

# APPLESAUCE

(Total time: 15 minutes)

2 apples

2 T sugar

Cinnamon (if desired)

1. Wash, pare, and quarter apples. Remove all trace of the core.
  2. Place in a 1-qt. Saucepan and add just enough water to cover the bottom of the pan.
  3. Simmer in a covered pan until the apples are tender (approximately 10 minutes).
  4. Strain the water and place apples in the blender to make a puree.
  5. Stir in sugar, and garnish with cinnamon, if desired.
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# CODDLED APPLES (POACHING TECHNIQUE)

(Total time: 15 minutes)

2 apples

2 cups sugar

1 cup water

1. Wash and core apples
2. Cut doughnut-like slices ¼-inch thick across the apples
3. Cover slices with water to prevent discoloration before they are cooked.
4. In a 1-qt. Saucepan, stir together the sugar and water, and note the liquid level.
5. Heat to a high simmer.
6. Add several apple slices, and continue simmering until slices are tender (10 minutes).
7. Add water as necessary to maintain the original liquid level.
8. When slices are tender, remove them from the syrup with a slotted spoon.