

Jackfruit

A 16lb Jackfruit yielded 3 large trays of fruit, and 1 large tray of seeds to freeze dry *

[Live. Life. Simple's: Freeze Dried Jackfruit - - The Largest Fruit Known to Man](#)

Ingredients:

16 lb Jackfruit

Sweet or Savory Spices
(for seeds)



Directions:

1. Cut the jackfruit in half. You are after the pods that the seeds are in, they look like a yellow pepper, and the seeds are in the middle of that part of the fruit. Remove the seeds, and save.
2. Spread the prepared fruit evenly onto parchment lined trays.
3. Take the shell off of the seeds, then boil them for 20 minutes and remove 1 more layer of skin. They taste and look like potatoes.
4. I cut the seeds in half, put some spices on them, and spread them out on a lined large freeze dryer tray.
5. Freeze everything until solid.
6. Freeze Dry
7. Store appropriately. (See Tips & Tricks for storage help)

Cycle Time: 4 trays in my Large Freeze Dryer took about 30 hours.

Rehydration: Seeds can be thrown in cold water to soften back up. We eat the jackfruit fruit as a freeze dried snack.



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www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray