

Sauces

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Apple Cinnamon Sauce

1 cup packed brown sugar

2 tablespoons cornstarch

1/2 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1 cup apple juice

3 medium apples, chopped and peeled

In a medium saucepan, combine the brown sugar, cornstarch, cinnamon, and nutmeg. Gradually stir in the apple juice and bring to a boil. Boil for three minutes, stirring constantly. Stir in the apples. Reduce heat and simmer 8 to 10 minutes, stirring occasionally. For less chunky sauce, mash with a potato masher to reach desired consistency. Serve with Baked French Toast, pancakes, or waffles.

Makes 6 servings

Claudia Wardius

Barbecue Sauce

1 cup catsup
2 tablespoons butter
2/3 cup packed brown sugar
1 onion, minced
2 tablespoons vinegar
2 tablespoons lemon juice
2 tablespoons Worcestershire sauce
1/2 cup celery, minced
1/2 tablespoon dry mustard
1/2 tablespoon chili powder
1 cup water
Pinch of cayenne pepper

Combine all of the ingredients in a small saucepan. Bring to a soft boil over medium heat, stirring constantly. Boil for 3 minutes, stirring constantly. Remove from heat until ready to use. Baste meat during last half of cooking period.

Makes about 2 cups

Rogene Gustafson

Berry Sauce

If you choose to substitute 1 cup of strawberries for the blueberries in this sauce, then reduce the sugar to 3/4 cup.

1 cup granulated sugar
2 tablespoons cornstarch
1 cup water
1 cup fresh or frozen blueberries

In a medium saucepan, combine the sugar and cornstarch. Add the water and bring to a boil over medium heat, stirring constantly. Reduce heat to simmer. Add the blueberries and simmer for 8 to 10 minutes, stirring occasionally. Serve with pancakes, waffles, or Baked French Toast.

Makes 6 servings

Claudia Wardius

Cherry-Rhubarb Freezer Jam

6 cups fresh or frozen sliced rhubarb
4 cups granulated sugar
1 (6-ounce) package cherry-flavored gelatin
1 (21-ounce) can cherry pie filling

Combine the rhubarb and sugar in a saucepan; cover and let stand overnight.

The next day, simmer uncovered until the rhubarb is tender, about 30 minutes. Stir in the gelatin and pie filling. Bring to a boil. Remove from heat; cool. Pack in containers and refrigerate or freeze until ready to serve.

Makes 12 cups

Claudia Wardius

McIntosh Applesauce

4 pounds McIntosh apples, quartered
3 (3-inch) cinnamon sticks
1 cup fresh apple cider

Place the apples in a heavy-bottomed saucepan along with the cinnamon and cider. Cover and bring to a boil over medium-high heat, stirring frequently. Take care not to scorch the apples.

Lower the heat to medium and cook, covered, stirring occasionally, until apples are mushy and have the consistency of a sauce, about 20 minutes. Cool to room temperature.

Remove the cinnamon and pass the sauce through a food mill, discarding the peels. Cover and refrigerate 3 to 4 days, or freeze for up to 6 months.

Makes 6 cups

Melissa Daniels

Traditional Italian Tomato Sauce

4 (28-ounce) cans whole Italian plum tomatoes

1/4 cup extra virgin olive oil

3 cloves garlic, thinly sliced

1 teaspoon crushed red pepper flakes

1 cup Chianti or dry red wine

1 tablespoon dried oregano

8 leaves fresh basil

Coarse salt

Freshly ground black pepper

Place the tomatoes in a food mill and purée over a large bowl while removing the seeds.

In a medium stockpot, heat the olive oil over medium heat. Add the garlic and sauté until golden brown, about 1 to 2 minutes. Add the red pepper flakes. While the oil is sizzling, slowly add half of the puréed tomatoes and the wine, stirring to mix. Add the remaining tomatoes, reduce heat to low, and let simmer. Add the oregano, and continue to simmer until slightly thickened, 1 1/2 to 2 hours, stirring occasionally. Add the basil. Lightly season with salt and pepper. Serve immediately over a cooked pasta of your choice.

The sauce may be kept in the refrigerator up to 3 or 4 days in a covered container, or in the freezer for 1 month.

Makes about 9 cups

Charlene Daniels

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