

JACKFRUIT BARBECUE RIBS

SERVES 4

PREP 10 MINS | COOK 1 HR 05 MINS

Ingredients

RIBS

- 1 600g can young green jackfruit
- 1.25 cups vital wheat gluten + more as needed
- 3 tbsp nutritional yeast
- 1 tbsp sweet smoked paprika
- 1 tbsp onion powder
- 1 tsp garlic powder
- 1 tsp mustard powder
- 1/2 tsp red chilli flakes, or to taste
- 4 cloves garlic, grated
- 3/4 cups water (or low sodium vegetable stock)
- 3 tbsp soy sauce
- 1 cup BBQ sauce + more for dipping
- 2 leaves bay
- 1/3 cup fresh chives , for garnish
- sea salt + black pepper to taste (1/2 tsp each)

Method

1. Preheat your oven to 190°C. Drain and rinse the jackfruit very well then boil it with the bay leaves and a pinch of sea salt for about 20 minutes until softened. Drain and mash with a potato masher or shred with a fork. Discard any tough parts.
2. In a medium bowl combine all the dry ingredients together then add the shredded jackfruit, soy sauce, water (or vegetable stock) and a pinch of sea salt. Mix well until a dough forms and use your hand to knead it for a good 5 minutes until the dough holds together nicely. Add a little extra sprinkling of wheat gluten if the dough seems too wet or a little more water if it feels to dry.
3. Shape the dough down into a rectangle loaf about one inch thick then slice in half crosswise.
4. Preheat a seasoned cast iron griddle over medium flame. Grill the ribs for about 3 minutes on each side until nice grill marks form.
5. Meanwhile line a 5 x 10 rectangle shaped baking dish with parchment paper. Spread a thin layer of barbecue sauce over the bottom and place the grilled ribs on top. Spread the top with a thin layer of barbecue sauce and cover the pan with aluminum foil (or a lid) and bake in the preheated oven for 30 minutes.
6. Carefully flip the ribs. Brush with more barbecue sauce on top and bake uncovered for another 20 minutes.
7. Remove from the oven and allow to set for a few minutes. Using a sharp serrated knife to cut the ribs alongside the grill marks and serve on a bed of mashed potatoes with extra sauce and garnished with the fresh chives.



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