

GREENSPACE CAFÉ'S

JACKFRUIT SLIDER RECIPE

Recipe Courtesy: Chef Griffin Wilson from GreenSpace Café

Yields 2 lbs of “meat,” enough for 20 sliders

Ingredients:

- 2 bags Jackfruit (16 oz)
- 1 can tomato paste
- 3 tbsp cumin
- 3 tbsp coriander
- 3 cups unsalted veg stock
- 1 onion (roughly chopped)
- 2 cups of your favorite BBQ sauce
- 1 cup whiskey
- 5 cloves garlic (minced)

Procedure:

Preheat your oven to 275 F.

Blend all ingredients and add to a casserole pan with lid.

Slowcook for 3-6 hours depending how much time you have. The longer, the better!