

Wine & Dine with Jeff

Vegan Jackfruit Tacos with Lime Crema

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pairing with Zaca Mesa Viognier 2017



INGREDIENTS

2 1/2 cans young or green jackfruit i used a brand native forest

2 tablespoons of olive oil

1 medium yellow onion diced

4 garlic cloves minced

1 tablespoon of chili powder

1 teaspoon of cumin

1 teaspoon of smoked paprika

1/4 teaspoon of chipotle chili powder

1 cup of crushed tomatoes

1 tablespoon of fresh lime juice

1 tablespoon of agave nectar

Salt to taste

INGREDIENTS OF LIME CREMA

1 cup of cashews

1/2 cup of water

3 tablespoons of fresh lime juice

1/3 cup of cilantro

1 garlic clove

salt to taste

DIRECTIONS

1. Rinse jackfruit then dry and shred with you fingers it should look like shredded chicken or pork
2. In large skillet add olive oil to medium heat then add your diced onion and garlic and saute for 5 minutes
3. Add your shredded jackfruit to the sauted onions and garlic and stir to combine mixture.
4. Add all your spices Chili powder, cumin, smoked paprika, chipotle chili powder and salt stir to combine all the spices to the jackfruit.
5. add crushed tomatoes stir to combine and simmer of low for 10 minutes. In the last minute of cooking incorporate the fresh lime juice and agave nectar
6. For the lime crema soak cashews for 8 hours or overnight, If you are short on time for faster results you can boil water and pour the hot water over the cashews and let them sit for 15 minutes. Drain water from cashews. In a blender combine cashews, water, lime juice, cilantro, garlic clove and salt and blend on high. It will be thick and creamy and delicious.

7. Use your favorite taco shell flour or corn and top with your favorite vegetables and drizzle with the lime crema and enjoy