

ONE BITE

VEGAN MAGAZINE

HOW TO MAKE
Vegan
Sushi

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Donuts

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Bliss Ball
- 4 WAYS!

22
FUN-SIZED
FLAVOR-FILLED
PLANT BASED
RECIPES

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Zucchini
Tater Tots

Party Perfect Spinach Cheese
Pizza Rolls

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BBQ Jackfruit Stuffed Idaho® Potato Rolls

By: Kathy Hester



I love making bread once the weather gets chilly. This bread is made with white whole wheat flour and gets its moisture from the lovely Idaho® Potato. Filled with a savory and toothsome jackfruit bbq, these will be your new go-to party food, so make a double batch and keep some in the freezer.

What's jackfruit? It's actually a giant fruit that can be used unripe or ripe in foods. We are using the unripe version. While it doesn't have a strong flavor it does resemble pulled pork or chicken in texture making it the perfect meatless choice for a pulled bbq.

INSTRUCTIONS:**BBQ Ingredients**

- 1 (20 oz/565 g) can of Jackfruit in brine, drained (not the one in syrup!)
- 2 cups carrot, shredded (sweet potato or butternut squash can be substituted)
- 1 cup your favorite vegan bbq sauce
- 1/2 cup water

Roll Ingredients

- 3/4 cups mashed Idaho® potatoes
- 1/2 cup potato cooking water
- 2 tablespoons olive oil
- 2 tablespoons aquafaba* (or extra olive oil)
- 1 (.25 oz) package fast acting baking yeast (about 2 1/4 teaspoons)
- 1 tablespoon sugar (or other sweetener)
- 3 cups whole wheat or white whole wheat flour (plus more for shaping the rolls later)
- 1 1/2 teaspoons salt
- Olive oil to brush over the top of the rolls, optional

INSTRUCTIONS:**BBQ Sauce:**

Note: If possible make the bbq sauce the night before to assure the filling is completely cool.

1. Add the jackfruit to your slow cooker or a saucepan. Use your hands to shred it, breaking the solid pieces apart as best you can.
2. Mix in the shredded carrot, bbq sauce, and water. If you are using a slow cooker, cook on low for 7 to 9 hours. For stovetop cook covered over medium heat for about 15 minutes then remove the lid and cook until the sauce is thick.
3. Let the sauce cool completely.





Rolls:

Add the mashed potatoes, potato cooking water, olive oil, and aquafaba in a mixing bowl or your mixer.

1. Mix well and sprinkle the yeast and sugar over the top and let it sit for 10 to 15 minutes, or until the yeast begins to foam.

2. Mix in the flour cup by cup and add the salt with the final cup of flour. The dough should be soft, but should not stick to your hands. If it's still sticky add more flour.

3. Once the dough comes together either switch to the dough hook in your mixer and knead for about 10 minutes or turn out the dough onto a floured cutting board and knead until the dough begins to feel like your earlobe. Earlobe? Yes, you read that correctly. If you squeeze your earlobe it feels about the same as well kneaded dough, so it's a great benchmark.

4. Transfer the dough to an oiled mixing bowl and rub oil on top of the dough to keep from drying out. Cover with a clean dish towel and let it rise until it doubles in size, about 1 hour.

5. Preheat your oven to 350°F and oil two pie pans.

6. Roll the risen dough onto a floured cutting board and cut into 16 equal pieces. Roll each one into a ball.

7. Spread a bit of flour onto work surface and pat the circle in it. Turn the disk over and pat again. This should give you a pretty even circle, but you can use a rolling pin if you find that easier. Do not roll thin or your filling will burst out while cooking.

8. Take 3 tablespoons of cooled bbq filling, place in the center of the dough round, and carefully pull up the edges to meet. Pinch to seal the edges. Hint: if your hands get wet or the edges get coated with the bbq sauce it will not seal well.

9. Place the filled roll in one of the prepared pans, then repeat until all the rolls are filled and in the prepared pans. Brush the tops with olive oil.

10. Bake for 20 to 30 minutes, or until the tops are browned and firm to the touch.



ABOUT THE AUTHOR

Kathy Hester, blogger at [HealthySlowCooking.com](https://www.healthyslowcooking.com) and [PlantBasedInstantPot.com](https://www.plantbasedinstantpot.com), is passionate about making healthy eating easy and delicious. Her recipes are so full of flavor even the meat eaters in your family will love them too.

Her recipes have been featured in the Washington Post, The Oregonian, Yoga Journal Online, just to name a few. She is also the author of the bestselling cookbook *The Ultimate Vegan Cookbook for Your Instant Pot* and will make you fall in love with your Instant Pot too!

She also has cookbooks for your slow cooker, *The Vegan Slow Cooker*, and air fryer, *Vegan Cooking in Your Air Fryer*, see all of her books on Amazon: [amazon.com/Kathy-Hester/e/B004RWJH92/](https://www.amazon.com/Kathy-Hester/e/B004RWJH92/)