**Kentucky Fried Jackfruit**

Servings: 8

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Total Time: 30 Minutes

Equipment Needed:

3 Bowls, 1 Whisk, Skillet, Spatula, Paper Towels, Plate

Ingredients:

2 14 oz Cans Jackfruit in Water

*Vegan Buttermilk Mixture -*

1 Cup Nut Milk (I used Almond Milk)

1/2 teaspoon Old Bay Seasoning

1/2 teaspoon Mrs Dash Seasoning

1/2 teaspoon Cajun Seasoning (I used Slap Ya Mama)

2 Tablespoons Lemon Juice, Fresh

*Flour Batter -*

2 Cups All Purpose Flour

1/2 Cup Cornstarch

2 Tablespoons Your Favorite Salt-Free Seasoning

*For Frying -*

Any oil for frying at high temperatures

Directions:

1. Drain and rinse Jackfruit carefully. Set aside.

2. Make the Vegan Buttermilk Mixture: Nut Milk, Old Bay, Mrs Dash, Cajun Seasoning, Lemon Juice in a large bowl. Add Jackfruit to the Buttermilk Mixture to allow the flavors to marinate for 10 Minutes.

3. Then, Make Flour Batter in separate bowl.

4. You might want to use your hands to make sure the pieces in the bottom receive some Buttermilk Mixture. NOTE: It is called BUTTERMILK because of the lemon juice. Buttermilk, by nature, is slightly sour to the taste, but that is why it is so desirable to the taste buds.

5. For Frying, heat oil at Medium-High Heat. Test with a pinch of Flour to see if it sizzles - food will absorb more oil if oil is too cool - too hot and it will scorch.

6. Take a few pieces at a time from the Buttermilk Mixture and drop them into the Flour Batter, coating completely, then quickly coat in Buttermilk Mixture again (the double dip system) and thoroughly coat in Flour Batter.

7. Gently place them into the oil, tossing them occasionally and remove when golden brown onto paper towels to drain excess oil.

8. Eat & Enjoy!