



Dessert

Polynesian Breadfruit Medley

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2009 Kauai Breadfruit Bounty Cookoff

1 medium breadfruit
2 large sweet potatoes
1 large taro
2 cans sweet yams
½ cup butter
½ bottle coconut syrup
2 cups brown sugar
2 tsp cinnamon
1 tsp fresh ginger juice
10 oz bag large marshmallows

Boil breadfruit, sweet potatoes and taro separately until done. Cool, peel and remove core from breadfruit. Cut into bite size pieces and place in a large mixing bowl.

Cut sweet yams to bite size pieces, add to first three ingredients.

Cube butter and add to breadfruit mixture.

Add remaining ingredients and toss until well coated.

Pour into buttered 9-inch x 13-inch baking pan.

Bake 10 minutes at 350° or until hot.

Top with marshmallows and broil until marshmallows are toasted. Watch carefully so marshmallows don't burn.

Enjoy!

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