



*"Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties."*

## Apple Honey

\*This recipe works with any sound pieces and peels from fruit used for preserves, pickles, etc.

Keep peels and cores refrigerated before use.

**Ingredients:** Apple peels and cores. Sugar

Put apple peels & cores in a pot and cover with water. Cook slowly in a covered saucepot until soft.

Strain the juice from the solids through a cheesecloth bag. Drip the juice through a jelly bag and measure.

Measure out half as much sugar as the amount of juice. (For example, if you have 6 cups of juice, measure out 3 cups of sugar.)

Place juice in a saucepan and heat to boiling. Add sugar.

Return to a vigorous boil and boil until the mixture has the texture of honey. Watch the mixture as the volume reduces so you don't burn it.

Pour into hot, sterile jars, leaving 1/4-inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.

Process half-pint jars in a boiling water or steam canner for 5 minutes under 1000', 10 minutes between 1,001 to 6000', 15 minutes above 6000'.

Remove jars from canner. Remove canner lid. Let jars sit in canner for 5 minutes. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

**Source:** So Easy to Preserve, Sixth Edition, 2014

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