

JACKFRUIT "CARNITAS" WITH HOMEMADE TORTILLAS

Making tortillas is an awesome activity to do with kids! Set up some kitchen stations and bring them in for the fun! Jackfruit makes a great alternative to pulled meats – with a texture similar to pulled pork and a neutral flavor that picks up what you cook it in. Use the same method to pull, dry, and crisp, then smother in bbq sauce for pulled "pork" sandwiches.



Ingredients

- 0.5 bunch cilantro
- 2 cups masa harina
- 1 avocado
- 1 lime
- 1 can jackfruit
- 1 Tbsp. soy sauce
- 1.5 Tbsp. taco seasoning
- 1 onion

From your pantry

- 2 cloves garlic
- olive oil
- salt and pepper

Equipment:

- 2 Medium sauté pans
- Large bowl

PREPARATION: 10 MIN

COOKING: 30 MIN

READY IN: 40 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce.*

1. Small dice **onion**. Mince or grate **garlic**. Remove **jackfruit** from can then strain and cut into 1/2" pieces that resemble pulled pork. Place jackfruit on paper towels or a clean towel to pat dry! This will help make the carnitas crispy, set aside and let air dry.
2. Make the tortillas: In a large bowl add **masa harina**, a large pinch of **salt** and **1.5 cups of hot water**. Mix using your hands until dough is uniform. If it feels a little dry, continue to add water 1/4 cup at a time until the dough is moist and play-dough like. Break dough into ping pong size balls.
3. Take two 8x8 squares of plastic (cut open a ziplock bag or parchment paper). Place one ball of masa in between the layers of plastic. Using your hands or a rolling pin, gently press into a circle. Turn the disc a few times for even thickness!
4. Heat 1 tsp. oil on your sauté pan over low heat. Spread the oil using a paper towel or brush to coat the pan. Peel off the top plastic and flip the tortilla right into a pan to fry. Remove the bottom plastic. Cook for 2-3 min until the tortilla has little brown specks, then flip and cook on the other side! Remove from pan and wrap in a clean kitchen towel to keep warm. *Repeat* steps 3 and 4 until dough is gone.
5. When tortillas are done, heat 1 tbsp oil over medium-high heat. Add half the onion and cook 3-4 min until softened. Add **jackfruit, garlic, taco seasoning and soy** and mix. Sauté for 6-7 min until jackfruit caramelizes and deepens in color. Remove from heat.
6. Assemble the tacos! Cut **avocado and lime** into wedges. Divide carnitas into tortillas. Top with avocado, **cilantro**, remaining onion, and lime. Enjoy!

Tips, Tricks, and Terms

TACO SEASONING!

Mix up a flavorful alternative to taco seasoning packets for your family's tastes. Keep some on hand to spice up ground beef, use as a steak or chicken rub, or stir into soups and stews for an extra zing of flavor. If your family isn't a fan of spicy food, cut back on the red pepper flakes.

Local Crate's Taco Seasoning Blend:

- 1 teaspoon ground cumin
- 1 teaspoon coriander
- 1 teaspoon red pepper flakes
- 2 teaspoons smoked paprika
- 4 teaspoon chili powder

Mix well and store in an airtight container.

A little about...

JACKFRUIT: a large and prickly tropical fruit with a neutral flavor that makes it great for absorbing others! When "pulled" it has a texture similar to pulled pork. We love it for pulled meat alternatives like this "carnitas"!

SOY SAUCE: a salty, umami-packed condiment which originated in China more than 2,000 years ago, great for adding a complex savory saltiness to dishes.



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R&R pink oyster mushrooms

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