



Soup

Breadfruit Seafood Chowder

Jill Kawaiaea

2005 Kahanu Garden Breadfruit Cookoff Grand Prize Winner

3 cups cooked breadfruit, chopped
1 cup carrots, chopped
1 cup celery, chopped
1 clove garlic, minced
2 cups shrimp, chopped
2 cups fish, chopped (optional)
1 cup cooked taro leaves
2 cups cream, broth or milk

Butter
Herbs (optional)
Salt and Pepper to taste

In a large stockpot, sauté carrots, celery and garlic in butter. Add seafood and cream, broth or milk. Season to taste. Simmer for 5 minutes. Add breadfruit and taro leaves and simmer for another 5-10 minutes.

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