

# Jackfruit-Pods and Seeds

*1-16lb jackfruit yielded about 24 cups of fruit and about 5 cups of seeds*



## Ingredients

1 jackfruit—ours was 16lbs

Spices of choice to season the seeds

## Directions

Jackfruit releases a sticky sap, so lightly oil your knife and hands (or wear gloves).

1. Lay down parchment paper or newspaper to make cleanup easier
2. Slice the jackfruit in half lengthwise, then into quarters. Or leave it whole and slice 3-inch rings from top to bottom
3. You'll see a thick, fibrous core in the center. Cut it out and discard it
4. The yellow, fleshy pods around the core are the edible fruit. Gently pull them out with your hands or use a knife
5. Each pod has a seed inside—remove and save the seeds
6. Once all the pods are separated, rinse them to remove any sticky residue.
7. Add parchment paper to your trays and place the jackfruit pods in a single layer on the trays
8. Jackfruit seeds are edible. They taste like a potato. Boil them for 20-30 minutes, peel off the outer skin,
9. Cut the seeds in half, add a little spice, and add them to a freeze-dryer tray
10. Pre Freeze when possible
11. Freeze dry (my cycle time was 26 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

No rehydration is intended for the jackfruit. It makes a delicious, sweet, and crunchy snack. The seeds are pretty dry if you eat them freeze-dried. You can rehydrate them by covering them in water and allowing them to sit for about 10 minutes. You can eat them rehydrated or chop them up and add them to a soup or dish that calls for potatoes.

**Notes:**  $\frac{1}{3}$  cup of jackfruit seeds contains about 5 g of protein and 3 g of fiber

## Nutritional Value Per 1 cup of jackfruit

Calories: 155 Protein: 2 g Fat: 0 g Carbohydrates: 39 g Sugar: 31 g Fiber: 2 g

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