



Main Dish

Mexican Style Breadfruit Casserole

Sondra Lund

2009 Kauai Breadfruit Bounty Cookoff 2nd Place Winner

Breadfruit Mixture

3 cups breadfruit, cooked, peeled, cored, and cubed
½ cup flour
½ tsp salt
½ tsp pepper
Cooking oil

Sauce

3 tbsp cooking oil
1 tsp cumin
½ tsp salt
½ tsp pepper
1 tbsp garlic, chopped
¾ cup onion, chopped
½ cup cilantro, chopped
¾ cup canned green chilies
1 cup corn
½ cup sliced black olives
1½ cup cheddar cheese
1½ cup milk
2 tbsp lime juice

Place flour, salt & pepper in paper bag; add breadfruit, shake until coated. In skillet, with the cooking oil, brown a small amount of breadfruit at a time; set browned breadfruit aside.

In same skillet, add 3 tbsp oil and roast cumin, salt & pepper until fragrant. Add garlic, onion, cilantro and chilies. Cook until onions are transparent. Add corn, olives, milk, breadfruit and cheese. Simmer until cheese is melted.

When cheese is melted, pour into greased, warmed casserole dish. Keep warm until served. Garnish with crushed tortilla chips.

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