

#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)
½ cup ketchup
¼ cup apple cider vinegar
2 garlic cloves
1 tsp Dijon mustard
½ tsp smoked paprika
½ 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
¼ tsp sea salt
½ cup water

Quick slaw —

2 cups shredded cabbage
¼ cup chopped fresh cilantro
½ tbsp fresh lime juice



½ 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,



garlic, mustard, smoked paprika, cumin and pepper until smooth. Set aside.

Jackfruit —

Carefully brush aside any hard-core pieces and shred the drained jackfruit by hand.

In a large skillet, heat the olive oil over medium heat. Reduce the heat if it becomes too hot and sauté the onion and salt until they are tender, 8 to 10 minutes. Add the jackfruit shreds and simmer for five minutes. Add a small amount of water if it begins to stick. Pour in ½ cup water and half the barbecue sauce. Simmer for 20 minutes with the lid closed and the heat on low.

After taking off the top, pour in half of the leftover barbecue sauce and set aside the other half for dishing.

Quick slaw —

In a medium bowl, toss together cabbage, cilantro, lime juice, olive oil, salt and pepper.

Assemble and serve

Warm buns, then layer with juicy

jackfruit, extra BBQ sauce, slaw and any desired toppings.

EASY VEGAN JACKFRUIT CURRY**Ingredients****Jackfruit and veggies**

340g young green jackfruit, drained and roughly chopped
1 large yellow onion, sliced
1 large red bell pepper, sliced
4 cloves garlic, grated or minced
2 cm fresh ginger, grated
2 to 3 bird's-eye chillies, sliced (Optional)

Sauce base

400 ml full-fat coconut milk
2 tbsp plant-based oil (e.g. coconut or olive)
2 tsp ground cumin
2 tsp ground coriander
2 tsp garam masala
1 tsp turmeric
4 cardamom pods (optional, for aroma)

To finish —

Zest of 1 lime (juice to serve)
A handful of fresh coriander (cilantro), chopped
Salt & pepper to taste

Method

Heat oil in a pan. Add onion and red pepper, soften for 4–5 minutes. Stir in garlic, ginger (and chillies if using); cook 2 more minutes.

Add cumin, coriander, garam masala, turmeric and crushed cardamom. Stir for 1 minute until fragrant.

Stir in chopped jackfruit, coating well with spices. Break up larger chunks for a mix of textures. Pour in coconut milk and add lime zest. Bring to a gentle simmer and cook 10 minutes until thickened and creamy—don't let it boil.

Remove cardamom pods, stir in most of the coriander. Adjust salt and pepper. Allow the curry to sit for a few minutes for the flavours to meld.

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Photo: Collected

