

Jerk Jackfruit

Caribbean Style Flavors



TOTAL TIME

30 mins



COURSE

Main Course, Side Dish



CUISINE

Caribbean

INGREDIENTS

- 2 Cans Jackfruit, Drained And Shredded
- 1 Shallot, Julienned
- 2 Cloves Garlic, Minced
- 2 Tbsp Jerk Seasoning
- 1 Tbsp Coconut Oil
- 1 Can Coconut Milk
- 2 Tbsp Coconut Sugar
- Sea Salt To Taste

INSTRUCTIONS

1. Saute the onions and garlic over medium high heat until just starting to become translucent.

Turn the heat up and add the jackfruit then saute until the jackfruit starts to get some good color.

Season to taste with the jerk spice, coconut crystals and salt.

Stir until fully incorporated. Deglaze with coconut milk and stir to get all the flavorful bits off the bottom of the pan.

Once deglazed, add enough coconut milk for the jackfruit to be just above the level of liquid and cook down until liquid is the desired saucy consistency, about 10 to 15 minutes.

Serve hot or allow to rest cover until service, or place in storage container and allow to cool uncovered until room temp then cover and place in the fridge.

Pair with a fresh salad or some traditional Rice n' Peas.

NOTES

Recipe Courtesy of Chef Tai Dempster



KEYWORD

jackfruit