

Easy Stewed Apples: Simple Spiced Comfort Food

Few treats evoke the cozy comfort of home quite like a bowl of warm, tender



TIME
5-7 min

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INGREDIENTS

3 apples (medium-sized), peeled, cored, and sliced (about 1/4-inch thick)
... cup water
2 tablespoons brown sugar, packed
3 teaspoons pure maple syrup
2 teaspoons ground cinnamon
1 teaspoon vanilla extract

DIRECTIONS

1. Let's get these delicious : Stewed Apples simmering!
2. Prepare : Skillet & Apples: Pour ... cup water into a large skillet (one with a lid is helpful). Arrange the peeled, cored, and sliced 3 apples evenly in the skillet.
3. Add : Sweeteners & Spices: Add the 2 tablespoons packed brown sugar, 3 teaspoons pure maple syrup, 2 teaspoons ground cinnamon, and 1 teaspoon vanilla extract to the skillet. Stir gently to combine all the ingredients, ensuring the apple slices are coated.
4. Simmer until : Tender: Bring the mixture to a gentle simmer over medium heat. Once simmering, reduce the heat to low, cover the skillet, and continue to simmer. Stir from time to time (every 5-7 minutes) to prevent sticking and ensure even cooking. Cook until the apples have reached your desired tenderness, usually 20 to 30 minutes. Some prefer them very soft, while others like a slight bite.
5. Optional : Seasoning Adjustment: If desired, taste the stewed apples and add any additional spices you like (such as a pinch of nutmeg or allspice) or a touch more sugar/maple syrup to achieve your preferred sweetness.
6. Serve: Remove from heat and serve warm.

SWAPS & NOTES

Apples: Use firm, crisp apples that hold their shape well when cooked, such as Gala, Fuji, Honeycrisp, Granny Smith (for a tarter result), or Braeburn.

Adjust sweetness slightly if using very tart apples.

Brown Sugar: Packed brown sugar adds a deeper, molasses-like sweetness.

You can adjust the amount to your taste.

TIPS FOR SUCCESS

Even Slices: Slice the apples into consistent thickness (about 1/4 inch) so they cook evenly.

Don't Overcook: Watch the apples carefully, especially towards the end of the cooking time, to ensure they become tender but not mushy.

Stir Occasionally: Stirring helps prevent sticking and ensures all apples are coated in the delicious syrup.

Adjust Sweetness: Different apple varieties have different levels of sweetness.

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