

APPLESAUCE

Kids of all ages will love this delicious home-made applesauce for breakfast, lunch or dinner.

INGREDIENTS

Makes about 4 quart or 8 pint jars.

12 lbs (5.5 kg) apples, peeled, cored,
quartered, treated to prevent
browning and drained
Water
3 cups (750 ml) sugar (optional)
4 tbs (60 ml) lemon juice

INSTRUCTIONS

1. Prepare canner, jars and lids.
2. In a large stainless steel saucepan, combine apples with just enough water to prevent sticking. Bring to a boil over medium-high heat. Reduce heat and boil gently, stirring occasionally, for 5-20 minutes, until apples are tender. Remove from heat and let cool slightly, about 5 minutes.
3. Working in batches, transfer apples to a food mill or a food processor fitted with a metal blade and purée until smooth.
4. Return apple purée to saucepan, Add sugar (if using) and lemon juice; bring to a boil over medium-high heat, stirring frequently to prevent sticking. Maintain a gentle boil over low heat while filling jars.
5. Ladle hot applesauce into hot jars, leaving ½ inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot applesauce. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
6. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 25 minutes. Remove canner

lid. Wait 5 minutes, then remove jars, cool and store without lid bands.

VARIATIONS

Spiced Applesauce: In Step 4, add 4 tsp (20 ml) ground spices, such as cinnamon, nutmeg or allspice, to the sauce with the sugar and lemon juice.

Chunky Applesauce: In Step 4, coarsely crush half of the cooked apples and purée the remainder. Combine before adding the sugar.

REFERENCES

Ball Complete Book of Home Preserving.
J. Kingry and L. Devine. 2006.

LOCAL CONTACT

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