

FTP Pulled BBQ



Pulled BBQ is a comforting favorite, known for its smoky and sweet flavors. This FTP Pulled version offers a plant-based, hassle-free alternative that does not require a barbecue or long cooking times. The long fiber structure stays juicy and absorbs barbecue sauce evenly.

Ingredients:

- 100 g FTP Pulled SF or FTP Pulled Dark SF
- 3 tbsp BBQ sauce
- ½ tbsp soy sauce
- ½ tsp chicken or beef aroma (optional)
- Vegetable oil
- 1 small red onion, thinly sliced



Preparation

Hydration

1. Place the dried FTP Pulled in a large bowl.
2. Boil 1 L of water and pour it over the FTP Pulled.
3. Let soak for 15 minutes.
4. Discard the warm water and rinse briefly with fresh cold water. Let rest for a few minutes, then drain and allow to drip for about 1 minute.

Cooking

1. In a small bowl, mix the BBQ sauce, soy sauce, and optional aroma until fully dissolved.
2. Heat vegetable oil in a skillet over medium-high heat. Add the hydrated FTP Pulled and sauté for 5–8 minutes, or until golden brown.
3. For better crust and aroma, do not stir until a golden-brown surface has formed, then turn the pieces.
4. Add the prepared BBQ sauce mixture, toss well to coat evenly, reduce heat slightly, and cook for another 4–5 minutes until the sauce thickens and caramelizes.
5. If desired, add the sliced red onion during the final minute of cooking.

Serving suggestion:

Serve in burger buns, tortilla wraps, tacos, or over rice.