

No-Rum Banana Jam: A Family-Friendly Tropical Treat

To make this delightful Caribbean-style banana jam, you'll need:



TIME
20 min

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INGREDIENTS

- 3 large bananas (about 20 oz), peeled and sliced
- 1 1/2 cups sugar
- 1 tablespoon non-alcoholic vanilla extract (instead of rum)
- 1/4 teaspoon freshly grated nutmeg
- 1 tablespoon lime juice
- 4 tablespoons water

DIRECTIONS

- 1. Prepare :** Bananas: First, peel and slice the bananas into rounds. Don't worry too much about uniformity, as they will break down during cooking.
- 2. Combine :** Ingredients: In a heavy-bottomed pot or Dutch oven, combine all ingredients: the sliced bananas, sugar, non-alcoholic vanilla extract, freshly grated nutmeg, lime juice, and water.
- 3. Bring to a :** Boil: Place the pot over medium-high heat and bring the mixture to a full boil, stirring occasionally to help dissolve the sugar.
- 4. Simmer and :** Thicken: Once boiling, reduce the heat to medium-low and let the jam simmer for 15-20 minutes. Stir occasionally to prevent sticking and ensure even cooking. The jam is ready when it thickens significantly and pulls away from the sides of the pot when stirred. The bananas should be completely broken down and jam-like.
- 5. Cool:** Remove the pot from heat and let the jam cool completely to room temperature. It will continue to thicken as it cools.
- 6. Store:** Once cooled, pour the banana jam into clean glass jars. Seal them tightly and store in the refrigerator.

SWAPS & NOTES

Bananas: Use ripe bananas with a few brown spots for the best sweetness and flavor.

Overripe bananas are fine too, but very green ones won't yield as rich a taste.

Sugar: Granulated sugar is standard here, but you could experiment with light brown sugar for a slightly deeper molasses note.

Adjust the amount to your sweetness preference, though 1 1/2 cups

typically balances the tang of the lime and spices.

TIPS FOR SUCCESS

Use a Heavy-Bottomed Pot: This helps distribute heat evenly and prevents the jam from scorching on the bottom.

Stir Frequently: Especially as the jam thickens, stir more often to prevent sticking and burning.

Test for Doneness: A classic test for jam is to place a small plate in the freezer for a few minutes.

When you think the jam is ready, spoon a small amount onto the cold plate, wait 30 seconds, then push it with your finger.

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Original recipe: <https://chefmaniac.com/no-rum-banana-jam-a-family-friendly-tropical-treat/>