



Recipes

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Pulled Jackfruit Bourbon BBQ Soft Tacos

Prep Time: 30 Minutes

Serves 12

Ingredients:

24 each 6" Smart Hearty Grains™ Tortilla (47086)
6 cups BBQ Bourbon Pulled Jackfruit, see related recipe Kalamata Olives
6 cups Cabbage and Jicama Slaw, see related recipe
1 1/2 cups Pickled Red Onions
3 each Limes , cut into 8 wedges

Directions:

1. To prepare one taco, top one warmed tortilla with 1/4 cup of BBQ Bourbon Pulled Jackfruit, 1/4 cup of the Jicama Slaw, 1 tbsp. pickled red onion and serve with a lime wedge.
2. Serve 2 tacos per order.

BBQ Bourbon Pulled Jackfruit

Serves 1

Ingredients:

1 1/2 cups Bourbon
3 cups BBQ Sauce
6 cups Young Jackfruit, canned, drained and pulled

Directions:

1. Combine bourbon and BBQ sauce in a sauce pan over med to low heat. (be careful of flare-ups) reduce until bourbon is cooked out and sauce comes together with BBQ-like consistency.
 2. Add pulled jackfruit and mix until mixture is heated through.
 3. Hold hot for service.
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Cabbage and Jicama Slaw

Serves 1

Ingredients:

3 cups Jicama , peeled, julienned
3 cups Red Cabbage , shredded
3/4 cup Fresh Parsley , chopped
3/4 cup Green Onion , sliced
1 1/2 cups Celery , shaved thin
3/4 cup Greek Yogurt , whole milk, plain
3/4 cup Herbed aioli
1 1/2 tsp. Kosher Salt
3 Lemons Lemon Zest
3 Oranges Orange Zest
3 Tbsp. Granulated Sugar
3 Tbsp. Almonds slivers

Directions:

1. Combine all ingredients and mix thoroughly. Let marinate under refrigeration for flavors to marry.
2. Store under refrigeration until use.