

Classic Apple Butter

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Preparation Time: 45 minutes

Start to Finish Time: 2 hours 45 minutes

4 1/2 pounds tart cooking apples, cored and quartered

3 cups apple cider or apple juice

2 cups sugar

2 tablespoons fresh-squeezed lemon juice, strained

1/2 teaspoon ground cinnamon

In an eight- to ten-quart heavy pot or Dutch oven, combine the apples and cider. Bring to a boil. Reduce the heat. Simmer, covered, for 30 minutes, stirring occasionally. Press the apple mixture through a food mill or sieve (You should have 7-1/2 to 8 cups). Return the pulp to the pot. Discard the skins.

Stir in the sugar, lemon juice and cinnamon. Bring to a boil. Reduce the heat. Cook, uncovered, over very low heat and stirring often, for 1-1/2 to 1-3/4 hours or until thick enough that the mixture mounds on a spoon.

Place the pot of apple butter in a sink filled with ice water. Stir to cool. Ladle into clean wide-mouth half-pint freezer containers, leaving a 1/2-inch headspace. Seal and label.

Store in a refrigerator up to two weeks or freeze up to six months. Apple butter may darken slightly upon freezing.

Yield: 5 to 6 half-pints

Per Serving (excluding unknown items): 1551 Calories; trace Fat (0.0% calories from fat); trace Protein; 401g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 27 Other Carbohydrates.