

BBQ PULLED JACKFRUIT

Chef: Caitlin Redding-Taylor

PREP TIME: 10 mins

COOK TIME: 45 mins

TOTAL TIME: 55 mins

Serves: 4-6

Ingredients:

- 3-20 oz. cans jackfruit in water or brine
- 1 tsp. olive oil
- 1 tsp. sugar
- 1 tsp. brown sugar
- 1 tsp. ground cumin
- ¼ tsp. cayenne pepper
- 1 tsp. chili powder
- 1 tsp. paprika
- 1½ tsp. liquid smoke
- 1 cup vegetable broth
- ½ cup vegan BBQ sauce (your favorite store bought or homemade kind)
- Buns for pulled pork sandwiches or corn tortillas for gluten-free pulled jackfruit tacos



Instructions:

1. Preheat the oven to 400 degrees.
2. Drain and rinse the jackfruit, remove the core and cut each piece in half. As you do this, remove the seeds. Removing the core will look something like the picture to the right.
3. Put olive oil in pan and warm to medium-high heat.
4. Add the jackfruit, sugar, spices, and liquid smoke. Stir until the jackfruit is evenly covered.
5. Add the vegetable broth, cover, and simmer for 10-15 minutes until all liquid is absorbed.
6. Use a spatula to mash and divide the jackfruit until it looks similar in appearance to pulled pork.
7. Spread the jackfruit out on a baking sheet and cook for 20 minutes.
8. Remove from oven and cover with BBQ sauce.
9. Return the jackfruit to the oven and cook for another 10-15 minutes or until the jackfruit is lightly browned.
10. Serve and enjoy!

Notes:

- Use only jackfruit in water or brine, NOT in syrup. - If you accidentally buy jackfruit in syrup, you can rinse the syrup from the fruit and rinse well with water. Do not include brown sugar in recipe if you do this.
- The seeds of the canned jackfruit are soft and won't hurt anything if you leave them in, but they throw the texture off a bit.

NO GARLIC BBQ SAUCE

Ingredients:

1 - 28 oz can Muir Glen Tomato Puree
3/4 cup Red Wine Vinegar
1/2 cup Honey
1/2 cup Molasses
2 tablespoons spicy brown mustard
1/4 teaspoon Cayenne Pepper
1/8 teaspoon Cumin
Salt and Pepper to taste

**Instructions:**

Bring all ingredients to a boil in a 2 quart sauce pan over medium high heat, stirring occasionally.

Reduce heat and simmer uncovered for 25 minutes, stirring occasionally.

Note:

If you don't like spicy BBQ sauce, decrease the cayenne pepper to 1/8 tsp.

