

Homemade Apple Butter

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5 1/2 pounds apples
4 cups sugar
2 to 3 teaspoons ground cinnamon
1/4 teaspoon ground cloves
1/4 teaspoon salt

Peel and finely chop the soft apples. Apple peelers and corers really speed up this process.

Dump the apples in the base of a slow cooker. Pour the sugar, cinnamon, cloves and salt over the top. Give a quick stir. Cook, uncovered, on HIGH for one hour.

Reduce the heat to LOW. Cover.

Cook for nine to eleven hours or until thickened and dark brown, stirring occasionally (stir more frequently as it thickens to prevent sticking).

Uncover. Cook on LOW for one hour longer. If desired, stir with a wire whisk until smooth.

Once the mixture is completely cooled, spoon the apple butter into freezer containers, leaving a half-inch of headspace. Devour it immediately; or seal it and refrigerate or freeze it.

The best apples to make apple butter are soft apples such as Braeburn, Fuji, McIntosh and Cortland. They break down more easily than firmer varieties, such as Honeycrisp and Granny Smith, and therefore cook much faster. Stick with one kind or mix and match for a complexity of flavor.

Per Serving (excluding unknown items): 4489 Calories; 9g Fat (1.6% calories from fat); 5g Protein; 1161g Carbohydrate; 69g Dietary Fiber; 0mg Cholesterol; 546mg Sodium. Exchanges: 1/2 Grain(Starch); 23 Fruit; 0 Fat; 53 1/2 Other Carbohydrates.