

# Chicken Fried Jackfruit

RECIPE BY "I CAN YOU CAN VEGAN"

## Directions:

- In a small bowl mix together the ingredients for the buttermilk and set aside
- In another bowl of medium size, begin mixing together the breading ingredients and set aside
- Add enough oil to a frying pan and turn on to medium low heat
- Drain and rinse your jackfruit. Then on a cutting board, begin cutting parts of the jackfruit that are hard or contain seeds. You want to try and leave only the parts that are stringy or soft. This will help to provide a similar texture to chicken.
- You should be left with pieces that you want to fry. Begin by dipping the jackfruit piece in the buttermilk mixture, then in the breading, BACK in the buttermilk, then in the breading again.
- Once completed, add it to the hot frying pan. Note: you can add them one at a time, or wait until you've completed a handful of pieces to fry together.
- If the oil in the pan does not fully cover the jackfruit pieces, keep an eye on them so that they can be rotated after 2-3 minutes. You will know if they're ready when you touch them with your tongs and the outer breading has hardened and is crispy
- Repeat until all jackfruit is fried
- Once the jackfruit is fried, transfer to a plate with 3-4 layers of paper towels so that some of the oil can be absorbed. Allow them to cool for ~4 minutes before serving
- Pair with your favorite dipping sauce and enjoy!



## Ingredients:

- 1 20 oz. can jackfruit in brine
- oil for frying

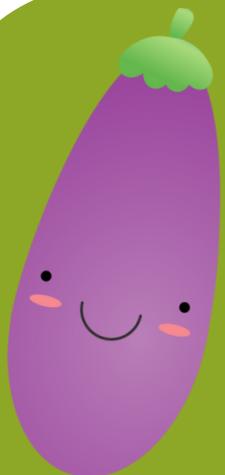
### For Breading:

- 1 1/2 cups all purpose flour
- 1 1/2 tsp salt
- 1 tsp sugar
- 1 tsp ground black pepper
- 1/2 tsp onion powder
- 1/2 tsp thyme
- 1/2 tsp ground ginger
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 4-5 shakes of cayenne pepper to taste
- 4-5 shakes of oregano to taste
- red pepper flakes optional

### For Buttermilk:

- 1 cup almond milk or other non dairy milk
- 1 1/2 tbsp apple cider vinegar

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# Sri Lankan Jackfruit Curry

RECIPE BY "THE FLAVOR BENDER"



## Directions:

- In a medium sized saucepan, heat the coconut oil over medium heat.
- When the oil is heated, add the onion, and saute until softened.
- Add the garlic and ginger, and saute for a few minutes, but make sure not to let them burn.
- Add the curry powder, cayenne pepper, turmeric, black pepper, and cinnamon stick, and saute the mixture for about 1 - 2 minutes to mix. The spices should be very fragrant, but again, make sure not to let them burn. Adjust the stove heat accordingly.
- Add the tamarind, salt, sugar, young jackfruit, and coconut pieces (optional), and stir to thoroughly
- Add the water and coconut milk, and stir to mix. Increase the heat to medium high and bring the curry to a boil.
- Lower the heat to medium low to low, and let the curry gently simmer (with the lid slightly off) for about 1 - 1 ½ hours. If too much liquid is evaporating while cooking, add some water as needed.
- The jackfruit pieces should be nice and soft. Taste and season with salt to taste.
- After the curry has simmered and the jackfruit is soft, you can cook the curry uncovered for a few more minutes IF you prefer a thicker curry gravy. If the gravy is too thick for your liking however, add a little water. Always season to taste.
- Serve the curry warm. But as with any curry, they do taste even better the following day!

## Ingredients:

- 2/3 tbsp coconut oil or any cooking oil
- 1/4 medium onion
- 1 garlic clove minced
- 1/3 inch piece of ginger minced
- 1/2 tsp hazelnut or vanilla extract
- 2/3 tbsp Sri Lankan Roasted Curry Powder
- 1/3 tsp cayenne pepper
- 1/4 tsp ground turmeric
- 1/2 tsp black pepper
- small cinnamon stick about 4 inches
- 1 tbsp tamarind puree
- 1/2 tsp sea salt
- 1/3 tsp sugar from a measuring spoon, not a regular spoon
- 1 can jackfruit, drained
- 1/4 cup water
- 1/2 cup coconut milk avoid lite coconut milk
- Salt to taste

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