Apple Sauce

Prep Time: 10 minutes   Cook Time: 15 minutes   Total Time: 25 minutes   Servings: 4

Ingredients

6 apples - peeled, cored and chopped (you can mix and match apple varieties)
½ cup water (apple juice, or apple cider vinegar)
¼ cup white sugar (brown sugar, or Maple syrup)
1 tsp lemon juice
½ teaspoon ground cinnamon(optional)

*Ingredients found at the market (some ingredients are seasonal)

Instructions

1. Wash, peel, and core the apples. You can leave the peels on for a more rustic texture and added nutrients but peeling them is common for smoother applesauce.
2. Cut the apples into chunks or slices. The smaller the pieces, the quicker they will cook. For chunky applesauce, cut into larger chunks; for a smoother texture, cut into smaller pieces.
3. Place the apple pieces in a large saucepan or pot.
4. Add the water, lemon juice (if using), and sugar.
5. Heat the mixture over medium heat and bring it to a simmer.
6. Reduce the heat to low, cover the pot, and let the apples simmer for about 15-20 minutes. Stir occasionally to ensure they cook evenly. The apples should become soft and tender.
7. Once the apples are soft and cooked, you can choose how you want to achieve your desired texture: For chunky applesauce, use a potato masher to mash the apples to your preferred consistency. For smoother applesauce, use an immersion blender, regular blender, or food processor to puree the cooked apples until you achieve the desired texture.
8. Taste your applesauce and adjust the sweetness to your liking. Add more sugar if needed and mix well.

Chef Notes:

Type of apples: Feel free to mix type of Apples to change flavour

Sweet Apples	Tangy Apples	Tart Apples
Honey Crisp	McIntosh	Granny Smith
Fuji	Pink Lady	Braeburn
Gala	Rome	Macoun
Golden Delicious	Ida Red	
Crispen		

Tips for success

Good Peeler

Heavy base pot with good lid

Sharp Knife

Store in mason jar in fridge

Strain for extra smooth

Class Notes:

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