

Creative Cooking

S2 PROGRAM 1

AROUND THE WORLD IN 7 DAYS!
NICOLE BRAXTON • DCC0000013

TRIP TO THE SOUTH



BBQ CHICKEN SLIDERS

INGREDIENTS

- 2 cans jackfruit in brine or water
- your favorite barbecue sauce
- 1 onion diced
- 2 garlic cloves minced
- slider hamburger buns

INSTRUCTIONS

Drain water from the canned jackfruit. In a pot bring water to a boil and add the jackfruit after 30 minutes of boiling, the jackfruit should be done. However, it is recommended to check it periodically to see if it is tender before or after 30 minutes. The goal is for the jackfruit to be easily separated by a fork. Once the jackfruit is tender, drain the water and add your favorite barbecue sauce in a saucepan. Add sautéed onions and garlic to the jackfruit. Let the jackfruit and barbecue sauce simmer on the stove top for 30 minutes to 1 hour on low heat. You can also put it into a crock-pot to maximize the flavor for 3 to 4 hours, but if done this way, ensure you have enough sauce to adequately cover the jackfruit. Now place on a hamburger bun with vegan slaw or serve with mashed potatoes.

VEGAN SLAW

INGREDIENTS

- cabbage slaw mixture (dry)
- 2 Tbsp vegan mayo
- 1 lemon
- 1 Tbsp celery seeds

INSTRUCTIONS

Add the vegan mayo, squeeze lemon juice and add your celery seeds. Now mix the ingredients together with a spoon and your slaw is complete.

COLLARD GREENS

INGREDIENTS

- 1 bag freshly chopped and washed collard greens
- 2 onions (chopped)
- ¼ cups nutritional yeast flakes
- 2 ½ Tbsp Amino Bragg's
- 3 Tbsp garlic powder
- 2 Tbsp onion powder
- 3 chopped garlic cloves
- 2 cups water
- 2 Tbsp red pepper flakes
- ¼ cup coconut milk

INSTRUCTIONS

Bring water to a boil. Add collard greens. Then add onions and garlic. Next add all the other ingredients and let the collard greens simmer for 20-30 minutes. Now add coconut milk. Then add any other seasonings you would like so that the flavor suits your taste.