



Main Dish

Refried Breadfruit with Corned Beef

Team Waipa

2009 Kauai Breadfruit Bounty Cookoff 1st Place & Best Presentation

1 cup mature (firm) breadfruit, steamed, peeled, and cored
1 clove garlic, minced
2 tbsp green onions, chopped
2 tbsp butter
Fresh corned beef
Coconut milk, freshly grated
Salt and pepper to taste
Ti leaves, washed and “de-boned” (the mid-rib/vein is removed)
Fresh mint

In a medium-size bowl, mash breadfruit so it is chunky. Add garlic, green onions, salt and pepper. Form into patties.

Melt butter in skillet. Fry patties in butter until golden brown.

Cook corned beef until tender. Keep hot until ready to assemble.

Place cooked patty on center of ti leaf. Top with 4 – 6 ounces of cooked corned beef. Generously top that with coconut milk and garnish with fresh mint.

To bundle, pull up both ends of ti leaf and tie a knot. Garnish with an orchid.

Serve with poi and salted salmon.

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