

# the GREENGROCER

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## PRESERVING GRAVENSTEIN APPLES

**Apple Butter** – Smooth butter like consistency, similar to a jam,

**Apple Jelly** – Somewhat transparent liquid that will be firm & spreadable when set.

**Artisan Apple Preserves** – Preserved fruit suspended in jelly or a proportionate amount of jam and jelly.

### Gravenstein Apple Butter

Recipe Time: 3 hours

Skill Level: Medium, requires patients

#### *Ingredients:*

10 lbs Whole Washed Apples (Gravenstein or Cooking Apples)  
2 lbs Sugar  
1 cup Apple Cider Vinegar  
½ cup Lemon Juice  
2 tbsp Freshly Ground Cinnamon  
½ tsp of each - Nutmeg, Clove, Allspice (alter to your taste)

#### *Equipment:*

Knife & Cutting Board  
Heat Proof Spatula or Wooden Spoon,  
Ladle, China Cap or Colander  
Heavy Bottomed Wide Sauce Pot – 8 qts +  
Spice Grinder  
Canning Jars & Lids

#### *Canning Method:*

There are several ways to sterilize your jars for canning. You can run them through a short cycle on your dishwasher. You can place them in a large pot (12 quart) of water on top of a steaming rack (so they don't touch the bottom of the pan), and bring the water to a boil for 10 minutes. Or you can rinse out the jars, dry them, and place them, without lids, in a 200°F oven for 10 minutes. Sterilize the lids by placing them in a bowl and pouring boiling water over them. Fill the jars and tap out air bubbles. Wipe the rims of the jars clean before applying the lids.

Submerge Closed Jars into a pot with hot water. Use a towel in the bottom to protect jars from breaking. Fill to cover all jars and bring to a boil for 10 min. Turn off heat and allow to stand in the water until cool enough to touch. Remove jars and check seal by pressing the dimple on the top. It should not flex to make a popping sound. If any jars did not seal properly refrigerate and use first. Sealed Jars can be stored up to one year unrefrigerated in a cool environment free of sunlight.

#### *Cooking Method:*

In a large, wide mouthed & heavy (preferably copper or copper core) sauce pot heat sugar and apple cider vinegar over low heat with out stirring. While heating begin to cut apples, removing seeds and stems (bitterness) but reserving skins and most of the core. Fill the pot with apples as you cut. When almost through cutting increase the heat to high and cook uncovered while stirring. Stir often with a wooden or heat proof spatula scraping the bottom to avoid any browning. When boiling; add ground spices & lemon juice. Cook over high heat while stirring for 20min or until all apples are soft and breaking apart. While hot pass through a china cap, basket strainer, or colander using a ladle and spatula. Return the strained puree to a clean pot and cook over medium high heat for an additional 2 hours (or until temperature is 220F). Move directly into clean, sterilized jars using a pitcher with a narrow mouth to avoid spilling and to keep rim of jar clean.

*Chef Demo by Joe Rueter Sponsored by: Relish Culinary (RelishCulinary.com)*