



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

MULLED RED WINE APPLE SAUCE

Recipe by Natural Gourmet Institute

YIELD: 6-8 SERVINGS


Ingredients:

4 pounds apples (about 8 large), (MacIntosh, Cortland or Braeburn),* peeled, cored, and diced
1 inch fresh ginger, peeled, finely grated*
3 cinnamon sticks
3 cloves
1 star anise
1 cup dry red wine*
2 tablespoons maple syrup*
1 teaspoon vanilla extract
Pinch of sea salt

Procedure:

1. Combine all ingredients in a large pot. Cover and bring to a boil. Simmer, uncovered, until apples are very tender and mushy, stirring occasionally, about 20 minutes.
2. Using a potato masher or spoon, mash apples until smooth.
3. Let apple sauce cool completely before transferring to airtight jars. Sauce will keep in the refrigerator for up to 2 weeks.

**Ingredients available seasonally at your neighborhood Greenmarket*



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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