



today's main ingredient

A  LOCAL FOOD PODCAST



Slow Cooker Apple Butter

INGREDIENTS

3 pounds cooking (tart) apples
2 cups water
2 cups cider or apple juice
Sugar or brown sugar
1/2 teaspoon each ground cloves and ginger, or pumpkin spice blend to taste

STEP 1 – Wash apples and chop roughly, leaving cores and peel. Simmer gently, covered with water and cider until soft.

STEP 2 – Pass the pulp through a food mill to separate out the skin, seeds, and pieces of the core. Measure the pulp, then mix in 3/4 cup of sugar for each 2 cups of pulp, plus the spices

STEP 3 – Cook in a crock pot (slow cooker), uncovered. Stir and taste occasionally, adjusting spices to suit you. Cook until enough liquid has evaporated to reach the desired consistency. Store in the refrigerator.

Episodes 23+24 | Apples

TodaysMainIngredient.org

Check out our weekly interviews with local farmers and chefs as our podcast series focuses on one locally grown ingredient in each episode. From kale to radishes to peas to garlic and mushrooms, and more, listen to farmers discuss how they grow that ingredient and hear chefs discuss what to do with it once you get it into the kitchen. This podcast can also be heard on radio at WDNH-FM (93.5) and WYCY-FM (103.5) on Sunday mornings at 7:05 a.m. and 7:20 a.m. respectively.