Prep Time	20 minutes
Cook Time	35–40 minutes
Total Time	~1 hour (plus 24–48 hours mellowing)
Yield	3 pint jars (about 24 servings)
Difficulty	Easy
Method	Stovetop simmer + water-bath canning (optional)

Table of Contents

- Ingredients
- Instructions
  - Step 1 — Prep the Pineapple (10 minutes, low intensity)
  - Step 2 — Build the Syrup (5 minutes, low intensity)
  - Step 3 — Simmer the Pineapple (25–30 minutes, medium-low intensity)
  - Step 4 — Pack the Jars (5 minutes, medium intensity)
  - Step 5 — Can (Optional but Recommended) (10 minutes, low intensity)
  - Step 6 — Rest Before Eating (24–48 hours, zero intensity)
- Timing & Intensity Summary
- Serving Suggestions
- Storage
- Nutrition (per serving — about 2 rings, 1 of 24 servings)

Ingredients

For the pineapple:

- 2 fresh ripe pineapples (or 2 × 20 oz cans pineapple rings in juice, drained — fresh strongly preferred)

- 2 jalapeños, sliced into thin rings (seeds kept for more heat, removed for milder)
- 1–2 red Fresno or serrano chiles, sliced (optional, for color and extra kick)

For the syrup:

- 2 cups granulated sugar
- 1 cup apple cider vinegar
- ½ cup water
- 2 tbsp fresh lime juice
- 1 tsp ground turmeric (for that signature golden color)
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- ¼ tsp ground cloves
- 1 tsp kosher salt

- 1 tsp red pepper flakes (adjust to taste)

Equipment: Heavy-bottomed pot, slotted spoon, 3 sterilized pint jars with lids, canning tongs (if water-bath canning).

Instructions

Step 1 — Prep the Pineapple *(10 minutes, low intensity)*

Peel the pineapples, remove the eyes, and slice into rings about ½-inch thick. Cut each ring into quarters or halves if you prefer smaller pieces for topping. Set aside. Tip: Pat the rings dry with paper towels so they absorb the syrup rather than diluting it.

Step 2 — Build the Syrup *(5 minutes, low intensity)*

In a heavy-bottomed pot over medium heat, combine sugar, cider vinegar, water, lime juice, turmeric, ginger, cinnamon, cloves, salt, and red pepper flakes. Stir until the sugar dissolves completely, then bring to a gentle simmer. Do not let it boil hard at this stage.

Step 3 — Simmer the Pineapple *(25–30 minutes, medium-low intensity)*

Slide the pineapple rings and sliced chiles into the simmering syrup. Maintain a gentle simmer — small bubbles, not a rolling boil — and cook uncovered for 25–30 minutes, turning the rings gently every 8–10 minutes with tongs. The pineapple is done when it turns translucent, glossy, and deep golden, and the syrup has reduced by about half and coats the back of a spoon. Watch closely in the final 5 minutes; the sugar can catch quickly.

Step 4 — Pack the Jars *(5 minutes, medium intensity)*

Using a slotted spoon, pack the hot pineapple and chiles tightly into sterilized jars, leaving ½ inch of headspace. Ladle the hot syrup over the fruit to cover, maintaining that ½-inch headspace. Run a knife around the inside of each jar to release air bubbles, then wipe rims clean and seal.

Step 5 — Can (Optional but Recommended) *(10 minutes, low intensity)*

Process jars in a boiling water bath for 10 minutes (adjust for altitude). Remove and let cool undisturbed for 12–24 hours; check that seals have popped. No-canning option: Skip this step and refrigerate jars instead — they'll keep up to 3 weeks.

Step 6 — Rest Before Eating *(24–48 hours, zero intensity)*

This is the hardest part. Let the jars mellow at least 24 hours (48 is better) so the heat mellows and the spice infuses the fruit. The flavor deepens significantly after a few days.

Timing & Intensity Summary

Phase	Time	Heat Intensity	Attention Level
Prep pineapple	10 min	None	Low
Build syrup	5 min	Medium	Low
Simmer pineapple	25–30 min	Gentle simmer (medium-low)	Medium — stir every 8–10 min
Pack jars	5 min	Hot handling	Medium
Water-bath can	10 min	Rolling boil	Low
Mellow	24–48 hrs	None	None

Serving Suggestions

- Burger topper: Stack on smash burgers or grilled chicken sandwiches.
- Cheese board: Serve alongside sharp cheddar, cream cheese, or goat cheese.
- Appetizer: Pour over a block of cream cheese and serve with crackers (the classic cowboy candy move).
- Pizza: Scatter on a Hawaiian-style or spicy pork pizza.
- Glaze: Chop finely and brush onto grilled pork chops, ham, or salmon in the last few minutes of cooking.

Storage

- Sealed, water-bath canned: 12 months in a cool, dark pantry.
- Refrigerator (no canning): Up to 3 weeks.
- After opening: Refrigerate and use within 2–3 weeks.

Nutrition (per serving — about 2 rings, 1 of 24 servings)

Nutrient	Amount
Calories	~85 kcal
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	~85 mg
Total Carbohydrates	~21 g
Sugars	~19 g
Fiber	~0.8 g
Protein	~0.3 g
Vitamin C	~15% DV