**Applesauce**

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| Jobs for Lab Day | | |
| 1 | Washer/Prep tools |  |
| 2 | Dryer/Cooking tools |  |
| 3 | Housekeeper/Ingredient Gathering |  |

**INGREDIENTS**

4 -6 apples (1 apple/group member)

15 ml granulated sugar

5 ml cinnamon

**METHOD**

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| Wash apples and peel with vegetable peeler. Reserve long peel to add to the pot and place the rest on a paper towel. |  |
| Chop with apple cutter into 8 wedges. |
| Dice apple wedges using a pairing knife and cutting board. |
| Put the apple slices into the large saucepan. Add 6 pieces of the red peel to the saucepan. |
| Add water to the depth of 1 cm in the bottom of the pan. (125 ml)  Cover pan. |
| Bring to boil on high. When boiling, reduce heat to medium (4) and simmer with the lid on until apples are tender, about 8 minutes. |
| While apples cook, mix 15 ml sugar and 2 ml cinnamon in a small dish. |
| When tender, remove applesauce from heat and remove skins with a fork. |
| Add cinnamon sugar to apples. Stir until sugar dissolves. |
| Reserve ½ cup of applesauce in a prep bowl for applesauce muffin recipe. Divide the rest between lab members in bowls and serve. |

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| Criteria | **Self Assessment** |
| 1. I READ and followed the recipe accurately 2. I demonstrated kitchen safety and food safety 3. I worked with my kitchen team equitably and fully completed my lab duties | |  |  |  |  | | --- | --- | --- | --- | | **Extending** | **Proficient** | **Developing** | **Emerging** | |  | | | | |

**Apple Facts**

* Apples are a great energy booster as they contain 12% natural sugar (fructose).
* Fructose dissolves quickly so the body does not have to change it into sugar before use.
* Research shows that eating apples may help reduce the risk of heart disease, reduce the risk of some cancers, and promote lung health.
* Apples work to clean the digestive system. Apples clean teeth by removing bacteria.
* MacIntosh is the most popular variety of Apples in Canada. Other popular varieties include Gala, Golden Delicious, Red Delicious, Spartan, Granny Smith, Empire, Fuji, Jonagold, Ambrosia.
* Apples can be eaten fresh, frozen, canned, in apple sauce, apple butter, cider, vinegar, juice, apple leather, or dried.
* Applesauce is a great substitute for oil when baking. Replace oil, butter or margarine with applesauce when baking cakes, or muffins for a low fat option.

**Questions**

1. Why is the skin added to the pot? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. In which food group are apples found? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. How many servings of this food group are recommended per day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. When apples are ‘in season,' what does that mean? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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5. Describe safety concerns for this lab: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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6. Qualities of good applesauce are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Name 4 varieties of apples \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. What two vitamins are found in apples? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. What property of apples gives us a natural energy boost? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. What two ingredients can applesauce replace in baking to improve the nutritional value? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_