

DIY APPLESAUCE

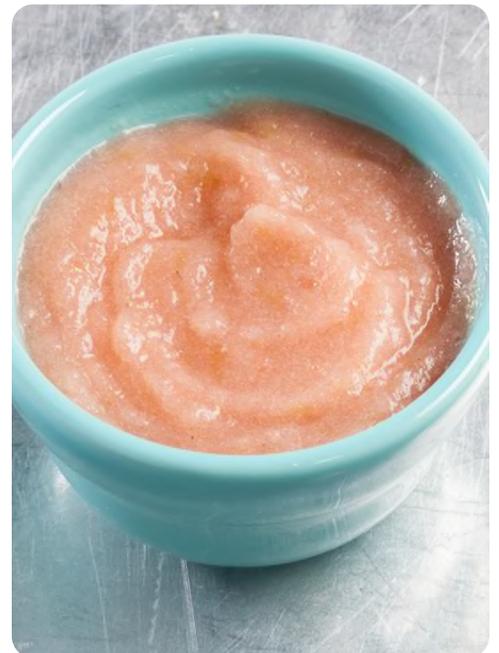
Transform just about any apple into the most appley applesauce ever. Your secret weapon? The peels.

SAFETY Uses a knife
Uses the stovetop

DIFFICULTY Intermediate

TIME 55 minutes

YIELD Serves 4 to 6
Makes about 3½ cups



YOUR NOTES:

PREPARE INGREDIENTS

2 pounds McIntosh apples (about 5 medium apples)

● We especially like McIntosh, Jonagold, or Pink Lady apples in this recipe, but just about any apple will work, except for Red or Golden Delicious (their cooked flavor and texture weren't the best in applesauce).

⅔ cup water

Pinch salt

Pinch ground cinnamon (optional)

Sugar (optional)

GATHER COOKING EQUIPMENT

Chef's knife

Cutting board

Large saucepan with lid

Oven mitts

Rubber spatula or wooden spoon

Food mill

● If you don't have a food mill, peel and core the apples before cooking and mash them at the end of step 4 with a potato masher. Your applesauce will be less pink and a little less apple tasting, but it will still be delicious!

Large bowl

Ladle

1

2 pounds McIntosh apples (about 5 medium apples)

Use knife to cut apples into quarters.



2

$\frac{2}{3}$ cup water

Pinch salt

Pinch cinnamon (optional)

Place apples in large saucepan. Add water, salt, and cinnamon (if using).



3

Cover and cook over medium heat until apples are soft and broken down, 20 to 25 minutes. During cooking, use oven mitts to remove lid and use rubber spatula or wooden spoon to stir a few times.



4

Turn off heat and slide saucepan to cool burner. Uncover and let apples cool for at least 15 minutes.

5

Set food mill over large bowl (ask an adult to show you how). Working in batches, use ladle to transfer apples to food mill basket. Crank apples through food mill into bowl. Discard skins and seeds left behind in food mill.



6

Sugar (optional)

Add a small amount of sugar to applesauce, 1 teaspoon at a time (if using). Serve warm or at room temperature.
(Cooled applesauce can be refrigerated for up to 1 week.)