

A NUTRITIOUS AND DELICIOUS FOOD

Breadfruit is a highly nutritious food and can be cooked and eaten during all stages of growth. It is gluten-free and a delicious substitute for root crops like potatoes, pasta and rice. The fruit can be baked, boiled, roasted or steamed. Entrepreneurs and food technologists are exploring ways on how to freeze or can fruit slices and produce chips, crackers, snacks, infant food, flour and starch from breadfruit.

The three traditional ways of cooking breadfruit are boiling or roasting over an open fire or in an imu (an underground oven).

Below are some recipes to inspire you. For these and other recipes and to learn more, visit www.breadfruit.org.

Appetizer

Breadfruit Vegetable Poke Salad

Aloha Aina
2004 Kahanu Garden Breadfruit Cookoff
Grand Prize Winner

1 medium breadfruit, cooked and cubed
½ lb ahi or aku
1 small package ogo (seaweed)
1 small package tossed salad mix (with cabbage)
1 tsp Hawaiian salt
1 tsp inamona (kukui nut)
½ chili pepper, diced

Cut fish into cubes. Chop seaweed finely. Mix all ingredients together in a large salad bowl.

Chill until ready to serve.

Makes 12 half-cup servings.



Salad

Breadfruit Jello Salad

Aloha Aina
2004 Kahanu Garden Breadfruit Cookoff
1st Place Winner

1 ½ cups breadfruit, cooked and mashed
2 tbsp sugar
1 ½ cups boiling water
1 package Knox unflavored gelatin
1 package orange-pineapple gelatin

Bring water to a boil in a medium sauce pan.

Combine Knox gelatin with ½ cup hot water in a mixing bowl and stir well until dissolved.

Stir the flavored gelatin into the remaining 1 cup of hot water until dissolved. Add the breadfruit and sugar. Mix well and remove from heat.

Add the breadfruit mixture to the Knox gelatin mixture and stir well.

Pour into a square pan and chill until firm. Cut into cubes before serving.



Main Dish

Breadfruit Stew

Paulette Kalaukoa
2007 Kahanu Garden Breadfruit Cookoff
1st Place Winner

1 lb lean pork, cubed
1 lb beef stew meat, cubed
½ cup flour seasoned with salt and pepper
1 lb smoked ham, cubed
¼ cup garlic, minced
1 medium onion, diced
½ cup Chinese parsley, chopped
1 tsp cumin
1 tsp oregano leaves, crushed
1 tsp ground black pepper
8 oz can tomato sauce
5 cups water
1 small mature breadfruit, cubed
Salt to taste
Cooking oil



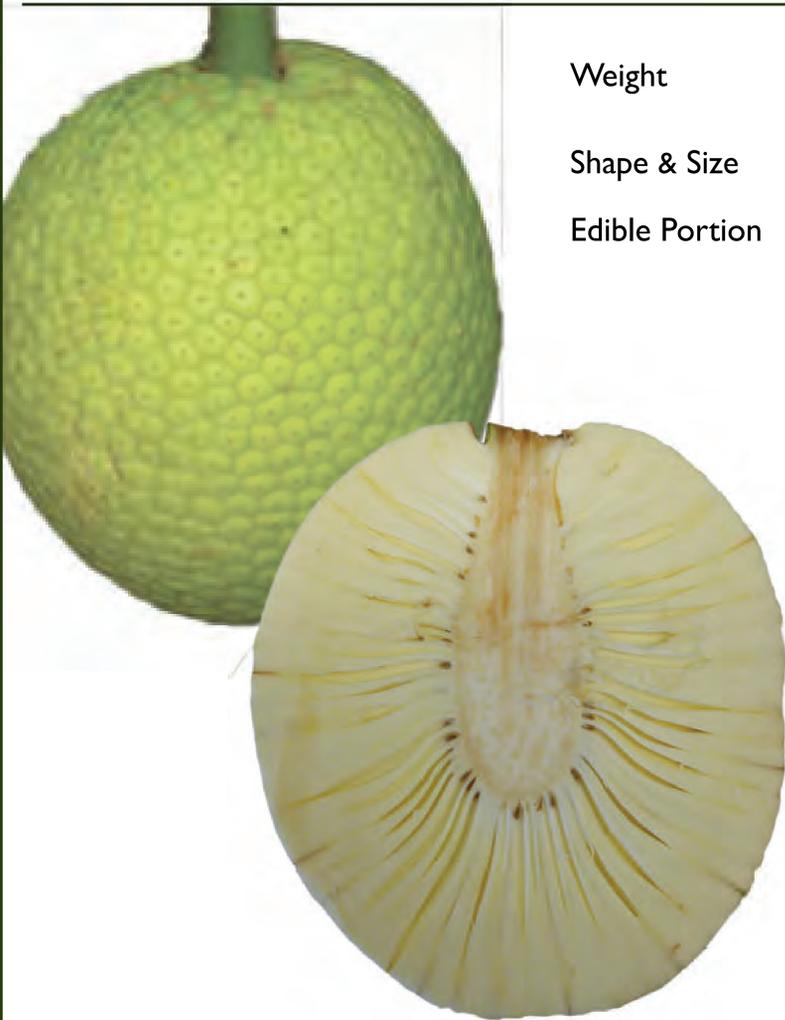
Coat pork and beef with seasoned flour. In a large heated saucepot, add oil and brown the pork and beef. Add the ham and stir all the meats together.

Add garlic, onion, Chinese parsley, cumin, oregano, pepper, salt and tomato sauce. Simmer for 10-15 minutes.

Add water, bring to a boil and simmer until the meat is tender.

Add breadfruit and cook for approximately 45 minutes or until the vegetables are tender.

MA'AFALA



Weight 1.4 - 2.3 lbs (634-1053 g)
1.7 lbs (783g) average

Shape & Size Oval; 5-6" long x 4-5" wide

Edible Portion 83%

Protein

Food	g/100g
Ma'afala	3.3
'Ulu	1.5
Taro	1.5
White Rice	2.5
Potato	2.5

Fiber

Food	g/100g
Ma'afala	4.5
'Ulu	6.5
Taro	5.5
White Rice	1.5
Potato	2.5

Potassium

Food	mg/100g
Ma'afala	1150
'Ulu	250
Taro	500
White Rice	100
Potato	450

Calcium

Food	mg/100g
Ma'afala	55
'Ulu	15
Taro	25
White Rice	10
Potato	15

Carotenoids

Food	µg/100g
Ma'afala	135
'Ulu	105
Taro	65
White Rice	15
Potato	15

Ma'afala produces 150-200, or more, delicious, nutritious fruits per year. The fruit has a creamy to pale yellow flesh and is usually seedless. The flesh has a soft, tender texture when cooked.

Breadfruit is a starchy energy-rich carbohydrate food and is also gluten free. Ma'afala is higher in protein (3.3%) than most breadfruit varieties, and flour made from the dried fruit contains 7.6% protein. It is a good source of fiber and rich in minerals such as potassium, magnesium, and calcium. Ma'afala also provides niacin, thiamin, and riboflavin (B vitamins), Vitamin C, and Vitamin-A producing carotenoids.

PLANT A TREE OF LIFE - GROW 'ULU

is a program of Ho'oulu ka 'Ulu, a project of the Breadfruit Institute at the National Tropical Botanical Garden and the Hawai'i Homegrown Food Network to revitalize breadfruit in Hawai'i

www.breadfruit.org www.breadfruit.info

