

#FOOD & RECIPES

Summertime magic: JACKFRUIT RECIPES

Growing up in a household where jackfruit has always been the king of fruits by an overenthusiastic father can be a bag of mixed feelings. However, even then, it took me more than two decades to even consider that the Jackfruit, with its pungent whiff filling up my fridge, can be used in recipes. Jackfruit can, indeed, be a versatile component or an alternative for meat dishes.

Before you scoff and laugh, here are recipes that will make you appreciate the national fruit.

BBQ JACKFRUIT SANDWICH**Ingredients****For the BBQ sauce —**

2 chipotle peppers (from a can of chipotles in adobo)

1/2 cup ketchup

1/4 cup apple cider vinegar

2 garlic cloves

1 tsp Dijon mustard

1/2 tsp smoked paprika

1/2 tsp ground cumin

Freshly ground black pepper

For the jackfruit —

2 cups of unripe jackfruit, drained

1 tbsp extra-virgin olive oil

1 small yellow onion, thinly sliced

1/4 tsp sea salt

1/2 cup water

Quick slaw —

2 cups shredded cabbage

1/4 cup chopped fresh cilantro

1/2 tbsp fresh lime juice



1/2 tsp extra-virgin olive oil

Sea salt and freshly ground black pepper

Method**BBQ sauce —**

In a food processor or blender, puree chipotle peppers, ketchup, vinegar,

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