

PHO-BOWL-OUS JACKFRUIT

Submitted by Chef Joseph Hirsch at
Providence St. Joseph Hospital Orange

SERVES 5

INGREDIENTS

6 oz. brown sugar
3 tbsp. hoisin sauce, additional
as condiment
2 ½ cloves, garlic, minced
1 shallot, sliced
1 ¾ cups coconut water
1 ½ lb. jackfruit, canned
1 ½ tbsp. Chinese five spice
1 ½ cup corn starch
2 lb. rice noodles, pre-cooked
1 ½ oz. vegetable stock
¾ oz. ginger root
1 ¾ oz. onion
¾ oz. lemongrass, minced
1 tbsp. lime juice

Optional condiments per serving

2 lime wedges
1 tbsp. jalapeño, sliced
1 tbsp. green onions, sliced
1 tbsp. Thai chili peppers
2 cilantro sprigs
1 tsp. Thai basil, chopped
1 tbsp. Thai chili paste
1 tbsp. sriracha
1 tbsp. hoisin sauce

PREPARATION

1. In a large pot, melt sugar and 1 ½ tbsp. water over medium heat. Stir until sauce is bubbling and mimics caramel. Stir in 2 tbsp. hoisin sauce, minced garlic, and shallot, then add coconut water. Reduce and simmer for 15 minutes until desired consistency. When removed from heat, the sauce will continue to thicken as sugar cools.
2. Preheat frying oil to 350°. Drain jackfruit, pat dry, and remove any rind. In a bowl, blend corn starch and ¾ tbsp. five spice until fully incorporated. Coat jackfruit with mixture and fry until golden, about 4-6 minutes. Gently move the jackfruit during the frying process to prevent clumping and achieve even crisp. Drain and mix jackfruit in 3 oz. of sauce.
3. Broth Bring stock and 1 ¼ qt. water to a boil and reduce to a simmer. Add ginger, onion, lemongrass, lime juice, and remaining hoisin sauce and five spice. Simmer broth for 45 minutes then strain.
4. Serving Place ¾ cup rice noodles into a soup bowl and ladle 1 cup of hot broth over the top. Rest for 1 minute then add 5 oz. of jackfruit. Garnish with desired condiments. Serve hot immediately.

