

Sparkle Kitchen

Homemade Applesauce

Ingredients

3 pounds of apples

½ cup water

1 lemon

¼ honey (optional)

1 heavy tablespoon cinnamon (optional)

Directions

To start, you'll need about 3 pounds of apples. I like to pick a mix of varieties: a couple of Gala, three or four Granny Smith, but that's a personal preference. One of the beauties of making your own applesauce is that you can make it exactly as sweet or as tart as you like it.

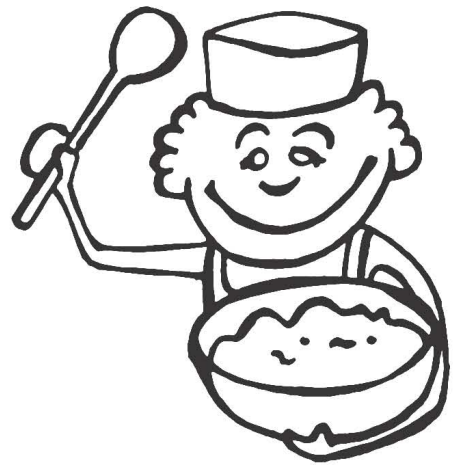
Next, pull out a large stock pot, and measure in 1/2 cup of water. Squeeze the juice of 1 lemon (about 2 tablespoons) into the water.

Then, it's back to the apples. I don't like to peel mine, because I like the little flecks of color the skin gives the finished sauce. Again, that's a personal preference, so feel free to peel your apples first if that makes you happy.

Once they're peeled (or not), begin chopping. No need to dice the apples, just a rough chop into 1- or 2-inch pieces will do. Discard the cores and stems, and add the chunks to the lemon water.

Roughly chop apples and put them in a large stock pot to make homemade applesauce.

Put the whole pot on the stove until the water begins to boil, then let it all simmer for about 30 minutes, stirring occasionally. The apples will all cook at different speeds, but you'll know they're done when the firmer apples are fairly soft, and the softer apples are beginning to look a little like sauce. Also, it will smell amazing!



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In batches, transfer the softened apples to a food mill or food processor. Whiz them up, then add them back to the stockpot. Stir the sauce together, then dip in a clean spoon or finger for a taste.

If it's sweet enough, you're good-to-go, but feel free to add honey or sugar to taste. This is also a good time to add some cinnamon. (For my applesauce, I added about 1/4 cup of honey and 1 heavy tablespoon of cinnamon.)

If you have extra room in the freezer, this sauce can be stored there for about six months. If you're freezing in glass jars remember to leave generous headspace, at least an inch, if not a little more, to avoid broken jars.

This sauce is also suitable for canning. You'll want to process it in sterilized half-pint jars for 10 minutes. The recipe yield is a little different every time, depending on how much water is in the apples themselves, but I typically get about three pints, plus a few good bites for immediate tasting.

Enjoy!