

## Frozen Chicken Wings from Jackfruit, Soy skin, Cauliflower <sup>new</sup> ( Chickfruit)

Yield : 1 pack (7pcs)

280g jackfruit  
1 medium cauliflower  
Vegan chicken stock  
Vegan poultry seasoning  
1 ½ cup Water  
2tbsp silken tofu  
2tbsp mung bean starch  
1 tsp water  
Soy milk

OK

Not Commercial  
Unique Ingredients  
Healthy  
Complex processing

### Methods :

1. Clean the jackfruits
2. In a pot combine chicken stock, seasoning, and jackfruit. Bring the stock to boil then cook on medium for 10 minutes. Turn the heat to low, cover the pot and cook for another 10 mins or until the liquid has been absorbed
3. In a bowl mix tofu and starch then combine with the jackfruit.
4. Cut the whole cauliflower into quarters, slicing from the stem to the florets of the cauliflower - keep the stem attached to the florets as this is what will be the 'bone' and also hold onto the flesh of the jackfruit. Cut off the majority of the florets of each cauliflower quarter to get the basic shape of a drumstick.
5. On a clingwrap , put the cauliflower bones and jackfruit mixture. Wrap the clingwrap around the jackfruit flesh, leaving the stem of the cauliflower exposed, and twist the clingwrap until it wraps around the flesh tightly. place the drumsticks in freezer for at least an hour to firm up.
6. In a saucepan heat the soy milk until a thin skin forms , use the soy skin to wrap the drumstick

Serving method : can be eaten alone or with rice


### Health benefit :

- Improves Immunity. Jackfruit contains a high amount of vitamin C and antioxidants which helps boost immune system
- Improves Digestion because Jackfruit is rich in two kinds of fibers- soluble and insoluble.
- Prevent cancer because Jackfruit is rich in antioxidants, phytonutrients and flavonoids. The presence of these antioxidants eliminates the toxins produced by the body
- Lower blood pressure because jackfruit contain potassium
- Enhances Vision because Jackfruit rich in vitamin A that provides a healthy nutrition for our eyes.
- Helps control asthma because jackfruit help eliminating free radicals that produced in the body due to the pollution which leads to asthmatic attacks

Name : Gabriella Alicia Joewono – Verona (Marzipan) 1874130010088

Date of submission : 5/02/2020

Student's signature

  
Alicia

