



Vegan Corned Jackfruit for St. Patrick's Day

by Sarah De la Cruz

Prep Time: 15 minutes - Cook Time: 45 minutes - Brining: 1 day *vegan, soy free, gluten free, nut free*



INGREDIENTS

For the Brine:

- 2 cups water
- 1 Tablespoon **Eden Foods Sea Salt**
- 2 Tablespoons brown or coconut sugar*
- 1/2 teaspoon cinnamon*
- 1 teaspoon prepared **Organicville Yellow Mustard**
- 1 teaspoon black peppercorns*
- 8 whole cloves*
- 8 whole allspice berries*
- 12 whole juniper berries*
- 2 bay leaves*
- 1/2 teaspoon ground ginger*
- 1 Tablespoon red wine vinegar

For the Jackfruit:

- 20 ounce YOUNG jackfruit in brine
- 1/4 teaspoon smoked paprika optional, for color and smokey flavor*

For the Roasted Vegetables:

- 1 head green cabbage
- 6 large carrots
- 2-3 pounds Yukon Gold or Red Potatoes
- 1 Tablespoon olive oil
- salt and pepper to taste*



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For the Brine:

1. Place all of the brine ingredients into a small pan on the stove. Bring to a boil and turn off the heat. While the brine sets, begin to work on the jackfruit.

For the Jackfruit:

1. Open and drain the packages or cans of jackfruit. Using your fingers, shred the triangular shaped jackfruit into meaty shreds, discarding the harder point of each wedge as well as any pods, if present.
2. Place the shreds into a container with a lid, and pour the brine overtop. Allow to brine in the refrigerator overnight.
3. The next day drain the jackfruit. Heat a skillet (I like my cast iron) and drizzle a little olive oil on it. Add the jackfruit shreds. Sprinkle with paprika and toss to incorporate. Heat through, allowing the shreds to brown and crisp very slightly. Remove from pan and serve. I like to serve my corned jackfruit with roasted vegetables, see below.

For the Roasted Vegetables:

1. Preheat oven to 400°.
2. Slice the cabbage from top to stem into large discs, about 1/2" thick, discarding core. Carefully lay them onto a parchment lined baking sheet. Drizzle with olive oil, salt and pepper.
3. Peel and slice carrots on the diagonal, about 1/4" thick. Dice potatoes into 1" cubes. Toss with olive oil, salt and pepper, and spread out on a parchment lined baking sheet.
4. Roast both pans of veggies for about 45 minutes, carefully flipping the cabbage discs half way through, and tossing the potatoes and carrots.
5. Serve with corned jackfruit.



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