

Jackfruit Curry

By Erin of Alawa Primary School



Jackfruit is the biggest tree fruit in the world and is very versatile. It can be cooked green, or used ripe. It has a white sticky sap that oil will deflect you and knives from! The seeds are very nutritious and high in protein too!

500gm jackfruit
400 ml coconut cream
2 tablespoon rice bran oil
1 onion julienne slice
1 1/2 teaspoons ginger grated
2 tablespoons curry powder

1 tablespoons cumin powder
3 garlic cloves, crushed
4 tomatoes, diced
8 curry leaves
Salt to taste
Coriander leaves to garnish

Jackfruit Curry

Prepare the jackfruit, half fill a medium pot of water and squeeze in ½ a lemon keep aside, peel the jackfruit and cut into medium chunks place it in the pot of water

Separate the jackfruit seeds and peel these.

Add the oil to the wok on medium heat, add onion, ginger, garlic, cumin seed and curry leaf. Be careful when the curry leaf is cooking it will splutter as it releases its flavor. Cook until golden and aromatic.

Lower the heat and add the jackfruit pieces and fry for 5 minutes until well coated. Add the diced tomato, jackfruit seeds and the coconut cream fry until the oil starts to separate in the bottom of wok.

Add remaining coconut cream, keep the heat low and simmer for a further 10 minutes.

Roasted jackfruit nuts