

Apple juice

Workstation: 4

Equipment

Apple slicer
Chopping boards
Non slip mat
Knives
Large saucepan
Large bowl
Small bowl for waste
Jug
Fine strainer
Soup ladle
Potato masher
Cheesecloth

Ingredients

20 Apples
Hot water to cover

Method

1. **Rince** apples
2. **Cut** any bruises off the apples
3. Using the apple slicer **cut** apples into segments
4. **Place all apple parts** into the saucepan
5. **Fill with just enough hot water to cover apples**
6. **Simmer** until apples are soft, about 20 mins
7. Place cheesecloth into strainer
8. Place strainer over large bowl
9. Using the soup ladle **pour small amounts** of apple and water mixture into strainer
10. Use the potato masher to **mash** the apples mixture
11. The apple juice will filter through the cheesecloth and into the bowl
12. **Squeeze the cheesecloth to ensure all juice has come through**
13. **Empty** the leftover apple pulp, cores and skin into the **waste bowl**
14. Continue until all the mixture has been pushed through the cheesecloth
15. Transfer apple juice into a jug
16. Place jug into the fridge to cool