

Pineapple Jam Instant Pot

Pineapple Jam Instant Pot made with fresh pineapple and without pectin and preservatives. You'll love this 3 ingredients Instant Pot Pineapple Jam that also lasts long.

Way I made it in Bold Text

Instant Pot 6 quart

- 2.5 cups fresh pineapple diced into small pieces
- ~~1 cup white sugar~~ **(I used 3/4 cup Lakanto Sugar Free Monkfruit Sweetener)**
- 3 tbsp lemon juice



1. Add the chopped pineapple pieces in the steel pot of the Instant Pot along with Sugar and lemon juice. Give everything a good mix and rest it for just 5 mins. This will help extract the natural juices from the pineapple and provide enough moisture required for pressure cooking.

2. Now, close the lid of the Instant Pot and SEAL the VALVE. PRESSURE COOK on HIGH for 5 mins.

3. Once, the pressure-cooking cycle is over the Instant Pot will begin to beep. Immediately do a QUICK PRESSURE RELEASE by manually moving the valve from the SEALING to the VENTING position. Open the lid of the Pot carefully once the metal pin on the lid drops.

4. CANCEL the Pressure Cook function. You'll be left with lots of liquid. That's perfectly fine because we'll be cooking down the Jam until it gels.

5. Next, fish out the pressure-cooked Pineapple blend in a blender coarsely or finely, it totally depends how you love your Jam (chunky or smooth). We love a chunky Jam we blended it coarsely.

(Used Immersion blender in the pot-that way you don't have to take out and return to Instant Pot)

6. Transfer the blended Pineapple into the Instant Pot. Press the SAUTE function and keep it on LOW heat setting. Simmer the Jam until it gels stirring from time to time. It took me around 10 mins to reach that ultimate Jam gel like consistency. You can reduce the simmering time and control the consistency of the Jam as per your liking. We love a thick Jam with a lovely sheen.

7. Once, the Jam gels turn off the Instant Pot. Bring out the steel insert of the Instant Pot and allow the Jam to cool down. The Pineapple Jam will thicken further as it cools down.

8. Once, the Jam reaches room temperature carefully transfer the Pineapple Jam into moisture free mason jars or any air tight container. Store in a dry, dark place and always use a moisture free spoon to scoop out the Jam. This will increase the shelf-life of the Jam.

Calories: 94kcal | Carbohydrates: 25g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 1mg | Potassium: 51mg | Fiber: 1g | Sugar: 23g | Vitamin A: 24IU | Vitamin C: 22mg | Calcium: 5mg | Iron:1mg

