

Is Jackfruit the Next Meat Substitute? From VOA

A large and (1)_____ tropical fruit is becoming more popular in the United States.

The jackfruit is (2)_____ to India. The big, (3)_____ fruit grows in parts of Asia, South America and the Caribbean. It can (4)_____ from 6 to around 30 kilograms.

Often used as a meat substitute, jackfruit has a lot of vitamins and minerals. Its neutral (5)_____ works with all kinds of (6)_____.

Now, with many Americans looking for plant-(7)_____ alternatives to meat, jackfruit is becoming more popular.

This popularity has been growing for (8)_____ years, noted Robert Schueller. He is (9)_____ of marketing at Melissa's Produce, a (10)_____ produce company based in Los Angeles, California.

"It was about five years ago that the fruit started to really take off," he told reporters from the Associated Press. "Vegetarians and (11)_____ found out how this fruit could be used as a 'meat substitute' for pulled pork sandwiches and as a taco meat."

Schueller said Melissa's sales have increased (12)_____. The company went from selling a few containers of jackfruit each week to thousands of cases (13)_____.

In many places around the country, jackfruit is appearing not only at vegan and vegetarian restaurants, but other places as well. Tomatillo, for example, a Mexican restaurant in Dobbs Ferry, New York, has a quesadilla and a taco made with jackfruit.

In Chicago, Alulu Brewpub serves Vegan Sicilian Jackfruit Flatbread on a (14)_____ that also has pork belly.

Angela Means, (15)_____ of the vegan Jackfruit Café in Los Angeles, California, says people are choosing a vegan (16)_____ for many reasons. These reasons include environmental, health and (17)_____ concerns.

"We eat meat because of the (18)_____ and the spices. Jackfruit is a great substitute," Means said. "We put it in tacos, and we make sandwiches, like a barbecue pulled 'pork.'"

Jackfruit Café also serves a "fish patty" made of jackfruit and (19)_____.

Means said her restaurant tries to educate people in the community about jackfruit and meat substitutes. She (20)_____ "in seven to 10 years, jackfruit will be as popular as beef."

I'm John Russell.



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