

Prep Time 20 minutes

Cook Time 20 minutes

Total Time 40 minutes (plus 24 hours chilling)

Skill Level Easy

Yield 6 pint jars (about 6 cups)

Intensity Low-Moderate (light stovetop work; hot syrup requires care)

Equipment Large saucepan, vegetable peeler, apple corer, slotted spoon, clean jars

Table of Contents

- ◆
- [Ingredients](#)
- [Step-by-Step Instructions](#)
 - [Step 1: Prepare the Apples \(10 minutes\)](#)
 - [Step 2: Build the Spiced Syrup \(5 minutes\)](#)
 - [Step 3: Poach the Apple Rings \(10-12 minutes\)](#)
 - [Step 4: Pack the Jars \(5 minutes\)](#)
 - [Step 5: Chill and Mature \(24 hours\)](#)
- [Timing & Intensity Guide](#)
- [Serving & Storage](#)
- [Nutrition \(per ½-cup serving, approx. 4-5 rings\)](#)

Ingredients

For the apple rings:

- 6 firm, tart apples (Granny Smith, Braeburn, or Jonathan work best)

- 4 cups water
- 2 tablespoons lemon juice (to prevent browning)

For the spiced syrup:

- 2 cups granulated sugar
- 2 cups water
- 1 cup apple cider vinegar (or white vinegar for a sharper bite)
- 2 cinnamon sticks (or 1 teaspoon ground cinnamon)
- 6 whole cloves (or $\frac{1}{4}$ teaspoon ground cloves)
- 4 whole allspice berries (or $\frac{1}{4}$ teaspoon ground allspice)
- 1 star anise pod (optional)
- 1-inch piece fresh ginger, thinly sliced (optional)
- $\frac{1}{2}$ teaspoon salt (balances the sweetness)

Optional garnish: thin lemon slices or a few extra cinnamon sticks for the jars

Step-by-Step Instructions

Step 1: Prepare the Apples (10 minutes)

Wash and dry the apples. Peel them, then core each apple. Slice each apple crosswise into ¼-inch-thick rings — a mandoline helps here for even slices. As you work, drop the rings into a bowl of the 4 cups water mixed with the lemon juice to keep them from browning.

Step 2: Build the Spiced Syrup (5 minutes)

In a large saucepan, combine the sugar, 2 cups water, vinegar, salt, cinnamon sticks, cloves, allspice, star anise, and ginger. Bring to a boil over medium-high heat, stirring just until the sugar dissolves. Once boiling, reduce the heat to medium-low and simmer for 5 minutes so the spices bloom.

Step 3: Poach the Apple Rings (10-12 minutes)

Drain the apple rings and add them to the simmering syrup in batches — don't overcrowd the pan; cook in 2-3 batches if needed. Simmer gently at medium-low heat (the syrup should bubble lazily, not roll) for 10-12 minutes, until the rings are tender and slightly translucent. Turn them once halfway through with a slotted spoon. Intensity note: keep the heat low; a hard boil will break the rings apart.

Step 4: Pack the Jars (5 minutes)

Using a slotted spoon, lift the apple rings from the syrup and pack them into clean pint jars, layering in a cinnamon stick or lemon slice if desired. Ladle the hot syrup over the rings, leaving ½ inch of headspace. Seal and let cool to room temperature.

Step 5: Chill and Mature (24 hours)

Refrigerate for at least 24 hours before eating — the flavors deepen dramatically overnight. The rings will keep, refrigerated, for up to 3 weeks.

Timing & Intensity Guide

Phase	Time	Heat Level	Intensity
Peeling & slicing	10 min	None	Low
Syrup build	5 min	Medium-high → medium-low	Low
Poaching (per batch)	10–12 min	Medium-low simmer	Moderate
Jarring	5 min	Off heat	Low
Chilling	24 hrs	Refrigerator	None

Total active time: ~30 minutes · Total elapsed time: ~24 hours 40 minutes

Serving & Storage

- Serve: Warm or chilled, with roast pork, ham, turkey, waffles, oatmeal, or sharp cheddar.
- Store: Refrigerated in sealed jars for up to 3 weeks.
- Freeze: Freeze rings in syrup for up to 3 months; thaw overnight in the refrigerator.

- Note: This is a refrigerator recipe, not a shelf-stable canned preserve. For water-bath canning, process sealed jars for 10 minutes (adjust for altitude) — but only if you follow tested canning guidelines.

Nutrition (per ½-cup serving, approx. 4-5 rings)

Nutrient	Amount
Calories	110 kcal
Total Fat	0 g
Saturated Fat	0 g
Sodium	60 mg
Total Carbohydrates	28 g
Dietary Fiber	2 g
Total Sugars	24 g (includes ~19 g added sugar)
Protein	0 g
Vitamin C	4% DV
Potassium	90 mg