



HOISIN JACKFRUIT PANCAKES

JACKFRUIT

- 1 400g tin of Jackfruit (drained and rinsed)
- 2 tsp Chinese Five Spice
- Toasted Sesame Oil

HOISIN SAUCE

- ¼ Cup of Molasses
- 2 Tbsp Soy Sauce or Tamari
- 2 Tbsp Smooth Peanut Butter
- 2 Tbsp Rice Vinegar
- ½ tsp Garlic Powder
- ½ tsp Hot Sauce
- 1 ½ tsp Corn Flour

To Serve

- Pancakes
- Sliced Cucumber
- Sliced Spring Onions
- Black and White Sesame Seeds (optional)

METHOD

Begin by draining and rinsing the jackfruit well. Remove the cores from the jackfruit and place in a mixing bowl. Stir in the Chinese Five Spice, a teaspoon of Sesame Oil, and mix well. Now prepare the hoisin sauce.

In a saucepan, combine all the ingredients for the hoisin sauce apart from the corn flour. Heat over a medium heat until both the molasses and peanut butter have fully dissolved.

Mix the corn flour with two teaspoons of cold water and stir until the corn flour has dissolved. Increase the heat of the saucepan to medium-high and add the corn flour. Whisk in the corn starch and simmer until the sauce begins to thicken. Heat the rest of the sesame oil over a

medium-high heat and add the coated jackfruit pieces. Cook for around 10 minutes. Now add the hoisin sauce (saving some to serve) to the jackfruit and stir through. Cook for 20-25 minutes. Once the sauce has reduced in the pan, pull the jackfruit apart by using two forks or a masher.

Heat the oven to 180C and add the jackfruit to an oven-proof dish. Place in the oven and leave to crisp up for 15-25 minutes. Half way through cooking, use a fork to stir the jackfruit. Once at the desired crispiness, serve with pancakes, a teaspoon of hoisin sauce, sliced cucumber, spring onion, topped with black and white sesame seeds.

