

JACK FRUIT CURRY



INGREDIENTS

A version of this great recipe was cooked by Alex Jordan for our GULP tasting plates at the Community café of TGS

- Jackfruit pieces from one medium sized Jackfruit
- 2 small to medium cooking onion, cut into eighths

(wedge-like pieces)

- 10- 15 Snake Beans
- 1 small piece of local pumpkin; cubed
- 1 ¼ cup dry roasted (unsalted) cashews

1 can coconut milk or 2 (depending on how much sauce you prefer)

- Generous handfuls of fresh basil/ thai basil for garnish

JACK FRUIT CURRY method

- Cut the jackfruit into pieces- skinning it and then removing the harder core. Make sure the pieces are about 1-2cm squares.
- Place 2 Tbsp. oil in a wok or deep frying pan over medium-high heat. Add the onion and stir-fry 2-3 minutes. **Add a little of the wine (1/2 to 1 Tbsp. at a time) instead of more oil whenever wok/pan becomes dry.**
- Add the jackfruit pieces. Continue stir-frying another 3-4 minutes,. Again, add a little wine when wok/pan becomes dry to keep ingredients frying nicely.
- Add the paste you made earlier (see other recipe), plus the coconut milk (start by adding 1/3 can). Stir well to combine
- Reduce heat to medium-low, and allow curry to gently simmer for 20 minutes, or until ingredients are nicely cooked, but not overcooked (Jack fruit should be tender and just starting to fall apart or shred easily. **Try not to overcook this curry, or you will lose the fragrance and taste of the paste.**
- 5 minutes before serving, add the snake beans, so they are not over cooked and the cashews, stirring them in. Now do a taste-test, looking for a balance of salty, sour, sweet and spicy. If not salty enough, add more fish sauce, soy sauce, or a little salt. If too salty for your taste, add another squeeze of lime/lemon juice. If not spicy enough, add more fresh chili. If too spicy (or if you prefer