

KOREAN BBQ VEGAN BUNS



INGREDIENTS

BBQ SAUCE

- 240ml dark soy sauce
- 250g dark brown sugar
- 30g finely chopped garlic
- 30ml rice wine vinegar
- 15ml Sriracha chilli sauce
- 5g finely grated fresh ginger
- 5ml toasted sesame oil
- 7g ground black pepper
- 15g cornflour 15ml water

JACKFRUIT

- 1.5kg piece of fresh, green (un-ripe) jack fruit
- Vegetable oil
- 250g shredded red onion
- 2 green chillies (finely chopped)

KIMCHEE

- 2.4ltr water
- 2 heads of Chinese leaf (or red cabbage), washed and cut into 2-inch squares
- 130g sea salt
- 15g finely chopped garlic
- 15g chopped ginger
- 40g red pepper flakes (kochukaru)
- 30g caster sugar
- 5 spring onions cut into ½ inch pieces
- ½ mooli cut into matchsticks



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COOKING METHOD

BBQ SAUCE

- 01 Mix all the ingredients, except the water and corn flour, in a thick bottomed pan and bring to a gentle simmer.
- 02 Combine the water and cornflour, before whisking into the simmering soy sauce mix. Cook out until thick (approximately 5 mins).
- 03 Remove from heat and reserve until needed.

JACKFRUIT

- 01 Scrub the skin of the jack fruit using clean fresh water. Cut the fruit into large chunks and cook (boil or pressure cooker) until tender.
- 02 Drain and allow to cool. Cut away and discard the skin. Remove the seeds, peel off the pith around them and discard. The seeds can then be roasted and eaten (similar to chestnuts).
- 03 Pull the fruit pods and stringy fibres to resemble pulled meat.
- 04 Fry the onions and green chilli in a little vegetable oil. Add the pulled jack fruit, allowing to caramelise slightly.
- 05 Add the bbq sauce and keep hot for service.

KIMCHEE

- 01 In a large non-reactive bowl or pot, mix the salt and water. Add Chinese leaf and mooli, soaking for 5 to 6 hours.
- 02 Remove Chinese leaf and mooli and rinse in cold water, squeezing out excess liquid.
- 03 In a large bowl, mix garlic, ginger, red pepper flakes, sugar, spring onion, Chinese leaf and mooli.
- 04 Pack the seasoned cabbage into a large airtight jar with lid and allow to ferment in a cool place for 2 to 3 days before serving or putting in refrigerator.

TO SERVE: Serve with bao buns, micro red shiso leaves and shredded spring onion.

