

Jackfruit BBQ

You have probably heard of Jackfruit but may not be fond of paying a fortune for specialty foods and have been cautious as a result, unknowing that Jackfruit canned is actually inexpensive. Frankly, you may not know where to get the stuff. If you do not want to make Jackfruit BBQ yourself, Upton's Naturals has some ready to eat. Look in the refrigerated section near the tofu in a larger grocery store like Kroger. Many people love it!

If you are willing to try to make it yourself (and save some money!) then you need to know there are two types, **canned in brine or canned in sugar**. To make BBQ you need the kind NOT canned in sugar. The difference is the flesh of "Green" or unripe jackfruit is pale, almost white in color, firmer and benign in flavor and when cooked, is firm and takes on the flavor of the sauce it is cooked in and has the texture of pulled pork. Oftentimes the can will say "green jackfruit" which may puzzle you since the fruit unripened is white. But it is the **rind** that is a bright, almost shocking green.

Ripe jackfruit, the fruit, is bright yellow, very soft, and has a strong/distinctive flavor that is reminiscent of mango/pineapple/banana. This flavor will come through the BBQ sauce and will have a soft texture not like pulled pork. Like everything, it is all personal preference. But ripe jackfruit is a delightful dessert like treat. The rind of ripe jackfruit is a rotten looking brown.

You can get ripe canned jackfruit at many Asian Grocery stores or Indian grocery stores. It runs \$1.60- \$1.75/can and two cans feeds a family of 4 with 5 BBQ sandwiches.

Or, if you are a little crazy, you can buy a fresh one whole or per pound in large chunks. I think the smallest whole jackfruit probably runs 15 lbs. If you are going to eat it like a fruit (ripe), remember it is a combo of a mango/banana/pineapple and is super sweet-this super sweet fruit is what you find packed in sugar in cans. The fruit should look rotten on the outside (black and wrinkled) to indicate it is bright yellow and sweet on the inside. HOWEVER, to use it as faux meat, the outside should be GREEN and the fruit NOT ripe. It is quite a challenge dealing with raw jackfruit, but you save about 50% in cost. You can cut it up and freeze it in meal size servings.

So, what is Jackfruit?? NPR issued an article with photos. (1) Jackfruit is the largest tree fruit in the world with fruit capable of reaching 100 pounds. One tree can grow up to 150 jackfruits over the two harvest seasons it typically has each year-that can feed a lot of people!

At only 155 calories per cup (165g) they offer 3g of protein, 2g of fiber and are high in Vitamin C, Potassium, Riboflavin, Manganese and Magnesium and it contains both Omega-3 and Omega-6 fatty acids.

Yet the jackfruit is "an underutilized crop" in the tropical-to-subtropical climate where it thrives, having fallen out of favor with the locals. With all the "foodie" interest in this fruit, they may have to ramp up production!

For parts of the world facing food insecurity — the buzz phrase for the struggle to provide enough nutritious food — the jackfruit could be manna from a tree. The tree itself requires relatively little care once it's been established especially when compared with animal agriculture that is water intensive and contaminates the environment (air, land and water). The mulberry tree relative is a perennial so it doesn't require constant replanting.

The jackfruit is made up of hundreds or even thousands of individual flowers that are fused together. We eat the "fleshy petals" that surround the seed, which is the actual fruit.

So why should people care, well, this Business Insider article kind of sums it up: Experts are hailing this exotic fruit that tastes like pulled pork as 'miracle' crop, which could save millions from starvation (5) In fact this article has photos of some of the MANY ways people use jackfruit overseas, from stir-fries to chips. Even The Guardian lists some "who's who" of restaurants serving vegan pulled pork sandwiches made of jackfruit. (2)

Jackfruit BBQ Recipe

This recipe is perfect for a pressure cooker but also works in a crockpot. Just cook it for about 6 hours and ensure you have enough BBQ sauce to keep the jackfruit moist while cooking. You can make your own BBQ sauce or use bottled.

Basically use 1 ¼ 1 ½ cups of BBQ to 2 cans of drained green jackfruit (in water). Pop it all into the pressure cooker, let it cook for 10 minutes then use the back of a large spoon to break up the cooked jackfruit and thoroughly mix it with the BBQ sauce. Scoop it onto buns and EASY dinner!!! For the recipe, see the veganaugusta site link below.

	Fat	Calories	Cholesterol	Sugar	Fiber
1/2 cup Jackfruit BBQ on bun	0 g	172	0 mg	5g	8g
Wendy's Pulled pork sandwich	15 g	430	70 mg	17 g	0

<https://www.wendys.com/en-us/chicken/pulled-pork-sandwich>

Ready to Use Savory styles



Jackfruit sliders: <http://www.marystestkitchen.com/jackfruit-tuna-sliders-recipe/?platform=hootsuite>

Multiple Jackfruit recipes here: <http://www.veganaugusta.com/wp-content/uploads/2017/08/Jackfruit-Recipes.pdf>

(1) <http://www.npr.org/sections/thesalt/2014/05/01/308708000/heres-the-scoop-on-jackfruit-a-ginormous-fruit-to-feed-the-world>

(2) <http://www.theguardian.com/lifeandstyle/shortcuts/2015/apr/12/green-jackfruit-vegetable-pulled-pork>

(3) <http://www.uptonsnaturals.com/products/>

(4)

(5) <http://www.businessinsider.com/this-miracle-fruit-tastes-like-pulled-pork-2015-8>

(6) <http://www.veganaugusta.com/plant-based-pressure-cooking/>

And the recipe: <http://www.veganaugusta.com/wp-content/uploads/2016/01/Jackfruit-BBQ.pdf>

<http://www.veganaugusta.com/wp-content/uploads/2016/07/Jackfruit-BBQ-101.pdf>