

BARBECUE JACKFRUIT SANDWICH

A vegan pulled "pork" sandwich!

Corporate Chef Kurt Kwiatkowski

Featured Food: Jackfruit

Yield: 4-6 servings

Ingredients

2-20 oz. cans young green jackfruit in water ½ c. + 2 T. barbecue sauce
2 T. vegetable oil Sandwich buns
3 T. barbecue spice mix, packaged or homemade

Preparation

Drain fruit from the cans. Remove the core and coarse chop the jackfruit, removing the seeds as you chop.

Heat oil over medium heat in a non-stick sauté pan. Add chopped jackfruit and barbecue spice rub; stir until jackfruit is evenly coated. Sauté for 3-4 minutes.

Add barbecue sauce and mix well; mash with a spatula or spoon until the jackfruit is torn into bite-size pieces and looks like pulled pork. Simmer over medium heat until bubbly hot.

Remove from heat and adjust seasoning with salt and pepper if needed.

Scoop onto sandwich buns. Serve with pickles and coleslaw.

Chef Kurt's Homemade Barbecue Spice Mix (makes 1 cup)

¼ c. (packed) light brown sugar
3 T. chili powder
3 T. cumin
2 T. paprika
1 T. kosher salt
1 T. dried oregano
2 t. onion salt
2 t. granulated garlic
1 t. dried thyme
1 t. ground black pepper
1 t. cayenne pepper
1 t. curry
1 t. dry mustard

Mix all dry ingredients in a bowl. Store in a jar with a tight fitting lid.