



Main Dish

NTBG Intern Breadfruit Delight

Jason Bonham, Erin McCoy – 2009 NTBG Interns

2009 Kauai Breadfruit Bounty Cookoff

3 breadfruit, immature (green)
8 oz bacon
1 white onion, diced
1 bell pepper, diced
1 tbsp olive oil
1 cup sour cream
4 cups cheddar cheese, shredded
Mrs. Dash seasoning
Salt and pepper

Boil breadfruit for 1 hour. Once cooled, peel and remove core.
Cube into 1-inch squares

Partially cook bacon and dice.

Sauté onion and bell pepper with olive oil and seasonings. Once onion softens, add bacon and let cool.

In large bowl mix thoroughly breadfruit, onions, bell peppers, bacon, sour cream and 3 ½ cups of cheese.

Pour into 9-inch x 13-inch casserole dish. Sprinkle remaining cheese on top.

Bake at 375° for 40 minutes until golden brown.

Breadfruit Institute
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