

BARBACOA Jackfruit Tacos (Vegan)

Jackfruit slow cooked in Belizean Barbacoa not only encompasses the notably meaty texture of this enigmatic fruit, it also mimics the smokiness of being basted and flame cooked with the one-two punch of the lively Belizean Barbacoa Original and Smoked sauce combo. The mango cabbage slaw and avocado sauce intensify the brightness of this dish which is not lost when making a day ahead – perfect first course for a Winter dinner party or Summertime main course.

PREP TIME: 25 Minutes

TOTAL COOK TIME: 5 Hours



INGREDIENTS:

- 4 – 8” Round Tortillas
- 1 – 16OZ CAN Jackfruit
- ½ CUP **Maya Mike Belizean Barbacoa (Original “White” Label)**
- 2 TBSP **Maya Mike Belizean Barbacoa (Smoked “Red” Label)**
- ½ Head Red Cabbage (about 1-1/2 Cups Shredded)
- ½ Mango (about 1 Cup Diced)
- 2 TSP Orange Zest
- 2 – 3 Scallions (about 1/3 Cup Sliced)
- 2 TBSP White Wine Vinegar
- 3 TBSP EVOO
- 1 TSP Ground Coriander
- ½ Avocado (about ½ Cup)
- 1/3 CUP Vegan Sour Cream or Plain Yogurt
- ¼ CUP Water
- 2 Garlic Cloves (about 2 TSP minced)
- Salt & Pepper

Tip of the Recipe! Leaving the pit in an avocado half or in guacamole to prevent browning does help, but it only protects the areas of the avocado that touches the pit. To prevent oxidation, pour a heavy layer of avocado oil or EVOO over the surface of an opened avocado or avocado dip or sauce & cover with plastic wrap.



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STEP 1 (Barbacoa Jackfruit)

Open & Drain Jackfruit, lightly break up with a fork & place in slow cooker along with 1 TBSP EVOO

Sprinkle with ½ TSP Salt

Smother with ½ CUP Maya Mike Belizean Barbacoa (Original “White” Label) and 2 TBSP Maya Mike Belizean Barbacoa (Smoked “Red” Label)

Cook on Low Setting (about 200°F) for 5 Hours

Meanwhile Slaw & Sauce can be prepared OR all can be made a day earlier and refrigerated for final assembly

STEP 2 (Mango Slaw)

Shred Cabbage & place in colander resting in sink or over a deep dish for sweating

Sprinkle ½ TSP Salt and let stand for 20 Minutes

(Prepare Veggies and Sauce while Cabbage sweats)

Drain & Wring Out any excess liquid from Cabbage then place in a clean bowl

Combine Cabbage with Diced Mango, Sliced Scallions & Orange Zest

Toss all with Ground Coriander, Vinegar & Oil

Sprinkle with Pepper

STEP 3 (Avocado Sauce)

Half & Scoop out Avocado & place in mini food processor or blender

Crush Garlic

Blend Avocado, Garlic, Sour Cream & Water

Sprinkle with Salt to taste then transfer to a squeeze bottle with dispensing nozzle if one is handy

STEP 4 (Build)

Warm Tortillas in Toaster, Oven or in Iron Skillet on stove top

Divide Barbacoa Jackfruit between the Tortillas

Top with Mango Slaw & Avocado Sauce

Enjoy!

