Breadfruit Macadamia Nut Cake

Marie Friend

2003 Kahanu Garden Breadfruit Cookoff
1st Place Winner

1 cup lehua honey
½ cup butter
¾ cup breadfruit, cooked and mashed
½ cup sugar
1 tsp vanilla
2 cups flour
1 tsp baking powder
1 tsp baking soda
½ cup sour cream
½ cup macadamia nuts, chopped
½ cup raisins
¾ tbsp cinnamon

Cream butter and honey. Mix in breadfruit, sugar and vanilla. Sift together dry ingredients, including cinnamon. Add dry ingredients to creamy mixture; add sour cream until well blended. Add nuts and raisins.

Pour into buttered or sprayed 8in x 8in cake pan. Bake at 350º for 1 hour.

Serve cake with coconut sauce.

Coconut sauce
1 can coconut milk
¼ cup confectioners’ sugar

Whisk ingredients together. In a small saucepot heat mixture, but do not boil.
Breadfruit Coconut Milk Delight

Mapu Sinenci

2003 Kahanu Garden Breadfruit Cookoff
2nd Place and Best Presentation Winner

1 breadfruit, boiled, peeled and diced
1 can coconut milk
1 can condensed milk
Sugar cane stir sticks

In medium saucepot, mix coconut milk and condensed milk. Cook on medium-high heat until warm and steam starts to rise. Reduce to a simmer and add cooked, diced breadfruit. Simmer until thick.

Pour into fancy drinking glasses and garnish each with a sugar cane stir stick. ENJOY!
Waikiu Breadfruit Pudding

April-Sue Kahulu

2003 Kahanu Garden Breadfruit Cookoff
3rd Place Winner

1 mature breadfruit, boiled
½ cup butter
6 eggs, beaten
1 ½ cups brown sugar
1 can cream
2 cups cake flour
1 cup raisins or chocolate chips

Preheat oven to 340°F.

Peel, core and mash breadfruit.

Add remaining ingredients and mix well.

Pour into greased 9 x 13 inch cake pan.

Bake in a water bath for 45 - 60 minutes.
Breadfruit Malasadas

Anna Lono

2003 Kahanu Garden Breadfruit Cookoff

2 cups ripe (soft) breadfruit
2 cups flour
2 tbsp sugar
1 tbsp baking powder
2 eggs, slightly beaten
cooking oil
sugar for coating

Mash breadfruit until it is the consistency of pudding.

Combine breadfruit, flour, 2 tbsp sugar, baking powder and eggs; mix well.

Heat oil in a deep pot.

Form dough into balls and fry until golden brown. Drain on paper towels; roll in sugar to coat and serve.
Kahanu Breadfruit Ice Cream

Daniel Baker

2004 Kahanu Garden Breadfruit Cookoff
2nd Place Winner

2 ½ cups heavy cream
¾ cup sugar
1 cup breadfruit, baked and grated
1 tsp egg yolk, beaten

Add all ingredients to ice cream maker for 25-30 minutes.

Then place in freezer.

Serve when frozen to desired consistency.
Breadfruit Banana Bread

April Sue Kahuhu

2004 Kahanu Garden Breadfruit Cookoff

3 cups cooked breadfruit, diced
2 cups bananas, mashed
2 eggs, beaten
½ cup vegetable oil
1 ½ cups raw sugar
3 cups flour
3 tsp baking powder
1 ½ tsp baking soda
1 tsp salt

Preheat oven to 350°F. Grease a 9x5 x3 inch loaf pan.

Blend breadfruit, bananas, eggs and oil until well mixed. Add sugar and blend well.

Sift flour with baking powder, baking soda and salt; stir into breadfruit mixture.

Pour into pan and bake for 50 – 60 minutes or until done.

Cool on wire rack.
Dessert

Breadfruit Honey Cake

Aloha Aina

2004 Kahanu Garden Breadfruit Cookoff

1 cup honey
1/2 cup butter or olive oil
3/4 cup Breadfruit, cooked and mashed
1/2 cup sugar
2 tsp vanilla
2 cups flour
1 tsp baking powder
1 1/4 tsp baking soda
1/4 tsp salt
1/2 cup sour cream

Preheat oven to 350 degrees.

Cream together honey and oil.

Add Breadfruit, sugar and vanilla.

Sift in dry ingredients alternately with sour cream.

Mix well and spoon into an oiled and floured cake pan. Spread evenly and bake for 1 hour.
Fried Breadfruit

Mapu Sinenci

2004 Kahanu Garden Breadfruit Cookoff

4 medium breadfruit, cooked
1 cup butter
½ cup sugar or maple syrup

Slice breadfruit into thin slices.

Melt butter together with sugar in a sauté pan. Stir until sugar is melted.

Add breadfruit and cook until fruit is well coated.

Serve with ice cream if desired.
Real Bread(fruit) Pudding

Kathleen Hoopai

2007 Kahanu Garden Breadfruit Cookoff
3rd Place Winner

1 large breadfruit, soft (to yield 4 cups of fleshy fruit)
1 cup ripe apple bananas, mashed
¼ cup walnuts, chopped
½ cup raisins
1 tbsp baking soda
2-3 tsp cinnamon spice
1 tsp sea salt

Preheat oven to 350°F.

Cut the breadfruit open lengthwise and remove the seeds and sponge-like flesh. Spoon the ripe flesh away from the skin, place in a bowl and mash with a potato masher.

Blend in the remaining ingredients.

Pour into greased 8-inch square baking pan.

Bake for 40 minutes or until the top is brown.

Serve warm with light vanilla yogurt.

Serves 8.
Breadfruit Balls

Ingrid Estrella

2007 Kahanu Garden Breadfruit Cookoff

2 cups mature breadfruit, shredded
1 pound box mochiko rice flour
½ cup sugar
2 cups water
cooking oil

Combine all ingredients (except oil) and mix well.

Roll into balls and fry in hot oil until golden brown. Drain on paper towels.

You may eat them plain or drizzle with brown sugar and honey.
Dessert

Breadfruit Haupia Pie with Guava Syrup
John Villiarimo

2007 Kahanu Garden Breadfruit Cookoff

Breadfruit Pie Filling
6 cups cooked and mashed breadfruit
¾ cup packed brown sugar
1 cup guava syrup
2 tsp salt
8 eggs, slightly beaten
1½ cups soy milk or cream

Combine the sugar, syrup, salt and breadfruit; mix well. Add in the eggs and then the milk.

Pie Crust
1 tsp salt
2 cups flour (all purpose)
1 cup butter
1 egg
5 tbsp water
1 tbsp vinegar

Mix salt and flour thoroughly. Cut butter into flour mixture. Add egg, water and vinegar; mix well. Roll out to fit into desired pie tins. Pour in filling and bake at 350°F for about 40 minutes. Cool.

Haupia Topping
4 pkg Noh haupia mix

Follow the instructions provided on the back of the package. Spread over cooled pie and refrigerate. Top with whipped cream if desired. Yields four 9-inch pies.
Breadfruit Cream Pie

Ingrid Estrella

2007 Kahanu Garden Breadfruit Cookoff
2nd Place Winner

9-inch graham cracker cookie crust
3 cups breadfruit, cooked and diced
1 box vanilla pudding mix
1 ¾ cups milk
1 large tub of cool whip, reserve 1 cup for later
8 oz cream cheese
4 tsp powdered sugar

Mix breadfruit, pudding mix and milk. Chill in refrigerator for 30 minutes.

Mix tub of cool whip (minus 1 cup), cream cheese and powdered sugar. Add breadfruit-pudding mixture. Mix well.

Spread mixture into piecrust. Cover pie with 1 cup of cool whip. Place in refrigerator for 30 minutes.

Serve well chilled and enjoy.
Breadfruit Haupia Pie II

Ingrid Estrella

2007 Kahanu Garden Breadfruit Cookoff

2 cups breadfruit, steamed and mashed
2 eggs
¾ cup sugar
¼ tsp cinnamon
½ tsp salt
1 can cream
9 inch pie crust


Haupia Topping

1 can coconut milk
½ cup sugar
¼ cup cornstarch
¼ cup water

Combine ingredients in sauce pan and cook until thick. Spread over cooled pie and refrigerate. Top pie with Cool Whip if desired.
Sweet Stuff
Erick Nelson

2007 Kahanu Garden Breadfruit Cookoff

1 lb breadfruit
¼ cup butter
1 pound cake (Sara Lee)
1 cup butter coconut mix
1 small container Cool Whip
10 chocolate chip cookies, crushed

Steam breadfruit for 1 ½ hours; slice in thin chip-like strips. Fry in butter until golden brown.

Cut pound cake into ¼ inch slices.

In a 9 x 13 pan, layer the cake, breadfruit and then butter coconut mix.

Place in freezer for ½ hour.

Spread Cool Whip over the top and sprinkle on chocolate chip cookies.
Breadfruit and Coconut Squares
Kathleen Street

2008 Kahanu Garden Breadfruit Cookoff
1st Place Winner

Crust
1 cup butter
½ cup raw sugar
3 cups flour

In a medium bowl, cream butter and sugar. Add flour and mix well. Press mixture into a lightly oiled 9in x 13in pan.

Filling
1 cup rich coconut milk (fresh is best)
3 cups soft, ripe breadfruit (mashed)
½ cup honey

Combine coconut milk with mashed breadfruit and honey. Mix well with electric mixer until creamy and smooth.

Pour into crust and spread evenly.

Bake at 350°F for 1 hour.

Slice into squares after cooling.
Delicious Breadfruit Tapioca

Hana Youth Center

2008 Kahanu Garden Breadfruit Cookoff
2nd Place Winner

breadfruit, steamed and mashed to make 3 ½ cups
breadfruit, steamed and chopped to make 1 cup
1 cup plus 2 tbsp tapioca
2 cups sugar
5 ¼ cups canned cream
6 large eggs, beaten
2 tbsp vanilla

Whisk together mashed breadfruit with a little cream to make a poi consistency. Stir in chopped breadfruit. Set aside.

Combine tapioca, sugar, cream, eggs and vanilla in a large pot. Bring to a boil, stirring constantly. Cook until thick. Remove from heat and cool.

Fold in breadfruit mixture; cool and refrigerate.
Coconut Rum Glazed Breadfruit Bundt Cake

Fawn Helekahi-Burns

2008 Kahanu Garden Breadfruit Cookoff

½ breadfruit, steamed
¾ cup coconut rum, separated
½ cup butter
½ cup sugar
1 package yellow cake mix (18.25 oz)
4 eggs
½ cup vegetable oil

Preheat oven to 325°F.

Skin and core breadfruit; cut into 1 inch wedge shape slices.

Melt butter in sauce pan. Stir in ½ cup water and sugar. Boil for 5 minutes, stirring constantly. Remove from heat and stir in ¼ cup rum.

Transfer ¼ of the glaze mixture to a sauté pan and fry breadfruit until caramelized. Cool and cut into 1 inch pieces.

Mix together cake mix, ½ cup rum, eggs, ½ cup water, oil and glazed breadfruit.

Pour into greased and floured bundt pan and bake for one hour.

Cool and invert cake onto serving plate. Prick the cake and drizzle glaze over top and sides.
Coconut Rum Glazed Breadfruit Fritters

Fawn Helekahi-Burns

2008 Kahanu Garden Breadfruit Cookoff

½ breadfruit, peeled and cored
½ cup butter
½ cup water
½ cup white sugar
¼ cup coconut rum

Cut breadfruit into thin wedges.

In a skillet mix together butter, water, sugar and rum; heat over medium heat until glaze thickens. Add breadfruit wedges and fry until golden brown.

Cool for 10 minutes before serving.
Double Crust Breadfruit Pie

Ingrid Estrella

2008 Kahanu Garden Breadfruit Cookoff

2 cups breadfruit, cut into chunks
½ cup brown sugar
1 tsp cinnamon
2 tbsp flour
¼ cup coconut milk
4 tbsp butter
1 package ready-made pie crust (2 crust to a pkg)

Preheat oven to 350°F.

Combine breadfruit, brown sugar, cinnamon, flour and coconut milk. Pour into pie crust. Dot with butter and cover with top crust.

Bake for 40 minutes.
Kauai Paradise Pie
Laurel Brier

2009 Kauai Breadfruit Bounty Cookoff
1st Place Winner

Crust

⅔ cups butter, melted
1 cup macadamia nuts, chopped and toasted
2 cups rolled oats, slightly blended
½ cup toasted coconut
½ cup brown sugar

Blend well.
Press into a 9-inch pan.
Bake at 350º for 10 minutes.
Remove from oven and cool.

Pie Filling

3 cups ripe (soft) breadfruit, cooked and diced
1 cup fresh coconut milk
3 tbsp orange liquor
1½ lb chocolate, melted (60%+ cacao)
2 pints whipping cream (sweetened lightly)

In food processor, blend breadfruit, coconut milk and orange liquor. Slowly add the melted chocolate.

Beat the whipping cream until fluffy. Fold half of the whipped cream into the breadfruit chocolate mixture.

Pour into the cooled crust.

Top with remainder of whipped cream. Arrange thinly sliced orange pieces on top & sprinkle with chopped macadamia nuts and shredded chocolate.

Refrigerate at least an hour before serving.
Dessert

Fudge-Like Breadfruit Pie

Team Waipa

2009 Kauai Breadfruit Bounty Cookoff

1 lb mature (firm) breadfruit, steamed, peeled, cored, and cubed
1 lb semi-sweet chocolate chips
1 cup soy milk
1 cup honey
1 tsp vanilla
1 8-inch pre-baked piecrust

On a double boiler, melt chocolate chips in a medium-size glass bowl.

In a blender, add melted chocolate and other filling ingredients. Blend until creamy.

Pour mixture into the pre-baked piecrust. Refrigerate for 1 hour and serve chilled.

Garnish with candied breadfruit.

Candied Breadfruit

1 cup mature (firm) breadfruit, steamed, peeled, cored and cubed
4 tbsp butter
4 tbsp honey

Sauté breadfruit in butter and honey, until golden brown.
Polynesian Breadfruit Medley

Georgia A. Fernandez

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!
Dessert

Breadfruit Pumpkin Pie

Wilkie McClaren

2009 Kauai Breadfruit Bounty Cookoff
2nd Place Winner

1 large breadfruit (very soft and ripe)
1½ cups heavy cream
⅜ cup organic brown sugar
½ cup dark agave syrup
½ tsp salt
2 eggs
2 tsp pumpkin pie spice
2 tsp cinnamon
1 tsp ground ginger
¼ tsp ground cloves
¼ tsp nutmeg
¼ tsp ground cardamom
1-2 tsp grated orange peel or orange zest
½ tsp vanilla extract
1 9-inch unbaked piecrust

Breadfruit should be soft and gooey, you can mush it more in its skin (if not, you will have to bake it). Scoop breadfruit from peel, mash, and set aside.

In a large bowl, mix spices, sugars, salt, and orange zest. Beat eggs and add to bowl. Add mashed breadfruit.

Put in a blender and puree. Pour into pie shell.

Cover piecrust rim with foil. Bake at 350° for 40-60 minutes (depending on the size/softness of fruit to begin with). Insert knife or wooden stick to test for doneness.

Cool on rack.

Serve topped with cream or Greek yogurt, and sprinkle with zest and/or spices.

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