

Jackfruit "Carnitas" Tacos

INGREDIENTS

- 1, 20oz can jackfruit in brine, drained, rinsed well, squeezed dry
- 1/4 cup oil, avocado or other neutral oil
- 2 TBL fresh squeezed orange juice, divided
- 2 tsp. ground cumin
- 1 tsp. oregano
- 1/2 tsp. smoked paprika
- 1/4 tsp. salt, plus more to taste
- 1/4 tsp. black pepper
- pinch red pepper flakes

DIRECTIONS

1. If you haven't done so already, drain, rinse and dry the jackfruit.
2. First, remove the shredable parts of the jackfruit. Shred with your fingers into small pieces, and place in a medium-sized bowl. Set aside the non-shredable core. Remove any seed pods and place them with the non-shredable core pieces. Finely chop the non-shredable core pieces and the seed pods so they are roughly the same size as the shredded bits, and add them to the bowl. Take a minutes to run your fingers through the jackfruit, breaking down any larger pieces.
3. Add the oil, 1 tablespoon of orange juice, cumin, oregano, salt, pepper, and red pepper flakes. Stir to evenly coat.
4. Heat a cast iron skillet over medium heat. Add the jackfruit in an even, flat layer, and press down with a spatula. Cook until seared and golden brown, about 25-35 minutes, adding oil if necessary. Remove from heat and add in the remaining 1 tablespoon of orange juice. Stir.
5. Place cooked jackfruit in soft tacos, top with pico de gallo, cilantro and guacamole.

- Recipe Credit: Jocelyn Ramirez, <https://www.foodandwine.com/recipes/carnitas-jackfruit-tacos>



Simple Guacamole

INGREDIENTS

- 2 ripe avocados
- juice from 1/2 a lime
- 1/2 tsp. cumin
- salt to taste
- 1 small clove of garlic, minced, grated or pressed
- minced jalapeno, to taste
- minced red onion, to taste
- minced cilantro, to taste

DIRECTIONS

1. Combine the avocado, lime juice, cumin and salt in a bowl. Mash well with a potato masher.
2. Add the garlic, jalapeno, red onion and cilantro. Stir well.
3. Taste and season with salt. You may also need to add more lime juice.



Jicama Slaw

INGREDIENTS

- 1 1/2 TBL lime juice
- 3 TBL rice vinegar
- 1/4 tsp. red pepper flakes
- 1/4 tsp. chili powder
- 1/2 tsp. sugar
- 3 TBL olive oil
- Salt and pepper, to taste
- 1/4 of a medium jicama, peeled and julienned
- 1 cup slaw mix
- 1/2 small red onion, finely sliced
- 1/2 English cucumber, julienned
- 1/2 red bell pepper, julienned
- 1-2 TBL chopped cilantro

DIRECTIONS

1. In a medium large bowl, whisk together the lime juice, vinegar, red pepper flakes, chili powder, sugar, olive oil, and salt and pepper.
2. Add the julienned veggies. Using tongs or clean hands, thoroughly toss the veggies with the dressing. Let sit for 15-30 minutes before serving. Taste and season with additional salt and pepper, as needed. Toss well before serving.

- Recipe credit, Guy Fieri, <https://www.foodnetwork.com/recipes/guy-fieri/jicama-slaw-5257573>



Soft Corn Tortillas

INGREDIENTS

- 240 grams maseca
- 1/2 tsp. salt
- 1 1/2 cups water

DIRECTIONS

1. Combine the maseca and salt. Slowly add the water until proper consistency is reached.
2. Cover and let sit for at least 30 minutes. Ideally, make this the day before, wrap it well, and refrigerate. Let it come to room temperature, keeping it wrapped.
3. Form into balls, about 1 oz. each. Knead the dough in your hands for about 30 seconds.
4. Line a tortilla press with a plastic storage bag that has been cut in half. Place the dough ball between sheets of plastic and press. If you don't have a tortilla press at home, you can press the dough with an 8x8 baking pan.
5. Carefully peel the flattened dough and place in a cast iron pan that's been heated to medium-high heat. Cook for about 30 seconds and then flip to the other side. Cook about 1 minute. Flip again and cook another 30 seconds.
6. Remove from heat and place in a tortilla warmer or wrap with a damp paper towel or dish towel.

