

Jackfruit BBQ (and shredding)

Swick

Makes 3 | Active Time: 20 minutes | Total Time: 20 minutes

Step 1: Preparing the jackfruit

- 2 14 oz cans of young jackfruit (in brine)

Drain off the cans of jackfruit and add the fruit to a pot of boiling water then let it boil for five minutes.

Let it cool down in a bowl enough that you can handle it with bare hands.

Note: If using canned or packaged jackfruit, it should be unflavored. Look for canned jackfruit in brine or a plain, packaged product.

Step 2: Shredding the jackfruit

Once the fruit has cooled, you can start to pull the petals off of the fruit essentially shredding it. Make sure to remove any of the seeds. Most canned jackfruit has a few 'hard' pieces, but they will come apart with a bit of pressure between your fingers (or you can push them down with a wooden spoon) until they come apart.

You should end up with about 3 cups of shredded jackfruit.

Discard the seeds and get ready for the next step.

Step 3: Sautéing and flavoring the jackfruit

- 2 Tablespoons of oil
- 3 cups of shredded jackfruit
- 1/2 yellow onion, diced
- 1 cup of Smoky BBQ Sauce

Heat the oil in a skillet over medium-high heat, then add the jackfruit and onion. Cook for about six minutes or until the onions become translucent and the jackfruit darkens.

Add your favorite barbecue sauce or make your own Smoky BBQ Sauce and cook down for another three minutes.

Step 4: Serving

Serve the mixture on a hamburger bun with pickles and red onion slices.