



## Homemade Applesauce

Your own flavorful homemade applesauce will spoil your family for the insipid, store-bought variety. To core apples, halve each one lengthwise and scoop out the core with a melon baller. Once the seeds are out, simply cut the stem and flower ends out with a paring knife. Kids are great at coring apples.

Serve homemade applesauce at any meal, mixed into morning oatmeal or other hot cereals, baked into quick breads, and of course with ham and pork.

Makes about 6 cups

15 medium apples (4-1/2 to 5 pounds - my favorite apples are Gravensteins – Granny Smith and Jonathans are also good for sauce)

1/4 cup water

1/4 to 1/2 cup sugar (depending on sweetness of the apples)

zest and juice of half a lemon

1/2 teaspoon cinnamon (optional)

1. Peel apples if desired. (If you use organic apples and puree them with a food mill, there is no need to peel the apples before cooking. The peels of red apples give applesauce a lovely pink color.)
2. Halve and core the apples and cut each half into 4 slices.
3. Put the sliced apples into a pot that has a heavy bottom. Add water, sugar, lemon zest and juice and cinnamon.
4. Cover the pot and place it over low to medium heat, stirring occasionally, until the apples are very tender, about 30 to 35 minutes. Make sure the heat is low at first or the apples may burn. As they begin to lose their juice, turn the heat up a bit.
5. If you peeled the apples first, simply mash them with a potato masher. If you didn't peel first, press apples through a food mill to remove the peels.
6. Store applesauce in a covered container in the fridge for a week or two.