The mission of the Breadfruit Institute is to promote the conservation and use of breadfruit for food and reforestation. The Institute manages the world’s largest collection of breadfruit, and is engaged in an initiative to promote breadfruit tree planting projects throughout the tropics.

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**Want more information?**

For good quality flour, breadfruit should be peeled, cored and any seeds removed prior to slicing. Peel is edible and can be left on the fruit but the resulting flour has lower quality. Slices should be about 0.5 cm (0.2 inches) thick. A variety of commercial tools are readily available for slicing breadfruit. Simple mandolin-style slicers work well, and other slicers or shredders such as Dynacoupe™, Nemco™ or Hobart™ shredders can be used but may be harder to clean.

Breadfruit slices can be dried in fruit driers such as the Excalibur Dehydrator™ (left) or a system of netting or window screens in a well ventilated shelter protected from the environment (right). To ensure food quality and safety, breadfruit slices should be dried to less than 10% moisture content within 24 hours. The drying temperature should not exceed 140°F (or 60°C). The dried breadfruit slices should be stored in an airtight container or bags until grinding.

Dried breadfruit slices should be ground using a burr style mill rather than a plate style mill to avoid overheating the flour and melting the protein and latex. Good examples of burr-style grinders include Bunn G2 Coffee Grinder™ or WonderMill™.

Breadfruit flour should be stored in an airtight bag or packaging. The prepared flour has a shelf life of 1-2 years at room temperature if kept dry.

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