

## Amish Prepper Recipes ~ Fruits

### Amish Apple Butter

Have an abundance of apples on hand? So, make this apple butter, which is a great alternative to just spreading butter on toast or biscuits.

5-6 lbs apples, peeled and finely chopped	¼ tsp salt
4 C sugar	¼ tsp ground cloves
2 tsp cinnamon	



Mix the sugar, cinnamon, cloves, and salt together. Add the apples, then place the apples into a slow cooker. Cover, and cook on high for 1 hour. Turn the slow cooker down to low, then cook for another 9-11 hours, occasionally stirring the apples. The mix should thicken and turn dark brown towards the end of this step. Uncover the pot, and continue to cook for another hour. Use a whisk, if you want a smoother consistency. Spoon the apple mix into containers that have been sterilized. Finally, cover them, and store in a cool dry place for up to 2 years.

### Gingered Pears

How about a sweet treat with a little spice?

5 lbs. pears (not too ripe or soft)	½ cup chopped ginger
3 cups water	3 lemons: juice and grated rind
5 lbs. sugar	



Peel and core the pears, then dice or cut them into thin slices. Add them to the water and cook until the pears are tender. Add the sugar, ginger, lemon juice and rind. Allow this mixture to simmer until it becomes thick, and the pears become transparent. Pour the pear mix into sterilized jars, and seal. This recipe makes about 5 pints of gingered pears. Unopened, the pears should last a couple years.

See... more Amish recipes in book, **Lost Superfoods**