



## Main Dish

### Breadfruit Au Gratin

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Debbe Evans

#### 2009 Kauai Breadfruit Bounty Cookoff

1 – 2 breadfruit, immature (green)  
4 cups heavy cream  
16 oz Jarlsburg or Swiss cheese, shredded  
4 cloves garlic, minced (or ½ tsp garlic powder)  
4 tbsp butter  
2 tbsp cornstarch dissolved in ¼ cup water  
1 stick of Portuguese sausage, sliced  
Salt & pepper to taste

Prepare in a 9-inch x 11-inch pan.

Slice breadfruit lengthwise and remove the center core. Boil the breadfruit until just tender (20 – 25 minutes). Cool slightly and remove the skin with a sharp knife. Slice the breadfruit thinly, just as you would for scalloped potatoes.

While the breadfruit is boiling, melt the butter with the garlic until the garlic softens (2 – 5 min). Pour the heavy cream into the pan and let the mixture come to a low boil, being careful not to let the cream spill over the top of the saucepan. Let the cream mixture reduce by ⅓ and then add the cornstarch-water mix. Lower the heat and add the shredded cheese to the cream sauce (reserve ½ cup of shredded cheese for the top). Layer breadfruit and cream sauce. Add the Portuguese sausage. Top with the reserved cheese.

Bake at 350° for 35 – 40 minutes, until the top is lightly browned.

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