



Appetizer

Deep Fried Breadfruit

Aaron Uyeda

2009 Kauai Breadfruit Bounty Cookoff 2nd Place Winner

1 breadfruit, mature (firm)
1 quart vegetable oil

Heat vegetable oil to 350° in large stockpot.

Peel and rinse breadfruit. Slice into ¼ inch wedges.

Deep fry breadfruit in oil until golden.

Strain and drain on paper towel.

Sprinkle with garlic salt or furikake.

Serve warm.

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