

JACKFRUIT – PLU 3454



Description/Taste

Jackfruit is both the name of the fruit and of the tree it grows on. Jackfruit grow on both the branches and trunks of trees that can reach up to 20 meters tall. Jackfruit begin as small, flowering pods on the end of straight green stalks. As they mature and enlarge, the flowers fall away revealing hundreds of small, hard, cone-shaped protrusions. At full maturity, Jackfruit can measure up to 80 centimeters long and 50 centimeters wide and can weigh anywhere from 10 to 50 pounds. The rind of a Jackfruit will change color from bright green to a dull yellow as it ripens, and it may develop dark patches. Fully ripe Jackfruit will fall from the tree, so it is often harvested early to avoid having the large fruits fall on top of anyone. Inside of the fruit, just beneath the rind are the bright yellow 'bulbs' which make up the edible portion of the Jackfruit. A pithy core runs down the length of the fruit and connects the bulbs to the rind. The fleshy bulbs are 5 to 7 centimeters long and triangular. Young Jackfruit has a crisp, crunchy texture whereas more mature fruit may be firm or much softer and almost custard-like, depending on the variety. Anywhere from 100 to 500 edible, brown seeds are housed within the fruit. The one-inch seeds are covered by a thin white membrane, which can be removed if preparing the seeds for roasting. The aroma of a mature Jackfruit has been described as off-putting, similar to overripe fruit. Younger fruit has a sweeter aroma. Jackfruit has a sweet taste and a flavor that is likened to bananas, pineapple and even bubblegum. As the fruit matures, the bulbs become a darker orange-yellow and the taste gets sweeter.

Seasons/Availability

Jackfruit are available in the summer and fall months.

Nutritional Value

Jackfruit is very nutrient-dense. It is a great source of fiber, protein and vitamin B. It also contains potassium, iron and calcium. The deep yellow-orange color of the Jackfruit bulbs is the result of phytonutrients like beta-carotene, giving the fruit powerful antioxidant properties.



JACKFRUIT "TUNA" MELT SANDWICH

Yield: 2 sandwiches

Ingredients for the jackfruit "tuna" salad

1 can of jackfruit (packed in water or brine, not syrup), rinsed and drained

1/2 teaspoon olive oil

1/4 onion, diced (about a 1/2 cup)

2 cloves garlic, minced

1 teaspoon kelp granules

1/2 teaspoon dried tarragon

1 cup cooked great northern white beans

1/4 cup vegemaise

2 tablespoons pickled relish

1 1/2 tablespoons dijon mustard

juice of 1 lemon

for the sandwich

4 slices of bread

greens of some sort (optional- I used pea shoots)

1 tomato, sliced

2/3 cup shredded vegan cheese

olive oil spray

Instructions

Use a fork to pull apart the jackfruit into shreds (until it has a tuna-like consistency).

Heat the olive oil in a large frying pan over medium heat. Add the onion and garlic and sauté for a couple minutes. Add the jackfruit and let it cook, stirring occasionally, until the jackfruit's moisture is gone. Add the kelp granules and add salt to taste. Remove from heat.

While the jackfruit is cooking, start the salad. In a bowl, use a fork to mash the white beans. Once they are thoroughly mashed, add the rest of the salad ingredients and mix together. Once the jackfruit is done cooking, add it to the salad mixture and mix until fully coated. Taste and add seasoning, if necessary.

Turn on the broiler of your oven. Layout the 4 slices of bread. Place a small amount of greens (your choice) on two of the slices of bread. Top the greens with the tomato slices, then top the tomato with the jackfruit salad (about a heaping 1/2 cup per sandwich). On the remaining slices of bread, spread out the grated cheese.

Place the two slices of bread, topped with cheese, on a baking sheet and place it in the oven, under the broiler. Let sit under the broiler, just until the cheese begins to melt, about 2-4 minutes. Remove and place the slices on top of the slices topped with the jackfruit salad.

Heat a large frying pan over medium-low heat and lightly spray with olive oil. Place the sandwiches in the pan, cheese side down. Let cook until cheese begins to melt. Lightly spray the tops of the sandwiches with the olive oil. Flip the sandwiches and cook on the other side. Flip again if needed. The sandwiches are done when the cheese is melted and the bread is toasted. Remove from the pan and serve immediately. Enjoy!