



Instant Pot Applesauce

Savannah · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

45 mins

Description

Five minutes of high pressure is all you need to get a smooth fragrant applesauce the Instant Potreg does all the work

Ingredients

- - 1 lemon - 1 cinnamon stick - 1 (1/4 inch thick) slice fresh ginger - 1 star anise pod - 2 whole cloves - 1 piece cheesecloth - 3 pounds apples - peeled
- cored
- and quartered - ½ cup water - ½ teaspoon salt - 2 tablespoons brown sugar
- or more to taste

Instructions

1. Use a vegetable peeler to remove 2 thick strips of lemon peel
2. being careful to avoid the bitter pith. Tie up lemon peel
3. cinnamon stick
4. ginger
5. star anise
6. and cloves in cheesecloth for easy retrieval after cooking. Place apples in a multi-functional pressure cooker (such as Instant Pot®). Add cheesecloth bundle
7. water
8. and salt. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 5 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions
9. 15 to 20 minutes. Avoid releasing pressure manually as hot applesauce may splutter up through the vent. Remove the cheesecloth bundle with a slotted spoon and discard. Mix brown sugar into the applesauce until dissolved. Taste and adjust the level of sweetness if needed. Cook's Notes: I planned to use this applesauce in cakes so I didn't want it to be too sweet. Adjust the levels of sweetness and acidity (with lemon juice) to your taste. Applesauce freezes well. Just be sure to allow enough headroom as you fill the jar or container
10. as it will expand when frozen.