

# BREAD & BREAKFAST

## *Cinnamon Apple Syrup*

*Lane and I spent our second Thanksgiving visiting his Uncle Bill and Aunt Yvonne in Wyoming—riding snowmobiles for the first time (in my life) and playing board games with their family. (While there, I also read Things I Have Wish I'd Learned Sooner... by Jeroldeen Edwards, an influential book in my mothering, which I found at their cabin.) Aunt Yvonne is such a wonderful cook! She made some apple syrup that was scrumptious! I don't remember if we had pancakes or waffles, but I have never forgotten that syrup. Her recipe was, if I remember after all these years, something like this:\**

fresh apple cider  
cornstarch  
cinnamon oil

Pour the amount of cider you want into a small sauce pot. Bring to a boil. Add enough cornstarch to a cup of cold cider (maybe 1 1/2 tablespoons) and mix it well. Add the cold cider to the boiling cider and stir until thickened. Add a few drops of cinnamon oil (to taste, but do a drop or two at a time) to your desired cinnamon-ness.

Remove from heat and use as desired. I store leftovers in a covered pint or quart jar in the fridge to prevent spoiling. Yvonne had hers in a pretty vinegar bottle.

*Serving Suggestion:* Serve over apple pancakes. (Grate a Granny Smith apple into pancake batter and add freshly grated cinnamon and nutmeg. Add some uncooked oatmeal as well if desired.)

\*Sorry I don't have exact amounts! I used about 3.5 cups of cider this morning, approximately 1.5 tablespoons cornstarch, and 4-5 drops of cinnamon oil.

