

## CANNING APPLESAUCE WITHOUT REMOVING THE SKINS

### Directions:

1. Prepare your jars by running them through a dishwasher cycle. Prepare your water bath by filling with water  $\frac{3}{4}$  the way up the side of the pot. Cover and bring to a boil. In the meantime, wash the lids and bands in hot, soapy water. Note: always use a new lid; bands can be reused. The newest lids do not require boiling before using. Doing so can interfere with a seal forming. Read the box the lids come in. Put the prewashed jars in the boiling water of the water bath just for a couple minutes to heat up.
2. Cut the washed apples into large chunks removing the core and seeds. No peeling is necessary!
3. Place the apples in small quantities into a food processor or blender and add approximately  $\frac{1}{2}$  cup water before pulsing/blending the mixture until smooth. Add more water as necessary.
4. Transfer the pureed apples to a large stock pot. We are not adding any sugar or spices today leaving that to your personal preferences. If you choose to add a sweetener or cinnamon, use about 1 tablespoon of cinnamon and 1 tablespoon or more of a sweetener for a large stock pot full of applesauce. Heat sauce until just warm.
5. Once the applesauce is heated (and sweetened, if desired), pour carefully into your sterile pint-sized jars using a funnel to make it easier leaving about  $\frac{1}{2}$  inch headroom. Use a spatula to be sure air bubbles are removed. Wipe rim of jar with a clean, moist towel or paper towel. Position lid and band in place and tighten band securely but not too tightly.
6. Place pint jars into the boiling water bath. Be sure the jars are covered with at least an inch of water over the top. Cover and return water to boiling point. Once it is boiling, process for 15 minutes for pint jars. (If you are using quart jars, process for 20 minutes). When time is up, turn off and remove the lid but wait 5 minutes before removing jars to a clean cloth being careful not to tilt the jars.
7. Let the jars sit undisturbed while they cool, from 12 to 24 hours. Do not tighten ring bands on the lids or push down on the center of the flat metal lid until the jar is completely cooled. Remove ring bands from sealed jars. Put any unsealed jars in the refrigerator and use first. Wash jars and lids to remove all residues.

## KIMCHI ~ VEGAN

Servings: 1 ½ quarts

### Ingredients

- 1 head Napa cabbage
- 2 T kosher or coarse sea salt
- ½ cup + 2 T sugar
- 8 garlic cloves, minced
- 2-3 inches peeled fresh ginger, minced
- ½ cup kochukaru
- 2 Tbsp miso paste
- ¼ cup light soy sauce
- ½ cup 1-inch scallion pieces
- ½ cup carrots--matchstick cut
- ½ cup apple--sliced
- ½ cup lotus root--sliced, quartered

### Directions

1. Cut cabbage lengthwise in quarters, then crosswise into 1" pieces. Toss with salt and 2T of the sugar in a bowl and let sit 6 hours.
2. Combine garlic, ginger, kochukaru, miso, soy sauce, and remaining ½ cup sugar in large bowl. Add water ⅓ cup at a time until just thicker than a creamy salad dressing.
3. Stir in scallions, carrots, apples & lotus root
4. Drain & rinse cabbage, stir in and massage everything together.
5. Pack into jars, pushing down firmly to remove air bubbles. Let sit at room temperature for 3-5 days then refrigerate.

Any of the following may be added:

Kale

Beet

Turmeric

Sesame seeds

Lemon zest

Burdock root

Baby bok choy

Use your imagination!