



## **Jumping Jackfruit (or Sweet Potato) BBQ Sliders + Cool Colorful Coleslaw + Fruit Smoothies**

By Erin Fletter

**Prep Time 20 / Cook Time 5 / Serves 4 - 6**

### **Shopping List**

#### ☐ FRESH

☐ 5 to 6 romaine lettuce leaves

☐ 3 to 5 purple cabbage leaves

☐ 3 to 4 red radishes

☐ 1 lime

☐ 1 large ripe banana (frozen)

#### ☐ DAIRY

☐ 1 T plain yogurt or sour cream, optional

#### ☐ PANTRY

☐ 1 14-oz can jackfruit in water or brine OR 2 large sweet potatoes

☐ 3 T brown sugar

☐ 1 tsp paprika **\*\*(see allergy subs below)\*\***

☐ 1 tsp onion or garlic powder

☐ 1/4 tsp ground black pepper

☐ 1/4 tsp chili powder **\*\*(see allergy subs below)\*\***

☐ 2 T vinegar

☐ 1 1/2 T soy sauce **\*\*(see allergy subs below)\*\***

- ☐ 3 T olive oil
- ☐ 12 mini slider buns **\*\***(see allergy subs below)**\*\***
- ☐ 2 tsp sugar/agave/honey
- ☐ 1 big pinch salt
- ☐ 1 pinch ground nutmeg
- ☐ 1 pinch ground ginger
- ☐ 1 13.5-oz can full-fat coconut milk
- ☐ HAVE ON HAND
- ☐ 1/4 C water

## Fun-Da-Mentals Kitchen Skills

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**shred:** to reduce food into small shreds or strips (similar to grate).

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**slice:** to cut into thin pieces using a sawing motion with your knife.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**reduce:** to boil or simmer a cooking liquid, like a sauce or juice, until it evaporates, thickens, and becomes concentrated, intensifying the flavors.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

## Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Citrus juicer (optional)

- ☐ Can opener
- ☐ Large sauté pan
- ☐ Mixing bowl
- ☐ Colander
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Grater
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Whisk
- ☐ Wooden spoon or spatula

## Ingredients

### Jumping Jackfruit (or Sweet Potato) BBQ Sliders

- ☐ 1 14-oz can jackfruit in water or brine OR 2 large sweet potatoes
- ☐ 3 T brown sugar
- ☐ 1 tsp paprika **\*\*(Omit for NIGHTSHADE ALLERGY)\*\***
- ☐ 1 tsp onion or garlic powder
- ☐ 1/4 tsp ground black pepper
- ☐ 1/4 tsp chili powder **\*\*(for NIGHTSHADE ALLERGY sub ground cumin)\*\***
- ☐ 1 T vinegar
- ☐ 1 1/2 T soy sauce **\*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***
- ☐ 2 T olive oil
- ☐ 1/4 C water
- ☐ 12 mini slider buns **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free buns or corn tortillas)\*\***

### Cool, Crunchy, Colorful Coleslaw

- ☐ 5 to 6 romaine lettuce leaves
- ☐ 3 to 5 purple cabbage leaves

- ☐ 3 to 4 red radishes
- ☐ 1 T vinegar
- ☐ 1 T olive oil
- ☐ 2 tsp granulated sugar/agave syrup/honey
- ☐ 1 big pinch salt
- ☐ 1 T plain yogurt or sour cream, optional **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt or sour cream)**\*\***

## Totally Tropical Fruit Smoothies

- ☐ 1 lime
- ☐ 1 pinch ground nutmeg
- ☐ 1 pinch ground ginger
- ☐ 1 13.5-oz can full-fat coconut milk
- ☐ 1 large ripe, frozen banana

## Food Allergen Substitutions

### Jumping Jackfruit (or Sweet Potato) BBQ Sliders

**Gluten/Wheat:** Substitute coconut aminos for soy sauce. Substitute gluten-free/nut-free buns or corn tortillas for mini slider buns.

**Nightshade:** Omit paprika. Substitute ground cumin for chili powder.

**Soy:** Substitute coconut aminos for soy sauce.

### Cool, Crunchy, Colorful Coleslaw

**Dairy:** Substitute dairy-free/nut-free plain yogurt or sour cream.

### Totally Tropical Fruit Smoothies

## Instructions

### Jumping Jackfruit (or Sweet Potato) BBQ Sliders

drain + rinse + shred

Drain **1 can jackfruit** in a colander. Rinse well and shake dry. Trim off the rind of each piece of jackfruit, then use your hands to shred each piece. The seeds are edible and can be chopped into tiny pieces! Or, if not using jackfruit, wash and grate **2 sweet potatoes**. Add shredded jackfruit or sweet potatoes to a mixing bowl.

#### measure + add + mix

Measure and add to the mixing bowl: **3 tablespoons brown sugar, 1 teaspoon paprika, 1 teaspoon onion or garlic powder, 1/4 teaspoon black pepper, 1/4 teaspoon chili powder, 1 tablespoon vinegar**, and **1 1/2 tablespoons soy sauce**. Mix until evenly coated.

#### sauté + reduce

Sauté shredded jackfruit or sweet potato in **2 T of olive oil**. Add **1/4 cup of water** and let simmer until sauce reduces and is somewhat thick (about 3 minutes)! Serve BBQ jackfruit with **Cool, Crunchy, Colorful Coleslaw** on miniature slider buns or stuffed inside corn tortillas! Delicious!

### Cool, Crunchy, Colorful Coleslaw

#### slice + combine

Slice **5 to 6 romaine lettuce leaves, 3 to 5 purple cabbage leaves**, and **3 to 4 red radishes** and combine in a mixing bowl.

#### measure + whisk

Measure and add **1 tablespoon vinegar, 1 tablespoon olive oil, 2 teaspoons sugar**, and **1 big pinch of salt** and whisk.

#### pour + mix

Pour this dressing over the sliced vegetables and mix. Let stand for at least 10 to 15 minutes to let vegetables marinate and serve on top of the sautéed jackfruit or sweet potato in **Jumping Jackfruit (or Sweet Potato) BBQ Sliders**.

### Totally Tropical Fruit Smoothies

#### squeeze + add

Squeeze the juice from **1 lime** and add to a blender (or pitcher for use with an immersion blender). Add **1 pinch of nutmeg, 1 pinch of ginger, 1 can of coconut milk**, and **1 banana** to the blender.

blend + pour]

Blend until smooth and thick, then pour into cups and enjoy!

## Featured Ingredient: Jackfruit!

Hi! My name is Jack, and I'm a Jackfruit!

"I'm pretty sure you haven't seen fruit as large or as interesting as me! Some friends of mine have grown to 100 pounds! My skin is kind of spiky, but I'm really quite sweet and nice. People say that my flavor reminds them of Juicy Fruit gum!"

## History

Can you guess where jackfruit grows best? Let's think about this. It's a huge fruit that needs LOTS of hot sunny weather to grow. What places in the world have this climate? Tropical places!

The Jack Tree originated in South Asia—the rainforests of India and Sri Lanka, to be exact. Archaeologists discovered evidence in India that revealed jackfruit was first cultivated 3,000 to 6,000 years ago!

Today, jackfruit is grown and enjoyed in the tropical regions of Southeast Asia, South America, Africa, Australia, and the Caribbean.

Jackfruit is eaten in several countries throughout the world, either as ripe or unripe fruit. In Bangladesh, where it is the national fruit, they eat unripe fruit in curries. In Indonesia, they eat ripe fruit on its own or sliced and combined with shaved ice as dessert. In the Philippines, they mix the unripe fruit with coconut milk and eat it together with rice.

Some people insist that jackfruit is the mysterious flavoring used in Juicy Fruit gum!

## Anatomy & Etymology

Jackfruit is considered the largest tree fruit! One jackfruit can weigh anywhere from 10 to almost 100 pounds! Jackfruit trees (or jack trees) can get as tall as 30 to 60 feet!

Jackfruit usually grow from the trunk and bigger branches of the tree rather than the outer branches like other fruit. In rare cases, some jackfruit can even grow on the roots of jackfruit trees, and these are noticeably sweeter and more flavorful than jackfruit that grow above ground. Why do you think this is?!?! In just one year, a single jack tree can produce up to 250 fruits!

The outer surface of the jackfruit is covered with hard spikes, which become softer as the fruit ripens. Cut a jackfruit open to reveal its beautiful orange-yellow fleshy bulbs, or "petals." The flesh is edible, as is the golden seed inside of each bulb. One single Jackfruit contains about 100 to 500 seeds.

The jackfruit's flesh is soft and sweet, and its flavor has been described as a combination of banana, mango, melon, bubblegum, and papaya. It also smells distinctively sweet and fruity.

The wood of a jackfruit tree can be used to make furniture, houses, musical instruments, drums, and oars for rowing boats.

The jackfruit tree is considered a Magic Wonder Tree because of all of its uses: people use the fruit for food for themselves and livestock; they construct furniture and houses out of the trees and branches; and they make medicine from the roots. AMAZING!

The word "jackfruit" probably came from the Portuguese word "jaca," which may be derived from the Malayalam word "chakka."

## How to Pick, Buy, & Eat

Jackfruit are relatively easy to grow, but you might have to wait for 5 to 7 years until a tree produces fruit. Don't wait for the fruit to drop to the ground to pick it, though, because it will be overripe by then. (And you don't want to be under the tree if they drop!)

Why are we using jackfruit in our BBQ sliders this week? The flesh is uncannily like shredded chicken or pork and can be used as a vegetarian substitute for BBQ, carnitas, tacos, nachos, etc.

Ripe jackfruit is eaten as a fruit because it is sweeter and softer. Unripe jackfruit is considered a "vegetable meat." So we're eating unripe jackfruit in our BBQ sliders!

The seeds of jackfruit are edible and delicious when boiled in water with salt! They are also dried in many countries and used in place of lentils in stews and curries.

You can eat jackfruit raw, candied, boiled, steamed, or roasted. Or you can add it to salads, desserts, meat dishes, and curries.

Your grocery store may not have the whole fruit available, but you may find it in the aisles that carry dried, canned, and frozen foods. Another location is in the international aisle, specifically the Asian section.

## Nutrition

Almost 75 percent of jackfruit pulp consists of water. That makes jackfruit a hydrating fruit!

Vitamin B6 contributes to a good mood, a more robust immune system, and better brain health!

Vitamin C keeps our immune system strong, aids our bodies' ability to heal faster from cuts and scrapes, and helps protect our skin from damage caused by the sun.

Fiber helps our intestines run smoothly.

Protein repairs tissues within the body. Jackfruit contains about three times the amount of protein as other fruits, which are usually higher in carbs than protein. We commonly get our protein from meat, chicken, beans, and nuts.

Jackfruit is good for the skin, immune system, heart, and digestion!