

Spicy Jalapeño Pineapple Relish: Sweet & Spicy Summer Condiment

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TIME

5-10 min

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INGREDIENTS

1/3 cup diced jalapeño (about 1-2 medium jalapeños, seeds and membranes removed for less heat)

1/3 cup diced red onion (about 1/2 small red onion)

1 cup crushed or finely chopped pineapple (fresh or canned, well-drained)

1/2 tsp salt

1/2 tsp black pepper

DIRECTIONS

1. Prepare the Ingredients: Start by precisely chopping your jalapeños, red onion, and pineapple until they are nice and fine. For the jalapeños, remember to remove seeds and membranes for a milder relish, or leave some in for more heat. Aim for pieces roughly the same size for a consistent texture.
2. Combine All Ingredients: Toss all of the finely chopped ingredients-the diced jalapeños, diced red onion, and crushed or finely chopped pineapple-into a medium-sized mixing bowl. Sprinkle on the 1/2 teaspoon of salt and 1/2 teaspoon of black pepper.
3. Mix Well: Using a spoon or spatula, mix everything together thoroughly until all the ingredients are well combined and evenly distributed. The salt will help draw out some moisture from the vegetables and pineapple, allowing the flavors to meld beautifully.
4. Serve & Enjoy! Your vibrant and zesty relish is ready! Serve this delightful condiment on tacos, alongside grilled meats, as a topping for fish, or even alongside a cheese platter for a surprising sweet and spicy counterpoint. Enjoy the delightful flavor explosion!

SWAPS & NOTES

Pineapple: Fresh pineapple will give the best vibrant flavor and texture, but well-drained canned crushed pineapple or finely chopped canned chunks are a convenient substitute.

Jalapeño Heat: For less heat, remove all seeds and white membranes from the jalapeños.

For more heat, leave some seeds in, or even add a pinch of cayenne pepper.

You can also use serrano peppers for a spicier kick.

TIPS FOR SUCCESS

Fine Dice is Key: Uniform, fine dicing of all ingredients ensures that every bite gets a balanced flavor and pleasing texture.

Adjust Heat to Taste: Always taste a small piece of jalapeño before adding to gauge its spice level and adjust accordingly.

Fresh Pineapple Preferred: While canned works, fresh pineapple will give a brighter, more vibrant flavor.

Let Flavors Marry: While you can serve immediately, allowing the relish to sit for 15-30 minutes before serving lets the flavors meld even more.

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