



Dessert

Fudge-Like Breadfruit Pie

Team Waipa

2009 Kauai Breadfruit Bounty Cookoff

1 lb mature (firm) breadfruit, steamed, peeled, cored, and cubed
1 lb semi-sweet chocolate chips
1 cup soy milk
1 cup honey
1 tsp vanilla
1 8-inch pre-baked piecrust

On a double boiler, melt chocolate chips in a medium-size glass bowl.

In a blender, add melted chocolate and other filling ingredients. Blend until creamy.

Pour mixture into the pre-baked piecrust. Refrigerate for 1 hour and serve chilled.

Garnish with candied breadfruit.

Candied Breadfruit

1 cup mature (firm) breadfruit, steamed, peeled, cored and cubed
4 tbsp butter
4 tbsp honey

Sauté breadfruit in butter and honey, until golden brown.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org