

Unpeeled Apple Sauce

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| Serves 4-6 generously | metric measure |
| 3 pounds apples | about 1.5 kg |
| 1/2 cup water | 120 ml |
| 1 teaspoon cinnamon | 1 gm |
| 1-2 tablespoons dark brown sugar , maybe | 12-25 gm |
| 1 tablespoon butter, optional | 15 gm |

Quarter apples and remove centers.

Put apple quarters and water in [pressure cooker](#). Bring to pressure and cook for 3 minutes.

Turn off the heat and allow to cool until pressure drops.

Open the cooker and pour apples into large shallow bowl.

Allow to cool enough to be able to handle comfortably. Remove skins from apples, using tongs and a spoon.

Stir to desired chunkiness.

Add cinnamon and taste. You may not need any sugar at all. I didn't use any with the Fireside apples. No butter either, though this is a nice rich addition sometimes.



I have used many varieties. Courtland, Gala, Honey Crisp, Ida Red, Macintosh, Paula Red, Yellow Delicious. I love them all. Well, maybe I love Macs a little less. They fall apart so much the sauce is not chunky. But you might prefer that.

Don't bother with Red Delicious apples. They are red, but they are not delicious.

Peel after cooking?

Yep, that is what I do. I simply quarter, and core the apples. Cook them, and fish the big peels out of the cooked apples. It is easy, the flesh falls away from the skin. And it does not take any longer than peeling the apples first.

Still, some will say that is too much trouble.

I say it adds flavor, and sometimes color. Especially with Paula Reds, they have a nice blush just under the skin. This is lost if you peel them first.