

PULLED JACKFRUIT

The recipe that got it all started! Once you master this recipe and technique the world of real plant based BBQ is all yours! Jackfruit is super healthy and versatile! In addition to being a great alternative to pulled pork in virtually any BBQ dish you can think of, it is also great on sandwiches, pizza, burritos, salads, tacos and more!

INGREDIENTS

- 2-20 Ounce cans Jackfruit packed in brine, drained and rinsed. Or 1 ½ pounds of Jackfruit-In-A-Bag. You can also use fresh jackfruit, but honestly, it's not worth the extra time and work.
- 1/4 tsp Fool's Gold Applewood Smoked Salt (optional)
- 1 Tbsp Fool's Gold Pulled Jackfruit Rub
- 1 Tbsp of Fool's Gold Demerara Sugar (optional)
- 1 Cup of Fool's Gold Original Sauce

PREP

- **Drain** jackfruit using a colander. Pat dry with a towel and lay out on a cutting board.
- **Shred** jackfruit using a fork. Pick out any seeds and seed shells that are obvious, don't worry if you don't get them all, they taste just fine but look kind of weird!
- **Add dry ingredients** to a mixing bowl or foil pan and mix well to form a rub. Mix and Rub into and on the jackfruit thoroughly.
- The jackfruit is now ready to go into the smoker or oven.

Note: Smoking times and temperatures will vary based on your smoking method, equipment, etc. The great thing about smoking plant based food is that it really can't be ruined (might not be amazing if overcooked) unless you just forget about it, which I do not recommend, unless you like your food cremated!

SMOKER COOKING

Temp: 225 | **Time:** 1-2 hours | **Woods:** Hickory, Alder, Cherry

OVEN SMOKER BAG COOKING (CAN ALSO BE USED ON ANY GRILL OR OVER A CAMPFIRE)

Temp: 475 for 10-15 minutes then 375 for 45-60 minutes | **Time:** 1 hour | **Woods:** Hickory, Alder, Cherry

RANGE TOP SMOKER COOKING

Temp: Medium heat | **Time:** 30-45 minutes | **Woods:** Hickory, Alder, cherry

REGULAR RANGE OR OVEN COOKING

It's also possible to use your regular oven or stove (times and temps vary). But, using a smoker or smoker bag will yield a more authentic "smoked bbq" flavor. Do NOT under any circumstances add Liquid smoke to any of these recipes or I will hunt you down!

FINISH

Finish on the stove in a hot skillet with Fool's Gold Sauce (as much as you like) . . . and leave some sauce for dipping, if that's your thang like it is mine!

SERVE

Serve with plant based coleslaw, pit beans and warm hamburger buns. Delish! Leftovers work great for BBQ pizza, soups, salads, BBQ parfaits and more!

PRO TIPS

1. If you are cooking for a large group or meal prepping you do not need to do the last finishing step of the recipe. Just cool and wrap the jackfruit and store in the refrigerator until you are ready to use and finish it off with some sauce at that time.
2. Just before finishing it on the stove, toss the soy curls in a little sauce and put in oven or air fryer to crisp them up a bit before proceeding to finish.