



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.

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