

Homemade Applesauce

The best way to preserve apples

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INGREDIENTS

- apples
- some water

DIRECTIONS

1. Wash, peel and deseed apples. Then cut them into small cubes.
2. Take a pot that fits all of the apples leaving a little space at the top. Transfer the apples into the pot and add some water, just enough to cover the bottom.
3. Cover with a lid and bring to boil. Once boiling, turn the heat down to medium-low and simmer the apples until they have softened. While cooking the apples you will notice they will first release a lot of water and then the water will start to evaporate. At this point you want to start mixing the apples once in a while to ensure even cooking and also that the apples don't start browning. If needed turn down the heat. You can also lightly mash the apples with a wooden spoon to help them cook faster.
4. Once you have a smooth and soft puree and you are not able to see any cubes of apples, remove the applesauce from heat and allow to cool completely.
5. Store the cool applesauce in an airtight container or a plastic bag for up to one week in the fridge or two months in the freezer.

