

# SQF Christmas 2019 - BBQ Jackfruit Pastry Parcels

*Brought to you by Sleaford Quality Foods*



Follow us for the latest news, trends and recipe ideas!



[company/sleaford-quality-foods](https://www.linkedin.com/company/sleaford-quality-foods)



[@Sleaford\\_QFoods](https://twitter.com/Sleaford_QFoods)



[@sleaford\\_qf](https://www.instagram.com/sleaford_qf)



**SLEAFORD**  
QUALITY FOODS

# BBQ Jackfruit Pastry Parcels

## Ingredients

- 160g Pastry Flour
- 1/2 tsp fine sea salt
- 160g vegan butter
- 95ml cold water
- 1 tbs soymilk
- 1 tbs amber agave syrup
- 300g Green Jackfruit
- 1½ tbs Sleaford Quality Foods BBQ Seasoning
- Vegetable Oil, for greasing baking tray

Optional Chef William Mixed Herbs

## Method

- 1.) Mix the jackfruit and BBQ seasoning together until jackfruit is evenly coated with the seasoning.
- 2.) Place the flour in a medium bowl and add the salt and mix well to combine.
- 3.) Break the butter into chunks and rub it into the flour. You still need to see chunks of butter in the flour to make the pastry flakey and buttery.
- 4.) Add the water a little at a time and mix until you have a dough. Cover and refrigerate for 30 minutes.
- 5.) Form the dough into a rectangle and roll it out until it is 3 times its original length. Fold the top third of the dough onto the middle of the dough and the bottom third on top of that.
- 6.) Turn the dough a quarter turn and roll it out again until it is 3 times its original length. Again, fold the top third to the middle and the bottom third on top of that. Wrap in plastic wrap and refrigerate for 30 minutes. Repeat another 2 times and your pastry is ready to use.
- 7.) Roll out and cut out individual squares.
- 8.) Place a spoonful of mix in the middle of each square and fold like a parcel.
- 9.) Place on an oiled baking tray and cook in the oven at 190°C for 15 – 20 minutes until pastry is golden brown. Garnish with optional mixed herbs – devour whilst hot!



**SLEAFORD**  
QUALITY FOODS

