

Stewed apples

Ingredients:

(recipe adjusted to weight of apples before peeling and coring; however, this will create a sweet product. To reduce sweetness, adjust ratio of sugar to 3lbs of peeled apples)

3 lbs apples
1 cup sugar
1 cup water
2 fl. ounces lemon juice

Equipment:

- pot for processing jars -- must be deep enough to allow for trivet in the bottom and to submerge jars in approximately one inch / two centimetres of water
- trivet for inside processing pot
- apple corer
- fruit / vegetable peeler
- cutting board
- knife
- measuring cup
- long-handled wooden spoon or long-handled stiff stirring spoon
- stainless steel pot for heating apples
- stovetop (2 elements)
- 3 clean pint / 500mL mason jars, including lids and rings
- 1 clean half-pint / 250mL mason jar, including lid and ring
- soup ladle
- mason jar funnel
- mason jar wrench

How to make the stewed apples:

- Fill processing pot with water as required to fully submerge filled jars.
- Place pot of processing water on stove.
- Turn on burner on stove.
- Bring processing water to a boil while proceeding with the following steps; turn off when boiling if before other work is complete.
- Add water to stainless steel pot for cooking the apples.
- Add sugar to the cooking pot with the water.
- Add lemon juice to the cooking pot with the water and sugar.
- Clean apples.
- Core apples.
- Peel apples.
- Discard cores and peels (such as in a compost pile or municipal system) / eat peels / use cores for other uses
- Slice cored and peeled apples into eighths.
- Cut slices into thirds.
- Place apples in the stainless steel pot as they are cut up.

- Occasionally mix the apples and water / sugar / lemon juice mixture, to minimize oxidative browning.
- Fully mix apples, water, sugar, and lemon juice when all apples are in the cooking pot.
- Place pot of apples on the stove.
- Set stove to high heat.
- Bring apple mix to a gentle boil, constantly stirring apple mix.
- Reduce heat.
- Simmer apple mix for five (5) minutes, constantly stirring apple mix.
- Turn off burner under apples.
- Remove pot of apple mix from the stove.
- Turn on burner under pot of processing water.
- Bring processing water back to a boil.
- If not done already, place trivet in pot of processing water.
- Transfer apple mix to mason jars using the soup ladle and mason jar funnel, to about the top of the jar shoulder.
- Place a mason jar lid and ring on each jar as they are filled.
- Lightly hand tighten each ring.
- Place filled jars into boiling water using a mason jar wrench.
- Once the processing water is boiling again, boil jars for 20 minutes.
- Remove the jars from the boiling water using a mason jar wrench.
- Allow jars to cool, preferably in a refrigerator.
- As appropriate, once cooled, remove rings and wipe down ring, lid, neck of jar, and jar with a damp cloth.
 - Allow jar and jar neck to dry.
 - Re-tighten rings when jar is dry.
- Optionally add a label including date of batch.