

CONSTITUTION DAY – APPLE BUTTER

Keeping Foods Cool: Since colonists didn't have refrigerators, they kept foods like milk and butter cool in a "dependency," or outbuilding, called a "dairy." A dairy was sometimes built a foot or two below ground, usually over a cool spring. Thick walls under a big overhanging roof kept the cool air inside. Vents let hot air escape.

TOOLS

Measuring cups & spoons

Large cooking pot with lid

Paring knife

Cutting board

Wooden spoon

Potato masher

4 empty jam jars with lids, 8 ounces each

Paper towels

INGREDIENTS

3 cups sweet apple cider

2 pounds apples (about 6 large apples)

¼ cup honey

½ teaspoon cinnamon

¼ teaspoon ground cloves

¼ teaspoon allspice

DIRECTIONS *(Makes 2 pints)*

1. Measure the cider into the cooking pot. Cook the cider over medium heat until it boils, or bubbles quickly. Let the cider boil for 15 minutes.
2. While the cider boils, have an adult help you cut each apple into 4 sections.
3. Remove the core from each section and cut off the skin. Then cut the apple sections into smaller pieces.
4. Add the apples to the boiling cider.
5. Cover the cooking pot. Cook the apples over very low heat until they are tender, about 1 hour. Stir the apples often while they cook.
6. Turn off the heat and remove the lid from the pot. Use the potato masher to mash the apples.
7. Stir in the honey, cinnamon, cloves, and allspice.
8. Turn the heat to low. Cook the apple mixture uncovered for about 30 minutes, or until it thickens. Stir often.
9. Turn off the heat and let the apple butter cool for 15 minutes in the pot.
10. While the apple butter cools, wash the jars in hot, soapy water. Then rinse them in hot water. Drain them on paper towels.
11. Have an adult spoon the apple butter into the jars. Serve apple butter on johnnycakes or breakfast puffs. Store the rest of the apple butter in the refrigerator or give some to friends.