



Appetizer

Breadfruit Shrimp Pasta

Mapu Sinenci

2003 Kahanu Garden Breadfruit Cookoff 1st Place Winner

1 cooked breadfruit, diced small
8 shrimp, peeled and de-veined
1 carton heavy cream
1 clove garlic, chopped
3 tbsp olive oil
Salt and pepper to taste
3 cups cooked pasta noodles
Parmesan cheese

Fry shrimp in oil. Add salt, pepper and garlic until cooked.

In another pan simmer cream until thickened. Add breadfruit and cooked shrimp. Simmer until done.

Pour shrimp & sauce on top of cooked pasta noodles. Sprinkle with cheese.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Poisson Cru

Hataota Tehiva

2003 Kahanu Garden Breadfruit Cookoff 2nd Place Winner

1 medium breadfruit, boiled, peeled and diced
2 cucumbers, cleaned and sliced
1 large onion, diced
2 cups fresh fish, diced
½ cup vinegar
¼ cup mayonnaise
Salt and pepper to taste

This dish from Tahiti is like ceviche but is not “cooked” through. The surface of the fish should be opaque but the inside stays raw. This dish should be mixed together quickly and served immediately.

In a non-metallic mixing bowl, mix together fish and vinegar. Add diced breadfruit, cucumber and onion and mix well. Add mayonnaise and salt and pepper to taste.

Serve immediately.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Breadfruit Chips with Avocado Pineapple Salsa

Danny Baker

2003 Kahanu Garden Breadfruit Cookoff 3rd Place Winner

1 Hamoa Breadfruit, baked and grated
pinch of salt
pinch of sugar
cooking oil

Combine breadfruit, salt and sugar. Form into thin patties;
deep fry in oil until crisp. Drain on paper towels.

Avocado Pineapple Salsa

¼ pineapple, chopped
1 avocado, mashed
1 tomato, chopped
1 Maui onion, diced
1 young coconut, grated
lemon juice, to taste
¼ cup cilantro, chopped
1 tbsp vegetable oil
1 Hawaiian chili, chopped
pinch salt
pinch white pepper
1 cup tomato juice

Combine all ingredients.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Side Dish

Breadfruit Bread with Coconut Sauce

Bonnie Kerr

2003 Kahanu Garden Breadfruit Cookoff

1 ¼ cups very ripe (soft) breadfruit
2 tbsp milk or soy milk
2 eggs
1/3 cup canola oil
2/3 cup sugar or honey
1 cup whole wheat flour
¾ cup white flour
3 tsp baking powder
pinch of salt

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

Blend breadfruit, milk, eggs and oil until well mixed. Add sugar and blend well. Sift flours with baking powder and salt; stir into breadfruit mixture. Pour into pan and bake for one hour or until done. Cool on wire rack.

Coconut Sauce

1 ½ tbsp corn starch
1 ½ cups coconut milk
pinch of salt
1/3 cup honey

Dissolve corn starch in ¼ cup coconut milk and set aside. Heat the remaining 1 ¼ cup coconut milk, salt and honey in a sauce pan. When the mixture is hot, but not boiling, add the corn starch mixture; cook until thick, about 2 minutes over low heat, whisking constantly. Pour over cooled breadfruit bread. Serve either hot or cooled.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Breadfruit Lumpia with Pineapple

Daniel Baker

**2004 Kahanu Garden Breadfruit Cookoff
2nd Place Winner**

1 firm, mature breadfruit, about 2 cups
1 package of lumpia wrappers
¼ cup carrots, julienned (matchstick shape)
¼ cup Maui onion, diced
¼ cup rice noodles, cooked
1 cup mayonnaise
¼ cup pineapple, diced
⅓ cup young coconut, diced
1 tsp oyster sauce
1 pinch of salt & pepper
1 egg, beaten
1 cup oil

Cut breadfruit into quarters. Wrap each piece in foil and bake at 350°F for 2 hours until soft. Let cool, remove core and peel. Dice breadfruit into smaller chunks.

Mix all ingredients, except egg and oil, together and divide into even portions. Place approximately 4 tbsp of mixture on lumpia wrap. Tuck corners of lumpia wrap and roll. Brush edge of wrap with egg and tightly seal.

Place oil in large skillet and heat to medium high.

Fry lumpia for 1 minute on each side. Drain on paper towel.

Serve and enjoy.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Breadfruit and Spam Wonton

Sanoe Cabral

2004 Kahanu Garden Breadfruit Cookoff

2 cups cooked mature breadfruit, chopped
½ can Spam, chopped
1 medium onion, chopped
½ cup green beans, chopped
½ cup mayonnaise
salt and pepper to taste

1 package wonton wraps
olive oil

Mix filling ingredients together.

Put one tablespoon of mixture on each wonton wrap. Wet two sides with water; fold in half diagonally and press to seal.

Deep fry in oil until golden brown.

Dipping sauce: hot mustard and shoyu to taste.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Breadfruit Spinach Dip

Mapu Sinenci

2004 Kahanu Garden Breadfruit Cookoff

1 ½ cups mature breadfruit, cooked and diced
2 cups ready made spinach dip
¼ cup mayonnaise

Stir ingredients together.

Serve with crackers or bread.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Breadfruit Vegetable Poke Salad

Aloha Aina

**2004 Kahanu Garden Breadfruit Cookoff
Grand Prize Winner**

1 medium breadfruit, cooked and cubed
½ lb ahi or aku
1 small package ogo (seaweed)
1 small package tossed salad mix (with cabbage)
1 tsp Hawaiian salt
1 tsp inamona (kukui nut)
½ chili pepper, diced

Cut fish into cubes. Chop seaweed finely. Mix all ingredients together in a large salad bowl.

Chill until ready to serve.

Makes 12 half-cup servings.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Kaeleku Breadfruit Bites

Sanoe Cabral

2007 Kahanu Garden Breadfruit Cookoff 2nd Place & Best Presentation Winner

2 cups mature breadfruit, cooked and chopped
1 cup pork hash
1 onion, chopped
½ cup cilantro, chopped
1 egg, beaten
salt and pepper to taste
sweet chili sauce for dipping
cooking oil

Canola oil

Mash together breadfruit, pork hash, onion, cilantro and egg in a mixing bowl. Add salt and pepper to taste.

Make small bite-size patties. In skillet, heat oil to medium-high. Fry patties 5 minutes on each side.

Serve with chili sauce.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Breadfruit Wonton Wraps

Ingrid Estrella

**2007 Kahanu Garden Breadfruit Cookoff
Grand Prize Winner**

Filling

2 cups shredded breadfruit
8 oz cream cheese
1 can chopped water chestnuts
1 tbsp mayonnaise
½ cup green and white onions
Pinch of salt and pepper

Wonton wraps

1 package wonton wraps

Mix all filling ingredients together.

Put two teaspoons of filling mixture on wonton wrap. Wet both edges of wrap with water. Fold diagonally in half and seal.

Deep fry in oil until golden brown.

Dipping sauces:

Sweet chili sauce

Hot mustard and shoyu

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Breadfruit Dip

Ingrid Estrella

2008 Kahanu Garden Breadfruit Cookoff

2 cups breadfruit, shredded
1 cup sour cream
1 cup mayonnaise
½ cup green onion, diced
½ cup white onion, diced
½ cup water chestnuts, diced
1 tbsp ranch style dressing mix

Combine all ingredients and refrigerate.

Serve with crackers or vegetables.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Italian Breadfruit Seafood Lumpia

Audrey Kawaiaea

2008 Kahanu Garden Breadfruit Cookoff 1st Place Winner

1 cup imitation crab meat
1 cup Kamaboku Fish cake
2 cups shrimp
1 medium onion, sliced
1 carrot, grated
1 ½ cups breadfruit, grated
1 ½ cups Italian dressing
1 tbsp salt
1 tbsp black pepper
1 package lumpia wraps
Cooking oil

Combine all ingredients (except wraps and oil) in large mixing bowl. Place 1 tablespoon of mixture in center of each lumpia wrap. Fold as directed on package.

Heat cooking oil in skillet. Fry for 5 minutes until brown.

Serve with dipping sauce of your choice.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Breadfruit Chips

Jeanette Bonilla

2009 Kauai Breadfruit Bounty Cookoff

1 breadfruit, mature (firm)
1 Hawaiian chili pepper (optional)
Vegetable oil
Salt
Curry powder

Boil breadfruit with a little salt and Hawaiian chili pepper (optional).

Peel, core and slice breadfruit into ¼ inch slices.

Sprinkle with curry powder.

Deep fry breadfruit in oil until golden.

Sprinkle with salt, if desired.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Breadfruit Chips

Jeanette Bonilla

2009 Kauai Breadfruit Bounty Cookoff

1 breadfruit, mature (firm)
1 Hawaiian chili pepper (optional)
Vegetable oil
Salt
Curry powder

Boil breadfruit with a little salt and Hawaiian chili pepper (optional).

Peel, core and slice breadfruit into ¼ inch slices.

Sprinkle with curry powder.

Deep fry breadfruit in oil until golden.

Sprinkle with salt, if desired.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



Appetizer

Breadfruit Sashimi Carpaccio

Team Waipa

2009 Kauai Breadfruit Bounty Cookoff 1st Place Winner

1 cup breadfruit, mature (firm)
2 tbsp butter
1 tbsp wasabi
8 oz sashimi grade ahi, sliced thin

Steam, peel, core, and thinly slice breadfruit. If possible, use a mandolin slicer to slice breadfruit very thin.

Melt butter and wasabi in a hot skillet. Sear the breadfruit and set aside.

On a platter, alternate the seared breadfruit and ahi sashimi, in a circle. In the center of circle, place a medley of greens. Garnish the ahi and breadfruit with chives, seaweed, or inamona to your liking.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org



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.

Breadfruit Institute
National Tropical Botanical Garden
3530 Papalina Road
Kalaheo, HI 96741 USA
breadfruitinstitute@ntbg.org www.breadfruit.org