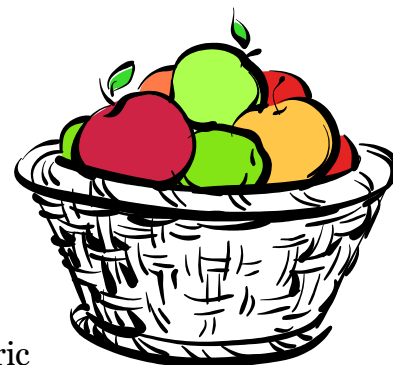


October 2014

This recipe is taken from a 1750 cookbook by Eliza Smith, “*The Complete Housewife*”. It is easy to make and very tasty. Since apples are available year-round, you can really have this at any time of the year. But crisp fall days and the smell of cinnamon and apples cooking always says **FALL** to me!



The addition of lemon gives it a bit of a tang, I have given an optional flavoring to try and added my own “twist” to this historic recipe. I have lightened up the amount of sugar, as apples we buy today are already naturally sweet. Hope you enjoy it as much as my family does! *S. Luczu*

To Stew Apples - Eliza Smith's historic recipe:

“Take a quart of water a pound of double refined sugar beaten fine, boil and skim it, and put into it a pound of the largest and clearest pippins, pared, cut in halves, and cored; let them boil, cover'd with continual froth, till they be at tender and clear as you would have them; then put in the juice of two lemons, and a little peel cut like threads; let them have five or six walms after the lemon is in, then put them in a China dish or salver you serve them in; they should be done two hours before used.”* Ref: ***The Complete Housewife*** by Eliza Smith, 1750, page 218
* Walm = a measure or unit of time (1-2 seconds)

Lemon Applesauce

– S. Luczu
Serves 8

2 med. Granny smith apples/peeled, cored & cut into 1” dice
4 med. Gala apples/peeled, cored & cut into 1” dice
¾ C. sugar
2-3 tsp. Lemon zest
1 tsp. Ground cinnamon
¼ C. fresh lemon juice

Optional: ½ tsp. vanilla extract – (substitute for lemon juice)

- In a saucepan large enough to hold all the apples, stir together and heat 2 C. water with the sugar, just to the boiling point.
- Add the prepared apples and cinnamon, stirring them into the water/sugar mixture.

Bring back to a boil; reduce the heat and continue to cook until the apples are tender.

- Add the lemon zest and lemon juice* - stirring while on the heat for 5 sec.
- Remove from heat, mash with a potato masher until “sauce” consistency.
- Cool for two hours or to room temperature to serve.

NOTE:

- ~ You can increase this recipe for larger batches by doubling the ingredients
- ~ If you just don't like the lemony flavor – you can decrease the amount of lemon juice or leave it out completely.
- ~ I like a ‘smoother’ sauce, so choose to mash the cooked apples with a potato masher; you can eat it in the chunky form if that is what you like.

** Substituting the vanilla extract for the lemon juice give an entirely different flavor; but still add the lemon zest as it won't overpower the vanilla and gives another flavor ‘note’.*