



by Michelle

The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Applesauce with Maple Syrup and Fresh Nutmeg

Makes 3 cups

3 quarts of apples - *I used a mixture of Cortland, Ginger Gold, Golden Delicious, Russet, Honey Crisp and McIntosh*

2 tablespoons Maple syrup

¼ teaspoon fresh nutmeg, grated

THE STEPS:

Peel apples and slice thinly

Place apples in a heavy bottomed pot over medium low heat

Cover pot and leave for 5 minutes

Stir apples every 5 minutes until desired texture is reached. *I like my sauce chunky.*

Remove pot from heat and stir in maple syrup and ground nutmeg.

Serve warm or cold.

Freezes perfectly!

THE LOVE: You have to taste the apple sauce after you add the syrup and nutmeg. I want the flavour of the apples to dominate so I go very light. You might like the maple or the nutmeg to be more pronounced. Add a little more at a time until you find the flavour that you love. Remember you can't take it out once it's been stirred in!