

This Sweet and Spicy Eggplant Jam Will Surprise Your Taste Buds

Eggplant Jam - A Sweet, Spiced Spread That's Full of Surprises



TIME
20 min

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INGREDIENTS

2 pounds mini eggplants
2 pounds granulated sugar
Juice of 1 lemon
4 cinnamon sticks
4 whole cloves
Dried green cardamom pods (optional, for extra spice)
1 cup walnuts, roughly chopped
Water, as needed to cover eggplants

DIRECTIONS

- 1. Prep the : Eggplants:** Peel the skin off if your eggplants are bitter. Soak overnight in water to reduce bitterness.
- 2. Initial : Boil:** The next day, drain and place the eggplants in a large saucepan. Cover with fresh water and bring to a boil. After a few minutes, discard the water, refill, and boil again.
- 3. First : Simmer:** Lower heat to a gentle simmer. Add sugar, cinnamon sticks, cloves, and cardamom (if using). Simmer for 20 minutes. Remove from heat, cover, and let sit overnight.
- 4. Second : Simmer:** On day two, bring back to a simmer for 20 minutes. Remove from heat and let sit again.
- 5. Final : Simmer:** On day three, simmer once more for 20 minutes. Then stir in lemon juice and chopped walnuts.
- 6. Cool and : Jar:** Let the jam cool slightly, then transfer to sterilized jars. Seal tightly.

SWAPS & NOTES

and Swaps Eggplants : Mini or baby eggplants work best; if using larger ones, cut them into small chunks.

Sugar : White granulated sugar is classic, but cane sugar or a mix of white and brown can add depth.

Spices : Feel free to add star anise or nutmeg for a different twist.

Nuts : Swap walnuts for almonds or pistachios for a different crunch.

TIPS FOR SUCCESS

Don't rush the process : Letting the jam rest between simmer sessions intensifies flavor and texture.

Stir gently to prevent scorching the sugars.

Taste after the second day -you can adjust the spice if needed before the final simmer.

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