

Tofu Scramble & BBQ Jackfruit

Learning to make a good tofu scramble is a revelation. For us, it is now an essential part of a vegan breakfast whenever we have one — whether for breakfast or dinner — and sometimes makes a wonderful meal as the main item. BBQ Jackfruit is worth the effort, and don't worry if you muck it up once or twice. It is all part of the fun of learning.



Tofu scramble can be a fabulous meal in and of itself. Like many if not most vegan dishes, you will find your way of doing it right, and I can only share ours.

Crumble a 200g block of firm, pressed tofu into a bowl, so it looks a little like white scrambled egg. Add a level tsp of turmeric and black salt (kala namak) to taste. You can also add garlic and/or onion powder, nooch, black pepper etc. Chop and fry a pepper, then add the tofu to the pan, if you like a 'wetter' scramble, add some plant milk.

Our vlogs.

[TOFU SCRAMBLE VLOG](#)

[TOFU FRIED EGG VLOG](#)

You may have seen tins of young green jackfruit in water in the supermarkets, it seems to now be widely available and that's a good thing as many people use it like a pulled pig alternative.

Drain a can of jackfruit and blot with kitchen roll to soak up any excess moisture. Pop into a frying pan and lightly fry each side of each piece until you see a little colour. Using two forks hold each piece with one, whilst dragging the fat end apart with the other. When separated add your favourite bbq sauce and cook until sticky.

