



# Apple Activities



## Applesauce Experiment

Not all apples are created equal. Each variety is unique. Some apples are great baked in pies; others stay crispy and white in a salad; still others are best eaten fresh. In this experiment we will compare applesauce made with different apple varieties. It is best to choose at least one apple known to be excellent in applesauce and at least one apple known to be poor in applesauce. Good varieties for sauce are Gravenstein and Cortland. Not-so-good applesauce varieties are Red Delicious, Empire and Russet. Use the recipes below (each makes 750 ml, or 3 cups, of sauce), or one of your favourites. When the sauce is ready, fill out the chart below.

### Basic Applesauce

8 medium-sized apples  
2 ml (1/2 tsp) cinnamon  
125 ml (1/2 cup) water  
5 ml (1 tsp) salt  
15 ml (1 tbsp) reconstituted lemon juice  
125 ml (1/2 cup) brown sugar (or more)

Core and dice apples. Place in saucepan, add water and salt. Simmer until soft. Press through sieve or food mill; add cinnamon, salt, lemon juice; add sugar to taste; stir until dissolved. Serve hot or cold.

### Microwave Chunky Applesauce

1 L (4 cups) peeled, sliced apples  
125 ml (1/2 cup) sugar  
50 ml (1/4 cup) apple juice  
2 ml (1/2 tsp) cinnamon  
10 ml (2 tsp) reconstituted lemon juice

In large glass bowl, combine all ingredients; heat covered on high for 7 - 9 minutes or until apples are soft, stirring once. Mash apples until chunky. Serve hot or cold.

### Fresh Blender Applesauce

4 large apples, peeled, cored and quartered  
50 ml (1/4 cup) apple juice  
45 ml (3 tbsp) honey  
2 ml (1/2 tsp) cinnamon  
5 ml (1 tsp) reconstituted lemon juice

Place all ingredients in an electric blender; blend at medium speed about 1 minute or until mixture is smooth. Taste for sweetness and add more honey if desired. Serve immediately.



Which applesauce was your favourite? Rate each sauce on its colour, texture and taste. (1 = Poor 2 = Good 3 = Excellent)

Name of Variety	Colour / Appearance	Texture	Taste	Overall

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