

Chinese Crispy “duck-style” Pancakes



Ingredients (makes 6)

- 1 tin of young (green) jackfruit in water
- 1 tbsp oil
- 1 large spring onion, white part only – finely diced
- 1 clove garlic, finely diced
- 1 tbsp finely diced ginger
- 1 tsp Chinese five spice
- 2 tbsp soy sauce
- 2 tbsp hoisin sauce
- 1 tsp toasted sesame oil
- Pinch of black pepper

Method

1. Pre-heat the oven to 200° C.
2. Drain the jackfruit. Cut the firm, pointy ends off each triangular piece of jackfruit and set aside.
3. Heat up oil in a medium, heavy-bottomed, pan. Fry spring onions until softened. Add garlic and ginger and fry off gently until soft and fragrant.
4. Add five spice mix and fry it off gently, stirring the whole time, for a minute or so.
5. Now add in the prepared jackfruit along with soy sauce, 2 tbsp of hoisin sauce and toasted sesame oil. Mix everything well. Squash the jackfruit pieces with your mixing spoon so that the individual fibres separate more. Season with black pepper. Simmer the mixture gently for another 5-10 minutes and then allow it to cool down.
6. Spread the jackfruit pieces on a baking paper-lined baking tray and brush them lightly with an extra tablespoon of hoisin sauce. Bake for about 20-25 minutes, until a little caramelised and browned around the edges.
7. When ready to serve, cook the Chinese pancakes according to instructions, then spread with a little extra hoisin sauce, add the jackfruit, sliced cucumber and spring onion, then roll the pancake.