

## Jackfruit Taco Salad

### You will need:

Tortilla chips

BBQ Sauce

Queso Fresco

1 can Young Jackfruit in Brine

2 Roma Tomatoes (Julienned)

1/2 Red Onions (Julienned)

1 Jalapenos (Cut in Rounds)

1T Garlic (Minced)

1/4c Carolina BBQ (HT Traders Eastern Carolina)

1/8c House BBQ (Sweet Baby Ray's)

2T Texas Pete

Salt & Pepper

Water for Boiling

Olive Oil for Sautéing

Napa Cabbage

Red Cabbage

Shredded Carrots

2c Mayo

1/8c Red Wine Vinegar

1t Celery Seed

1/2t Celery Salt

1t Sugar

1/2t Black Pepper

## BBQ Jackfruit Mix

**YIELD: 1.3qt**

### INGREDIENTS:

1 can Young Jackfruit in Brine  
2 Roma Tomatoes (Julienned)  
1/2 Red Onions (Julienned)  
1 Jalapenos (Cut in Rounds)  
1T Garlic (Minced)  
1/4c Carolina BBQ (HT Traders Eastern Carolina)  
1/8c House BBQ (Sweet Baby Ray's)  
2T Texas Pete  
Salt & Pepper  
Water for Boiling  
Olive Oil for Sautéing

### PROCEDURE:

Open Canned Jackfruit. Drain Brine. Place into stock pot and cover with water. Simmer for about 1 hour or until tender enough to pull into strands with a fork.

Heat a sauté pan with Olive Oil. Add Garlic and sauté until fragrant. Add Red Onions, Jalapenos, and Roma Tomatoes. Cook on High Heat until vegetables have combined flavors and have reduced slightly but are still somewhat firm. Add Salt & Pepper and reserve.

Once the Jackfruit is done cooking, pull it into strands with forks. Next, mix all ingredients together. Be careful with the sauce portions, as all vegetables are different. Sometimes it will take more sauce, sometimes less.

The plating goes at such:

Bowl with purchased tortilla chips on the base.  
Jackfruit/Veggie mix on top of tortilla chips.

Coleslaw on top of the jackfruit mix.  
Queso fresco crumbled on top.

### **Cole Slaw Veg**

**YIELD: WHATEVERYOUWANTBUDDY**

**INGREDIENTS:**

Napa Cabbage

Red Cabbage

Shredded Carrots

**PROCEDURE:**

Combine all ingredients in the ratio of 4:2:1. (Half as much Red as Napa Cabbage and half as many carrots and Red Cabbage)

### **Cole Slaw Dressing**

**YIELD: 2.75c**

**INGREDIENTS:**

2c Mayo

1/8c Red Wine Vinegar

1t Celery Seed

1/2t Celery Salt

1t Sugar

1/2t Black Pepper