

Apple Cordial



Serves	6 cups
Prep time	1 hour, 15 minutes
Cook time	2 hours, 15 minutes
Total time	3 hours, 30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet – Very High Chemical , Salicylate Challenge
Meal type	Drink
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Birthday Party , Special Occasions

Ingredients

- 1.2kg apples (skins, cores, whole chopped apples)
- 1 1/2 teaspoon tartaric acid
- 1 1/2 cup sugar
- Water

Directions

1. Place the apples into a large saucepan and add enough water to cover.
2. Bring to the boil and allow to simmer uncovered until the apples have broken up and look frothy/pulpy. Add more water as necessary. (This took just over two hours.)
3. Place a muslin cloth or clean tea towel over a large bowl, place a strainer on top and pour in the apples. Allow to sit until all the liquid has flowed through to the bowl. Do not squeeze the pulp. (This took about 1 hour.)
4. Prepare the jars or bottles by washing with warm soapy water, rinsing and placing in the oven on low (just above 100°C) for at least 30 minutes.
5. Transfer the strained liquid to a large pan and add the sugar (adjust the quantity to taste) and tartaric acid. Simmer for 15 minutes.
6. Pour into the sterilised jars and seal. Allow to cool then store in the fridge.
7. To serve, mix a small amount (to taste) with plain or sparkling water.



Note

This recipe is most likely very high in salicylates, so not suitable for the FAILSAFE /Elimination diet, but it may be OK for special occasions or as part of a salicylate challenge.

I saved up apple cores, skins and old wrinkly apples in a bag in the freezer until I had enough to make this recipe. You could use fresh apples as well. As the skins are being cooked, make sure you wash your apples well to remove any chemicals that have been sprayed on them.