

Vegan "Oxtail" Stew

Jackfruit & Mushroom Stew

A hearty Caribbean-style braised stew that swaps oxtail for young jackfruit and meaty mushrooms, simmered low and slow in a rich browning-and-butter-bean gravy.

Servings	Active Time	Total Time
4	35 minutes	1 hour 15 minutes

Ingredients

- 2 cups young green jackfruit in brine or water, drained, rinsed
- 454 g (1 lb) king oyster or cremini mushrooms, torn into thick chunks
- 3 tbsp neutral oil, divided
- 1 tbsp browning sauce (or extra dark soy sauce)
- 1 yellow onion, diced
- 4 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 3 scallions, chopped, white and green separated
- 1 carrot, sliced into rounds
- 1 scotch bonnet or habanero pepper, whole (pierced once, not chopped)
- 4 fresh thyme sprigs
- 1/2 tsp allspice berries
- 2 tbsp tomato paste
- 2 tbsp low-sodium soy sauce or tamari
- 1 tbsp vegan Worcestershire sauce
- 2 cups vegetable broth
- 1 cup butter beans, drained and rinsed
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tbsp cornstarch mixed with 2 tbsp cold water (slurry)

Instructions

- Prep the jackfruit**
Drain and rinse the jackfruit well, then shred it slightly with your fingers or two forks, keeping some chunky pieces for texture. Pat dry with a towel — this helps it brown instead of steam.
- Sear the jackfruit and mushrooms**
Heat 2 tbsp of the oil in a large heavy pot or Dutch oven over medium-high heat. Add the jackfruit and mushrooms, spreading in a single layer. Sear undisturbed for 3–4 minutes per side until deeply browned. Remove and set aside. (About 7 minutes.)
- Build the browning base**

Lower heat to medium and add the remaining oil to the pot. Stir in the browning sauce and let it bubble for 30 seconds — this gives the stew its deep, dark color.

4. **Sauté aromatics**

Add the onion, garlic, ginger, and the white parts of the scallions. Cook, stirring often, until the onion softens and turns golden, about 5 minutes.

5. **Add vegetables and spices**

Stir in the carrot, the whole scotch bonnet, thyme, and allspice. Cook for 1 minute until fragrant.

6. **Deepen the flavor**

Add the tomato paste and cook, stirring, for 1–2 minutes until it darkens slightly. Pour in the soy sauce and vegan Worcestershire sauce, scraping up any browned bits from the bottom of the pot.

7. **Braise**

Return the seared jackfruit and mushrooms to the pot. Pour in the vegetable broth, season with salt and pepper, and bring to a boil. Reduce heat to low, cover, and simmer gently for about 45 minutes, stirring occasionally.

8. **Add butter beans and thicken**

Stir in the butter beans and cook uncovered for another 10 minutes. Remove the whole scotch bonnet and thyme stems. Stir the cornstarch slurry into the pot and simmer 2–3 minutes until the gravy thickens and coats the back of a spoon.

9. **Finish and serve**

Taste and adjust salt and pepper. Discard the thyme stems if not already removed. Garnish with the reserved green scallion tops and serve hot over rice, mashed potatoes, or with roti.

Notes

For extra heat, mash the scotch bonnet slightly with a spoon before removing (careful — very spicy).

Swap butter beans for kidney beans for a more traditional Caribbean touch.

Leftovers taste even better the next day and freeze well for up to 3 months.