- Prep Time: 15 minutes
- Cook Time: 20 minutes
- Fermentation Time: 24 to 48 hours (Optional but recommended)
- Total Time: ~1 hour (active) + resting time
- Yield: Approximately 2 cups (16 oz)
- Cuisine: Caribbean / Fusion
- Course: Condiment / Sauce

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Ingredients

The Produce

- 10–12 Habanero Peppers: Stems removed. (Note: Leave the seeds in for maximum heat; remove them for a milder sauce).
- 2 Cups Fresh Pineapple Chunks: About half a medium pineapple. Canned works in a pinch, but fresh is superior for acidity.
- 1 Medium White Onion: Peeled and quartered.
- 4 Garlic Cloves: Peeled.
- 1 Carrot: Peeled and chopped (This adds natural sweetness and body/thickness).

The Liquids & Acidity

- 1 Cup White Vinegar (Distilled): This is crucial for preservation and pH balance.

- 1/2 Cup Water
- Juice of 2 Limes: Freshly squeezed.
- 2 Tbsp. Honey or Agave Nectar: To balance the heat and acid.

The Spices

- 1 Tsp. Salt: Kosher or sea salt.
- 1/2 Tsp. Ground Allspice: A classic Caribbean note.
- 1/2 Tsp. Ground Cumin
- 1/4 Tsp. Ground Black Pepper

Optional (For the “Ferment” Kick)

- 1 Tbsp. Whey (liquid from plain yogurt) or 1 Tbsp. Brine from a previous batch of hot sauce. This kickstarts the fermentation process.

Equipment Needed

- Blender or Food Processor
- Medium Saucepan
- Sharp Knife and Cutting Board
- Gloves: MANDATORY. Do not touch your face after handling habaneros.
- Sterilized Glass Bottles or Jars for storage.

Instructions

Phase 1: Preparation & Safety (Time: 10 Minutes | Intensity: Low)

1. Safety First: Put on your gloves. Habaneros contain high levels of capsaicin. Wash your hands thoroughly with soap and water immediately after handling the peppers.
2. Prep the Peppers: Remove the stems from the habaneros. If you want a milder sauce, slice them open and remove the seeds and white pith. If you want the full “Hellfire” experience, leave them whole.

3. Chop the Rest: Roughly chop the pineapple, onion, carrot, and garlic. No need for precision here as everything will be blended later.

Phase 2: The Sauté (Time: 10 Minutes | Intensity: Medium)

1. Sweat the Vegetables: In your saucepan over medium heat, add a splash of oil. Add the onions, garlic, and carrots. Sauté until the onions are translucent and the carrots begin to soften (about 5 minutes).

2. Add the Heat: Add the habaneros and pineapple chunks. Stir constantly for 3–4 minutes. You want the pineapple to caramelize slightly and the peppers to release their aroma. *Warning: The fumes will be potent. Turn on your range hood or open a window.*

3. Deglaze: Pour in the white vinegar and water. Add the salt, cumin, allspice, and black pepper. Bring the mixture to a boil, then reduce to a simmer.

Phase 3: Simmer & Infuse (Time: 10–15 Minutes | Intensity: Low)

1. Let the mixture simmer uncovered for 10–15 minutes. This softens the carrots and peppers completely, ensuring a smooth blend. The liquid should reduce slightly.

2. Remove from heat and stir in the honey (or agave) and lime juice. Taste the liquid. It should be tart, sweet, and fiery. Adjust salt if necessary.

Phase 4: The Blend (Time: 3–5 Minutes | Intensity: High)

1. Cool Down: Let the mixture cool for about 10 minutes. *Never blend hot liquids in a sealed blender; the steam will expand and can blow the lid off.*

2. Blend: Transfer the mixture to your blender. Blend on high speed for 2–3 minutes until the sauce is completely smooth. If it is too thick, add a tablespoon of water at a time until it reaches your desired consistency (think: pourable ketchup).

Phase 5: The Optional Ferment (Time: 24–48 Hours | Intensity: None)

Skip this step if you want to use the sauce immediately.

1. If you want a probiotic, funkier flavor, let the sauce cool to room temperature.

2. Stir in the whey or brine.

3. Pour into a sterilized glass jar, cover loosely with a lid (or cheesecloth), and let sit on your counter for 24 to 48 hours.

4. After the fermentation time, stir well and refrigerate.

Phase 6: Bottling & Storage

1. Funnel the sauce into sterilized bottles.

2. Store in the refrigerator. The vinegar and salt act as preservatives, but refrigeration is necessary for longevity.

Recipe Notes & Tips

- Consistency: If your sauce comes out too watery, return it to the stove and simmer it down for another 10 minutes before bottling. If it’s too thick, add a splash of pineapple juice or water.

- The Sugar Factor: The sugar from the pineapple and honey will cause the sauce to darken if stored for a long time. This is normal, but it is best consumed within 3 months for peak flavor.

- Acidity: Do not reduce the vinegar amount. Hot sauces need a low pH to be shelf-stable and safe from bacteria. The vinegar is not just for flavor; it’s for safety.

Nutrition Information

Disclaimer: The following nutrition estimates are for informational purposes only and are based on a standard calculation. Actual values will vary based on specific ingredients and portion sizes.

Serving Size: 1 Tablespoon (approx. 15g)
Servings Per Batch: 32

- Calories: 15 kcal
- Total Fat: 0.1g
- Sodium: 150mg
- Total Carbohydrates: 3.5g
    - *Dietary Fiber:* 0.4g
    - *Total Sugars:* 2.5g
- Protein: 0.2g