



Organic Young Jackfruit Recipes



Vegan Jackfruit BBQ Veggie Burgers

1 pouch Edward & Sons Organic Young Jackfruit Pieces

Water To cover jackfruit

2 Tbsp Olive oil (or other vegetable oil)

½ Small onion (1/4 inch diced pieces)

1 clove Garlic minced

½ cup Favorite BBQ sauce

½ cup Water

Vegan cheese slices (optional)

In a frying pan, cover the jackfruit with water and bring to a boil. Once boiling, reduce heat to medium-high and simmer about 10 minutes. Mash the jackfruit to loosen and separate. Drain off the remaining water. Add oil, onion and garlic to the jackfruit and sauté on medium-high until the onion is translucent. Stir in the 1/3 cup of water and BBQ sauce. Cook until almost all the liquid is gone. Serve piled high on a bun, with or without your favorite vegan sliced cheese and enjoy!



Vegan Jackfruit Not-Chick'n™ Salad

1 can Native Forest® Organic Young Jackfruit (drained & rinsed)

2 cubes Edward & Sons™ Not Chick'n™ Bouillon Cubes

½ cup Vegan mayonnaise

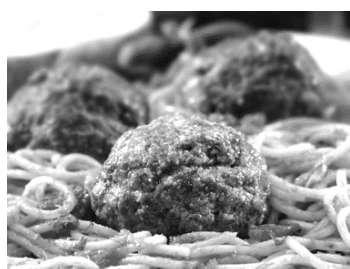
Chopped green onion, carrots, celery (to taste)
Salt and pepper (to taste)

Put jackfruit in a saucepan and cover with fresh water. Boil until jackfruit starts to separate.

Simmer for 5-7 minutes. Drain the jackfruit and put back in the pan. Add 1 cup water and 2 bouillon cubes to the pan. Bring to boil then simmer for 5 minutes, stirring regularly.

Drain and put jackfruit into a bowl. Add the mayonnaise, salt & pepper (if desired) and mash while stirring well to break up bigger chunks.

Serve with Brown Rice Snaps®, Exotic Rice Toast™, top your favorite salad or make a great sandwich!



Jackfruit Not-Meatballs™

1 package Edward & Sons™ Shredded Organic Young Jackfruit

1 cube Edward & Sons™ Not-Beef Bouillon Cubes

½ tsp. The Wizard's® Vegan Worcestershire Sauce

1 cup Water

2 tsp. Granulated garlic (or 1 large clove, minced)

Pepper to taste

4 tsp. Let's Do...Organic® Arrowroot Starch

3 tsp. Let's Do...Organic® Potato Starch

2 Tbsp Vegetable oil

In a frying or sauce pan, bring Jackfruit, Not-Beef cube, Worcestershire sauce and water to a boil. Reduce heat to med-high and continue to cook until the liquid is almost gone. Remove from heat and allow to cool. Drain the jackfruit to remove most of the remaining liquid. In a bowl, mix the drained jackfruit with the remaining ingredients (except oil) and form balls from the mixture. Preheat frying pan with oil at medium heat. Fry meatballs on all sides until golden brown.



Vegan Jackfruit Taco Filling

1 box Edward & Sons Organic Shredded Young Jackfruit

½ diced Onion

1 packet Taco seasoning, prepared as directed

1 Tbsp Oil

¾ cup Water

Saute the onions until translucent.

Add shredded jackfruit and water.

Heat thoroughly until some of the water has cooked off. Stir in prepared taco seasoning until well blended.

Heat thoroughly. Serve taco filling in tortillas or hard taco shells with veggies of choice (chopped avocado, tomatoes, cilantro...) and vegan cheese (optional).

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Hawaiian BBQ Jackfruit Pizza

2 cans Native Forest® Organic Young Jackfruit, packed in brine
 1 cup BBQ sauce
 2 Tbsp Tomato paste
 1 Tbsp Hot sauce (I used Sriracha™ sauce)
 1 tsp. Cumin (optional)
 ½ tsp. Smoked paprika (optional)
 1 tsp. Olive oil
 ½ Red onion, chopped, plus a few slices for a topping
 2-3 Cloves garlic, minced
 ¼ cup Sliced sun-dried tomatoes
 ¼ cup Pineapple chunks
 Salt and pepper to taste (optional)
 1 Cornmeal pizza crust (I used Vicolo's™ but you can use your crust of choice, or prepare your own).

Preheat oven to 425°. Prepare your pizza baking pan. Place the jackfruit in a colander and thoroughly rinse it. Use two forks or your fingers to tear the jackfruit into shreds. Set aside. Combine the BBQ & hot sauces, tomato paste, cumin, smoked paprika, and salt and pepper in a small bowl. Mix together and set aside. (Note: If you make your own sauce, you may not want to add the extra spices. I add them because I used a store-bought sauce and I wanted to add a little more depth. It's totally up to you). Heat 1 teaspoon olive oil in a frying pan over medium heat for about one minute. Add the onions and garlic and sauté until translucent. Add the jackfruit and sauté until most of the liquid released from the jackfruit is gone. Mix in the prepared sauce, lower the heat to medium-low, cover the pan and let the jackfruit cook for about 10-20 minutes, stirring occasionally. Mix in the sun-dried tomatoes and let cook for another 2-3 minutes. Place your prepared pizza crust/dough on your prepared pan and spread the jackfruit mixture out on the crust. You will have a little more than half leftover to make a second pizza or save for sandwiches later on (trust me- you'll want to do this). Top with pineapple chunks and place in the oven for 10-15 minutes until crust is crisp and golden. Remove from oven, top with red onion slices, slice and serve. Enjoy!

Credit: Keepn It Kind blog



Vegan Jackfruit "Toonot" Salad™

14 oz Native Forest® Organic Young Jackfruit (rinsed and drained)
 ½ tsp. Olive oil
 ¼ Onion, diced (1/2 cup)
 2 Cloves garlic, minced
 1 tsp. Kelp granules
 ½ tsp. Dried tarragon
 1 cup Cooked great northern white beans
 ¼ cup Vegan mayonnaise
 2 Tbsp Pickled relish
 1 ½ Tbsp Dijon mustard
 Juice of 1 lemon

Use a fork to pull apart the jackfruit into shreds (until it has a tuna-like consistency). Heat the olive oil in a large frying pan over medium heat. Add the onion and garlic and sauté for a couple minutes. Add the jackfruit and let it cook, stirring occasionally, until the jackfruits moisture is gone. Add the kelp granules and add salt to taste. Remove from heat. While the jackfruit is cooking, start the salad. In a bowl, use a fork to mash the white beans. Once they are thoroughly mashed, add the rest of the salad ingredients and mix together. Once the jackfruit is done cooking, add to the salad mixture and mix until fully coated. Taste and add seasoning, if necessary.



Jackfruit Vegan "Pulled Pork" Sammiches with Pickled Red Onion

Pickled Red Onion Directions

1 large Red onion, halved lengthwise and thinly sliced
 1 cup Apple cider vinegar
 3 Tbsp Sugar
 2 tsp. Fine sea salt
 6 whole Black peppercorns (optional)

Jackfruit "Pulled Pork" Directions

3 Tbsp Extra-virgin olive oil
 1 small Red onion, diced
 4 Cloves garlic, minced
 1 Tbsp Smoked paprika
 1 Tbsp Ground cumin
 1 tsp. Dry mustard
 3 Tbsp Tomato paste
 ¼ to ½ cup Sriracha™
 ¼ cup Water
 3 Tbsp Light brown sugar
 2 cans Native Forest® Organic Young Jackfruit
 Salt and freshly ground black pepper
 Hamburger buns or rolls, for serving
 Sliced ripe Hass avocado, for serving

To make the pickled onion, put the onion in a large saucepan and add water to cover. Bring to a boil over high heat. Boil for 1 minute, then drain well. Transfer to a small bowl or a glass jar. In the same saucepan, combine the vinegar, sugar, salt, and peppercorns. Bring to a boil over high heat, then immediately remove from the heat. Pour over the onion. Let cool to room temperature, then cover and refrigerate for at least 1 hour before serving. Stored in the refrigerator, it will keep for 1 month.

To make the "pulled pork," preheat the oven to 350°F. Heat the oil in a large cast-iron or nonstick skillet over medium heat. Add the onion and sauté until softened, 5 to 7 minutes. Add the garlic and sauté just until fragrant, about 30 seconds. Add paprika, cumin, and mustard and sauté until the spices are toasted, about 3 minutes. Add the tomato paste and cook, stirring constantly, for 1 minute. Stir in 1/4 cup Sriracha, the water, and the brown sugar. Bring to a simmer, then lower the heat, cover, and simmer for 5 minutes. Uncover and cook, stirring occasionally, until the mixture has the consistency of barbecue sauce, about 4 minutes. Remove from the heat. Taste and add more Sriracha™ if desired. Drain the jackfruit and rinse under cool running water to reduce the saltiness. Transfer to a large bowl and use two forks to pull the jackfruit into shreds. Add the Sriracha™ mixture and toss until the jackfruit is evenly coated. Transfer to a nonstick or parchment-lined rimmed baking sheet. Bake for about 20 minutes, until the jackfruit firms up and the sauce dries slightly, adhering to the jackfruit. Season with salt and pepper to taste. To assemble the sandwiches, divide the "pulled pork" among the buns. Top with avocado slices and pickled onion. Serve immediately. Substitute gluten-free hamburger buns, or wrap the "pulled pork" in gluten-free tortillas or large leaves of Iceberg, Boston, or Bibb lettuce.

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