

• INGEBRETSEN'S FAMILY RECIPES •

APPLESAUCE

with Elderflower Syrup and Cardamom

10 TO 12 MEDIUM APPLES, PEELED, CORED, AND CHOPPED INTO CHUNKS.
COMBINE A VARIETY OF APPLES FOR THE BEST RESULTS.
¼ CUP ORANGE

¼ CUP ELDERFLOWER SYRUP (SAFT)

½ CUP BROWN SUGAR

1 TEASPOON GROUND CARDAMOM OR ½ TEASPOON L.C. FINN'S CARDAMOM
EXTRACT

APPLESAUCE IS MORE OF AN ART THAN A SCIENCE. IT'S A SIMPLE ART, HOWEVER, AND ADJUSTMENTS CAN BE MADE TO THE APPLESAUCE AT ANY STAGE. THESE QUANTITIES PROVIDE A GUIDELINE, BUT YOU WILL WANT TO TASTE AND ADJUST AS THE APPLES COOK.

PUT THE CHOPPED APPLES INTO A 5-QUART SLOW COOKER. PLACE ON LOW HEAT. ADD THE ORANGE JUICE AND ELDERFLOWER SYRUP. COVER THE POT. AFTER 2 TO 3 HOURS, BEGIN TO PRESS THE APPLES DOWN AND MASH THEM WITH THE BACK OF A SPOON OR A POTATO MASHER. ADD THE BROWN SUGAR AND THE CARDAMOM. CONTINUE TO LET THE APPLES COOK.

STIR THE APPLES HOURLY AND ADJUST SEASONINGS IF YOU'D LIKE. THE FLAVORS INTENSIFY AFTER THE SAUCE HAS COOLED AND RESTED FOR 24 HOURS. ADD MORE LIQUID IF NECESSARY.

AFTER 5 TO 6 HOURS, YOU WILL HAVE APPLE SAUCE. IF YOU WOULD LIKE TO MAKE APPLE BUTTER, REMOVE THE LID FROM THE SLOW COOKER AND CONTINUE TO COOK THE APPLES, STIRRING FREQUENTLY. ONCE THEY HAVE REACHED THE DESIRED CONSISTENCY, TURN OFF THE SLOW COOKER AND PUT THE APPLE SAUCE OR BUTTER INTO A CONTAINER.

MAKES APPROXIMATELY 1 QUART.

APPLE SAUCE AND APPLE BUTTER FREEZE VERY WELL. PUT IN A FREEZER CONTAINER, ALLOWING 1" HEAD SPACE FOR EXPANSION. IT WILL KEEP FOR A YEAR.

Vær så god!

• FROM CARSTENS SMITH •