

## French Caribbean Banana Jam - A Sweet Island Spread You'll Love

Banana Jam French Caribbean Style



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

3 large bananas (about 20 oz), peeled and sliced

1 1/2 cups sugar

1 tablespoon rum (dark or spiced preferred)

1/4 teaspoon freshly grated nutmeg

1 tablespoon lime juice

4 tablespoons water

? Ingredient Notes & Substitutions:

**Bananas:** Ripe, but not too mushy. Slightly overripe bananas will give a deeper, richer jam.

**Rum:** Use dark Caribbean rum for bold flavor. If avoiding alcohol, sub with 1/2 tsp rum extract.

**Lime Juice:** Brightens and balances the sweetness-don't skip it!

**Nutmeg:** Freshly grated makes a difference, but pre-ground works fine.

**Sugar:** Adjust slightly based on banana ripeness. Sweeter bananas need a bit less.

??? How to Make Banana Jam (French Caribbean Style):

**Prep the pot:** In a heavy-bottomed saucepan, combine sliced bananas, sugar, rum, nutmeg, lime juice, and water.

**Bring to a boil:** Cook over medium heat until mixture starts bubbling and fruit softens.

**Simmer:** Reduce heat to medium-low and simmer 15-20 minutes, stirring occasionally. The jam will thicken and pull away from the pan sides.

Cool down: Remove from heat and let cool for 10-15 minutes.

Jar it up: Spoon into clean glass jars. Let cool completely before sealing and refrigerating.

? Tips for Jam Success:

Watch the heat: Keep the jam at a gentle simmer to avoid burning the sugar.

Don't skip the stir: Stirring occasionally prevents sticking and promotes even thickening.

Too thick after chilling? Warm gently and stir in a teaspoon of water until smooth again.

? Serving Ideas & Pairings:

Spread on toast, English muffins, or biscuits

Dolloped over yogurt or oatmeal

Spooned between layers of cake or in thumbprint cookies

As a glaze on grilled pineapple or chicken

Serve with this Blueberry Lemonade for a fruity breakfast duo

Layer it into dessert with this Easy Ice Cream Sandwich Cake

? Storage & Leftovers:

Refrigerator: Store in clean jars for up to 2 weeks.

Freezer-friendly: Yes! Freeze for up to 3 months in freezer-safe containers. Leave 1/2 inch headspace.

To reheat: Warm gently in a saucepan and stir until smooth.

? More Recipes You'll Love:

Big Family Banana Pudding

## DIRECTIONS

1. Prep the pot: In a heavy-bottomed saucepan, combine sliced bananas, sugar, rum, nutmeg, lime juice, and water.
2. Bring to a boil: Cook over medium heat until mixture starts bubbling and fruit softens.
3. Simmer: Reduce heat to medium-low and simmer 15-20 minutes, stirring occasionally. The jam will thicken and pull away from the pan sides.
4. Cool down: Remove from heat and let cool for 10-15 minutes.
5. Jar it up: Spoon into clean glass jars. Let cool completely before sealing and refrigerating.
6. ? Pro Tip: Want a smoother texture? Use a potato masher mid-simmer or pulse briefly with an immersion blender before jarring.
7. ? Tips for Jam Success: Watch the heat: Keep the jam at a gentle simmer to avoid burning the sugar.
8. Don't skip the stir: Stirring occasionally prevents sticking and promotes even thickening.
9. Too thick after chilling? Warm gently and stir in a teaspoon of water until smooth again.
10. ? Serving Ideas & Pairings: This banana jam brings Caribbean sunshine to any meal. Here are our favorite ways to enjoy it:
11. Spread on toast, : English muffins, or biscuits
12. Dolloped over yogurt or oatmeal
13. Spooned between layers of cake or in thumbprint cookies
14. As a glaze on grilled pineapple or chicken
15. Serve with this : Blueberry Lemonade for a fruity

breakfast duo

16. Layer it into dessert with this : Easy Ice Cream Sandwich Cake
17. ? Storage & Leftovers: Refrigerator: Store in clean jars for up to 2 weeks.
18. Freezer-friendly: Yes! Freeze for up to 3 months in freezer-safe containers. Leave 1/2 inch headspace.
19. To reheat: Warm gently in a saucepan and stir until smooth.
20. ? More Recipes You'll Love: If you're vibing with this tropical jam, here are a few more sunny treats:
21. Big : Family Banana Pudding
22. Blueberry : Lemonade
23. Easy : Ice Cream Sandwich Cake
24. Chocolate : Chip Cookie Bites
25. No-Bake : Peanut Butter Oatmeal Bars

## SWAPS & NOTES

It's a beautifully simple preserve that comes together in under 30 minutes and instantly elevates your toast, pancakes, oatmeal, or cheese board.

This jam is inspired by the kinds of island preserves you might find in a beachside market-fruity, fragrant, and made with love.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/french-caribbean-banana-jam-a-sweet-island-spread-youll-love/>

Why I Love This Recipe I'm all about recipes that transport you somewhere sunny, and this French Caribbean-style banana jam is like a plane ticket in a jar.

It's cozy and caramelized, yet bright and zingy thanks to the lime and nutmeg.