

JACKFRUIT “PULLED PORK” SAMMICHES WITH PICKLED RED ONION

I first enjoyed fresh jackfruit (which is one helluva treat) at my friend Phi’s house. Sadly, canned jackfruit packed in syrup pales in comparison. And then there’s canned young jackfruit packed in brine, a product that doesn’t sound anywhere near as tasty. When shredded, however, it makes an excellent stand-in for pulled pork, right down to the texture. I discovered this novel substitution at the delightful vegan SoCal food truck Seabirds, and I’ve been hooked ever since. It might take a little searching, but you should be able to find canned young jackfruit in brine at Asian markets or online. **MAKES 4 TO 6 SERVINGS**

Pickled Red Onion

- 1 large red onion, halved lengthwise and thinly sliced
- 1 cup apple cider vinegar
- 3 tablespoons sugar
- 2 teaspoons fine sea salt
- 6 whole black peppercorns (optional)

Jackfruit “Pulled Pork”

- 3 tablespoons extra-virgin olive oil
- 1 small red onion, diced
- 4 cloves garlic, minced
- 1 tablespoon smoked paprika
- 1 tablespoon ground cumin
- 1 teaspoon dry mustard
- 3 tablespoons tomato paste
- $\frac{1}{4}$ to $\frac{1}{2}$ cup Sriracha
- $\frac{1}{4}$ cup water
- 3 tablespoons light brown sugar

- 2 (20-ounce) cans jackfruit packed in brine
- Salt and freshly ground black pepper

- Hamburger buns or rolls, for serving
- Sliced ripe Hass avocado, for serving

To make the pickled onion, put the onion in a large saucepan and add water to cover. Bring to a boil over high heat. Boil for 1 minute, then drain well. Transfer to a small bowl or a glass jar. In the same saucepan, combine the vinegar, sugar, salt, and peppercorns. Bring to a boil over high heat, then immediately remove from the heat. Pour over the onion. Let cool to room temperature, then cover and refrigerate for at least 1 hour before serving. Stored in the refrigerator, it will keep for 1 month.

CONTINUED

JACKFRUIT “PULLED PORK” SAMMICHES WITH PICKLED RED ONION, continued

To make the “pulled pork,” preheat the oven to 350°F.

Heat the oil in a large cast-iron or non-stick skillet over medium heat. Add the onion and sauté until softened, 5 to 7 minutes. Add the garlic and sauté just until fragrant, about 30 seconds. Add paprika, cumin, and mustard and sauté until the spices are toasted, about 3 minutes. Add the tomato paste and cook, stirring constantly, for 1 minute. Stir in $\frac{1}{4}$ cup Sriracha, the water, and the brown sugar. Bring to a simmer, then lower the heat, cover, and simmer for 5 minutes. Uncover and cook, stirring occasionally, until the mixture has the consistency of barbecue sauce, about 4 minutes. Remove from the heat. Taste and add more Sriracha if desired.

Drain the jackfruit and rinse under cool running water to reduce the saltiness. Transfer to a large bowl and use two forks to pull the jackfruit into shreds. Add the Sriracha mixture and toss until the jackfruit is evenly

coated. Transfer to a nonstick or parchment-lined rimmed baking sheet. Bake for about 20 minutes, until the jackfruit firms up and the sauce dries slightly, adhering to the jackfruit. Season with salt and pepper to taste.

To assemble the sandwiches, divide the “pulled pork” among the buns. Top with avocado slices and pickled onion. Serve immediately.

GF Substitute gluten-free hamburger buns, or wrap the “pulled pork” in gluten-free tortillas or large leaves of iceberg, Boston, or Bibb lettuce.

OVER THE TOP TIP If you’re crazy and want yet another spicy topping, slap some Sriracha Broccoli Slaw (page 47) on top of this beast for a truly invigorating (and extra-delicious) experience.



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