Applesauce

Sweet red apples simmered in their skins with cinnamon, then passed through a food mill: a pink sauce for latkes.

Makes
1 batch, each 2 to 3 cups

Cooking time
15 minutes, or until the apples are very tender

Kind
Sauces and preserves

From
United States

Source
Homemade Applesauce, Tina Wasserman; ReformJudaism.org, Union for Reform Judaism, 28 July 2014

Allergens
None of the allergens that the law in the UK, the EU or the United States requires to be declared is in the ingredients as written.

Suits vegetarians and vegans.

Worked out from the ingredients as written. Products differ, so read their labels. How allergens are worked out

Ingredients

- [ ] 4 to 6 eating apples, unpeeled
  sweet and red, such as Fuji or Gala
- [ ] 1 cup water
  or enough to cover the bottom of the pan
- [ ] 1 cinnamon stick, 5 cm (2 inches) long
  or 1/2 tsp ground cinnamon
- [ ] ¼ cup sugar (optional)
  or to taste

You will need

- an apple corer and slicer
- a saucepan of 3 quarts, with a lid
- a food mill with a medium disc
- a bowl of 2 quarts, and a second bowl for the cooking liquid

Method

1. Leave the peel on the eating apples. Press an apple corer and slicer down through each one: the core stays behind and the apple falls into eighths.
2. Pour the water into the saucepan: it should cover the bottom to a depth of ½ inch. Add the cinnamon stick and the apples.
3. With the lid on, let them simmer for 15 minutes, or longer if they are not yet very tender.

4 ☐ Lift out the cinnamon stick. Drain the cooking liquid into a bowl and keep it.

5 ☐ Set the food mill, fitted with its medium disc, over the larger bowl. Put the apples in its basket and turn the handle: the sauce falls into the bowl and the skins stay behind.

6 ☐ Bear in mind that the sauce thickens as it cools; if it already seems stiff, stir in a little of the cooking liquid you kept.

7 ☐ Stir in the sugar to taste, if you want it, and serve warm or cold.

Notes

- No food mill? The source mashes the apples instead: drained in a colander (keep the liquid) and cooled, their flesh is scraped from the skins and mashed with a fork, loosened if need be with a little of the liquid.[1]
- The source says that a cinnamon stick gives an impression of sweetness even when little or no sugar is added.[1]

The apples

The source asks for four to six sweet red apples, such as Fuji or Gala, cooked in their skins, which it says give the sauce a pink colour and a natural sweetness, so that little or no sugar is needed.[1]

Varieties the sources name:

Fuji (North America) Gala (North America)

This recipe

It follows Homemade Applesauce. The source uses American measures (cups, spoons, pints and pounds); the metric amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: The source allows a cinnamon stick, 2 inches long, or half a teaspoon of the ground spice; we list the stick and give the ground cinnamon in a note (with it, there is no stick to take out). Its sugar is optional, 1/4 cup or to taste. It gives the yield as "Serving Size: 2-3 cups", which we read as the whole batch. Its way of making the sauce without a food mill, from its additional notes, is given as a note. The metric amounts and sizes are our conversions.

How the recipes are chosen and converted

Sources

1. Homemade Applesauce (https://reformjudaism.org/reform-jewish-life/food-recipes/homemade-applesauce), Tina Wasserman; ReformJudaism.org, Union for Reform Judaism, 28 July 2014.
2. Recipes for Hanukkah (https://www.myjewishlearning.com/article/hanukkah-foods/), My Jewish Learning, last modified 27 November 2023.
3. The International Jewish Cook Book (second edition) (https://www.gutenberg.org/ebooks/12350), Florence Kreisler Greenbaum; Project Gutenberg, 1919.
4. The Settlement Cook Book (eighteenth edition, enlarged and revised) (https://archive.org/details/settlementcookbo0000mrss), Mrs. Simon Kander, compiler; The Settlement Cook Book Co., Milwaukee; Internet Archive, March 1930.
5. Apples in Appealing Ways (Home and Garden Bulletin No. 161) (https://www.gutenberg.org/ebooks/62284), Human Nutrition Research Division, Agricultural Research Service, United States Department of Agriculture; Project Gutenberg, April 1969.
6. Directions for Cookery, in its Various Branches (tenth edition) (https://www.gutenberg.org/ebooks/9624), Eliza Leslie; Project Gutenberg, 1840.

7. A Rare Intersection of Holidays (https://www.thehenryford.org/collections/explore/articles/a-rare-intersection-of-holidays), Saige Jedele; The Henry Ford, 25 November 2013.

From The World of Apples, apple.io/recipes/applesauce/