



Main Dish

Savory Breadfruit Bake

Mele Brewer

2009 Kauai Breadfruit Bounty Cookoff

Breadfruit Shells

1 medium to large breadfruit, mature (firm)
1 cup water
¼ tsp salt
Soft butter

Cut breadfruit in half and rub flesh with butter and salt. Place in baking pan with water and bake at 350° for 1 hour or until soft when pierced with a fork.

Once cooled, scoop out breadfruit pulp leaving a ½ inch shell. Cut pulp into small squares & set aside.

Filling

½ lb lean flank steak cut into ½ inch strips
¼ cup olive oil
2 garlic cloves, minced
4 tbsp onions, minced
4 tbsp celery, minced
½ tsp salt
½ tsp chili powder
¼ tsp cayenne pepper, if desired
¼ tsp Worcestershire sauce
8 oz can diced tomatoes

Topping

½ cup mozzarella cheese, shredded

Brown celery, onions and garlic in a large skillet. Add steak strips and cook until no red remains. Add seasonings and tomatoes. Stir in breadfruit squares and simmer until all is tender.

Cut breadfruit halves into quarters. Place in a baking pan and pile with meat filling. Top with cheese and place in the oven at 375° until cheese melts. Serve hot!

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