

Applesauce

Adapted from [Veg Recipes of India](#)

Note: This is less of a recipe than a technique because the process and ingredients really depend on your apples and your taste

Ingredients

- About 3 lbs apples, optionally peeled, cored, and chopped. Mixing different varieties is nice for the best flavor. Remember that if you leave the peels on you want the apples in pretty small pieces so you don't have big chunks of peel (unless you puree it with a blender at the end). Otherwise feel free to keep the apples pretty large.
- 1 ½ cups water (or more if needed)
- 1 tbsp. sugar (More or less to taste depending on how sweet your apples are. Sweet apples require no additional sweetener.)
- Pinch salt
- Cinnamon (optional)

Directions

- Place apples in a saucepan with the water, salt, and optional cinnamon. Cover and bring mixture to a simmer over medium heat. Reduce heat to low and simmer until the apples are soft, stirring and breaking them up as you go. Add more water if the mixture gets too thick. If it's still too watery when cooked you can remove the lid and let some of the water cook off at the end.
- Mash the apples with a potato masher or puree with a blender or immersion blender if desired if you want them less chunky. Add the sugar a little at a time, tasting as you go, as you continue to cook over low heat. (This REALLY depends on how sweet the apples are - I added 1 tbsp. sugar to the "Mystery" apples from Seeders and Feeders and they probably could have used more, but I wanted it to stay healthy.)
- Refrigerate.