

HONEY & SOY JACKFRUIT POKE

A gorgeous summer starter
perfect for BBQ season.



Ingredients (for 10 portions)

Jackfruit:

- 1.5kg tin of jackfruit
- 200ml honey
- 100ml soy sauce
- 20g BBQ seasoning
- Salt and pepper to taste

Sticky Rice:

- 200g sushi rice
- 3 spring onions, finely chopped
- 1tbsp mirin
- 1tbsp rice vinegar

Corn & Mango Relish

- 100g frozen sweetcorn
- 100g frozen edamame beans
- 50g mung beans
- mango, finely diced
- A dash of Japanese dressing

Corn Puree

- 200g frozen sweetcorn
- 300ml milk
- Xanthan gum

Tempura Tofu

- 30g tempura flour
- 300g tofu
- Cold, sparkling water

Sesame crisp

- 100g sushi rice
- 25g white sesame seeds
- 25g black sesame seeds
- 1 egg white

Garnishes

- 200ml ready-made guacamole
(Blended into a smooth puree)
- Sriracha mayo
(1tbsp sriracha combined with
100ml mayonnaise)
- A bunch of dill
- 50g radish
- 20g micro-mixed cress

Method

Step 1:

Since the sesame crisp needs to be frozen before it is cooked, make sure to assemble it either the night or a few hours before serving this dish. Over cook the 100g sushi rice, drain it, and blend with the egg white. Spread the rice onto greaseproof paper, sprinkle the sesame seeds on top, and freeze.

Step 2:

Drain and pat dry the jackfruit. Combine the honey, soy sauce, BBQ seasoning and salt and pepper, and add to the jackfruit. Mix until combined.

Step 3:

Preheat oven to 170°C, 150°C for a fan oven, or Gas Mark 3. Roast the jackfruit in the oven until golden-coloured.

Step 4:

In the meantime, cook the sushi rice for the sticky rice until the water is absorbed and the rice is over al dente (this should take around 20-25 mins). Mix in the spring onions, mirin and rice vinegar.

Step 5:

For the corn and mango relish, defrost the sweetcorn and edamame and combine in a bowl. Add the mung beans, mango and Japanese dressing and leave until ready to serve.

Step 6:

The corn puree can be assembled at the same time. Add the frozen sweetcorn to the milk and simmer for 10 mins. Drain and blend into a smooth puree, adding Xanthan gum to bind the ingredients together into a thicker sauce and then place to the side.

Step 7:

Cut the tofu into 30g slices. Combine the tempura flour with cold sparkling water and dip the tofu to coat. Shallow fry until crisp.

Step 8:

Remove the frozen sesame crisp from the freezer and deep fry on the greaseproof paper until golden. Break into shards to serve.

Assemble the jackfruit on a bed of rice, corn and mango relish, and tempura tofu. Dot the purees around the base of the stack and scatter the pickled ginger, micro-mixed cress, and dill over the top. Stick one shard of the sesame crisp in the top and accompany with a line of sriracha mayonnaise.

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