragon, cinnamon, fennel, pepper, chilli powder, garlic powder and salt until well combined.
2. Rub lamb chops with olive oil and place on a plate.
3. Preheat griddle over a high heat.
4. Brush griddle lightly with oil and cook for 5 minutes on each side, then rub the chops with glaze until evenly coated. Remove to a plate and leave to rest for a few minutes.
5. Crumble over the feta and serve seasonal vegetables with the lamb chops.

**For more healthy pure Canadian maple syrup recipes, visit** [**maplefromcanada.au/recipes/**](https://maplefromcanada.au/recipes/)**.**

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