

Make your own Applesauce

Many different types of fruits and vegetables were grown on John Jay's farm. One of the principal crops was apples. Apples could be stored in the root cellar and turned into a variety of items like apple cider or applesauce. Below is a recipe for applesauce using only ingredients that would have been available on John Jay's farm 200 years ago.

Equipment:

Paring knife
Cutting board
Measuring cup and spoon
5-quart saucepan with lid
Wooden spoon
Potato masher
Serving bowl

Ingredients:

8 apples
1 cup cold water
1 teaspoon cinnamon

Directions:

1. Wash apples under cold water at the sink.
2. Have an adult help you cut the apple into four sections.
3. Cut the core from each piece.
4. Cut away the skin from each piece.
5. Measure 1 cup of cold water and pour it into the saucepan.
6. Add the apple pieces to the saucepan.
7. Turn on the burner to medium high. When the water begins to boil, or bubble quickly, turn the heat to medium low. The apples will be simmering or bubbling slowly.
8. Have an adult cover the pan halfway with the lid. Lower the heat if the apples begin to boil.
9. Use the wooden spoon to stir the apples every so often to keep them from sticking to the bottom of the pan.
10. Simmer the apples for about 40 minutes, until the apples are very tender. Then turn off the heat.
11. Use the potato masher to mash the apples into a smooth, thick sauce.
12. Stir in the cinnamon.
13. Have an adult help you spoon the applesauce into the serving bowl. You can serve the applesauce warm or put it in the refrigerator to chill before serving.