

Crispy Cornmeal Vegan Milkweed Pod Poppers

Ingredients

- 25-35 medium-large milkweed pods
- 1 cup cashews, softened by boiling for 10 minutes and then drained
- 1 clove garlic
- 3/4 tsp. salt, divided
- ½ tsp. ground cumin
- 1 tbsp. apple cider vinegar
- 1 cup plant-based milk, divided
- 1 jalapeño pepper, minced
- 3 scallions, chopped finely
- 2 tbsp. cornstarch
- ½ cup cornmeal
- Vegetable oil for cooking

Steps

1. Clean your milkweed pods. Bring a large pot of water to a boil. Add the milkweed pods to the boiling water, and boil for one minute. Remove from the heat, strain, and rinse with cool water. Once cool, make a slit about 2 inches long on each pod, remove the insides of the pod, and set the pod aside. Discard the insides of the milkweed pods.

2. Make the filling by combining the softened cashews, garlic, cumin, apple cider vinegar, ½ tsp. salt and ½ cup plant-based milk. Blend until smooth and creamy, scraping down the sides as needed so all the ingredients are incorporated. Transfer the creamy filling to a large bowl and add the chopped jalapeño and scallions. Mix and set aside.

3. Carefully fill the milkweed pods by spooning the prepared filling into the blanched pods. Add as much filling as possible to each pod so they are full but not so much that they break. Set the filled pods aside and continue until all the pods are filled or all the filling is used.

4. Heat a skillet with about a ¼ inch of vegetable oil on medium heat. In one bowl combine the remaining half cup of plant-based milk and cornstarch. Whisk well. In a second bowl combine the cornmeal and ¼ tsp. salt. Once your oil is hot, dip a milkweed pod in the milk bowl and then roll in the cornmeal. Place the breaded pod in the hot oil. Repeat until the skillet is filled. Fry each pod for a couple minutes until golden brown, and rotate 90 degrees. Repeat, frying and flipping until all four sides are golden and crispy. Continue in batches until all the pods are fried. Enjoy!

