

BBQ Jackfruit Sliders

Makes 18 sliders or 6 individual sammies

1 tablespoon avocado or olive oil
1 yellow onion, chopped
8 cups chopped, unripe or young jackfruit (approximately four 14-ounce cans, drained and rinsed)
1 tablespoon tomato paste
2 tablespoons Braggs Liquid Aminos or soy sauce
1 teaspoon liquid smoke
1 tablespoon your favorite no-salt all-purpose seasoning
2 teaspoons smoked paprika
4 cloves of garlic, minced
1 ¼ cup your favorite barbeque sauce, plus more for serving
Spray oil

To serve: buns, BBQ sauce, sliced red onions, your favorite coleslaw like our [celery seed slaw](#), and pickle slices

Heat a large oven-safe skillet over medium-high heat. Add the oil and the onion, and sauté till the onion is golden, about 8 minutes. Add the chopped jackfruit and stir until it begins to stick to the pan, 3 to 5 minutes. While the jackfruit cooks, mix the tomato paste, Braggs, and liquid smoke together in a small glass until there aren't a bunch of tomato paste chunks floating around in there. Don't be sloppy now, you're so close to being done. Drizzle the tomato paste mixture over the jackfruit and toss it all around so it's incorporated into the jackfruit. Sprinkle over the all-purpose seasoning, paprika, and garlic and cook for another 3 minutes so that all the flavors get a chance to work into the jackfruit. If there starts to be lots of burnt bits at the bottom of the pan, add some water a tablespoon at a time to help you scrape that shit up. You want that flavor. Add the barbeque sauce to the pan and cook for another 2 minutes so that all that jackfruit gets covered in sauce and everything gets a chance to warm back up.

Once that is done, turn off the heat and turn your broiler up to high. Spray some oil over the top of the jackfruit and stick it under the broiler for up to 5 minutes until the jackfruit starts to look a little burnt in some spots. Take it out, stir, and repeat the process at least 2 more times to get some good burnt parts on the jackfruit. This is annoying but totally fucking worth it. It makes the jackfruit have a much deeper and more savory taste. It's basically the secret to the whole thing.

Serve warm or at room temperature on buns slathered with extra BBQ sauce, topped with sliced red onions, your favorite slaw, and some dill pickles slices.