



Main Dish

Kahanu Hash

Marie Friend

2003 Kahanu Garden Breadfruit Cookoff

2 cups cooked breadfruit, cubed
3 tbsp vegetable oil
3 tbsp butter
1 cup onion, chopped
½ cup green pepper, chopped
2 cups spam, cubed
salt and pepper to taste

Heat oil and butter. Add onion and green pepper; cook until onion is soft.

Add breadfruit and spam; fry until spam is browned.

Season with salt and pepper to taste.

Good with rice or poached eggs.

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Main Dish

Coconut Ginger Breadfruit

Kalei Engel

2004 Kahanu Garden Breadfruit Cookoff 1st Place Winner

Breadfruit

- 1 steamed breadfruit
- 2 tsp fresh ginger, chopped
- 1 small onion, diced
- 1 tsp sesame oil
- 3 tbsps sliced carrots in matchstick shape
- 2-3 tsp soy sauce

Cut breadfruit into large bite size chunks. Sauté onion and ginger in oil. Add carrots, breadfruit and soy sauce. Sauté until carrots are tender.

Sauce

- 1 tsp sesame oil
- 2 tsp fresh ginger, chopped
- 2 tsp onion, chopped
- 1 can coconut milk
- ½ tsp sea salt

Sauté ginger and onion in oil. Add coconut milk and salt. Simmer 8-10 minutes.

Pour sauce over breadfruit.

Garnish with chopped fresh basil.

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Main Dish

Beef and Breadfruit Burritos with Salsa

Danny Baker

2004 Kahanu Garden Breadfruit Cookoff

1 oz beef, boiled
1 oz Hawaiian luau leaf, boiled
3 oz breadfruit, baked and sliced
½ cup mozzarella cheese, grated
3 flour tortilla wraps

Combine beef, luau leaf, breadfruit and cheese.

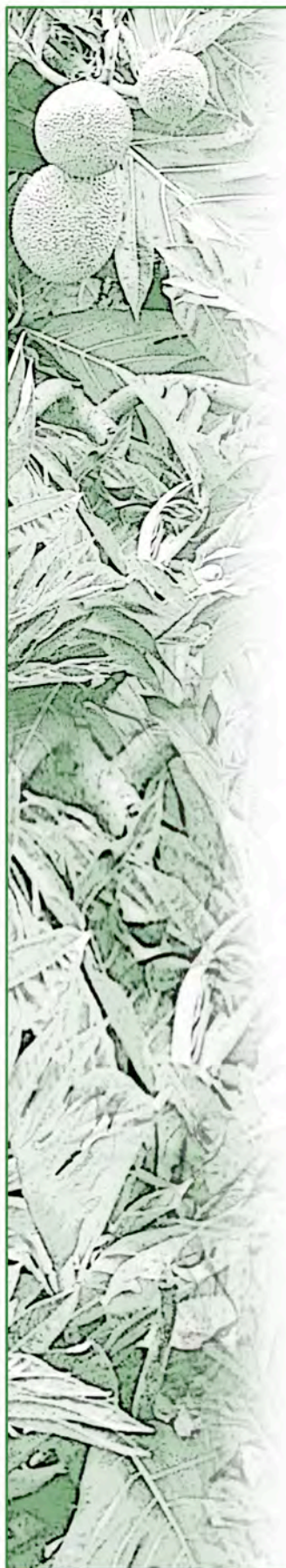
Place mixture on a tortilla, tuck in ends and roll.

Salsa

2 Hanavi fruit, diced
1 tomato, diced
1 Kula onion, diced
1 cup pineapple, diced
1 Hawaiian chili, chopped
pinch salt and pepper

Mix all ingredients well and enjoy!

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Main Dish

Green Curry Coconut Breadfruit

Karen Davidson

2004 Kahanu Garden Breadfruit Cookoff 2nd Place Winner

1 mature breadfruit, medium size
1-2 cans coconut milk
vegetable stock

Add to taste:

1 tbsp green Thai curry paste
1 tbsp fish sauce
2 tbsp brown sugar, honey or molasses
1 dash hot sauce
2 cloves garlic, minced
1 tbsp fresh lime juice
1 tbsp fresh ginger, minced
1 kaffir lime leaf, chopped
¼ cup Thai basil, chopped
salt and pepper

Other ingredients that are good to add: baby corn, peas, water chestnuts, shrimp, scallops, fish or tako (octopus).

Steam, peel and cut up breadfruit into bite-size pieces.

Heat coconut milk in a large pot and simmer. Add breadfruit and remaining ingredients as desired.

The sauce will get thick so add vegetable stock as needed to thin.

Simmer for 20-30 minutes until all ingredients are thoroughly cooked. Cooking time will vary depending on additional ingredients.

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Main Dish

Spanish Rice Breadfruit

Aloha Aina

2004 Kahanu Garden Breadfruit Cookoff

1 breadfruit
½ cup beef, chicken or turkey, ground and cooked
¼ cup onion, minced
½ tsp Italian seasoning
½ cup rice, cooked
¼ cup tomato sauce

Preheat oven to 350°F.

Clean, remove stem and core breadfruit.

Combine remaining ingredients in a bowl and mix.

Stuff the breadfruit with rice mixture.

Place breadfruit in pan with 1 inch of water. Bake for one hour.

To serve, cool and peel the breadfruit. Cut into wedges including the rice mixture.

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Main Dish

Breadfruit Stew

Paulette Kalaukoa

2007 Kahanu Garden Breadfruit Cookoff 1st Place Winner

1 lb lean pork, cubed
1 lb beef stew meat, cubed
½ cup flour seasoned with salt and pepper
1 lb smoked ham, cubed
¼ cup garlic, minced
1 medium onion, diced
½ cup Chinese parsley, chopped
1 tbsp cumin
1 tsp oregano leaves, crushed
1 tsp ground black pepper
8 oz can tomato sauce
5 cups water
1 small mature breadfruit, cubed
Salt to taste
Cooking oil

Coat pork and beef with seasoned flour. In a large heated saucepot, add oil and brown the pork and beef. Add the ham and stir all the meats together.

Add garlic, onion, Chinese parsley, cumin, oregano, pepper, salt and tomato sauce. Simmer for 10-15 minutes.

Add water, bring to a boil and simmer until the meat is tender.

Add breadfruit and cook for approximately 45 minutes or until the vegetables are tender.

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Main Dish

Breadfruit Stuffed Ahi

Aloha Nelson

2007 Kahanu Garden Breadfruit Cookoff 2nd Place winner

1 ½ cups cooked mature breadfruit, cubed
8 oz sour cream
6 oz salsa, mild or hot
1 ½ lb ahi fish
1 bag panko
2 eggs, beaten
frying oil

Mix together breadfruit, sour cream and salsa.

Make a pocket in the ahi by cutting through the center as far back as possible, leaving back and sides attached. Stuff the breadfruit mixture into the pocket.

Dip in eggs, then panko. Deep fry until golden brown.

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Main Dish

Codfish with Breadfruit (Bacalao)

Paulette Kalaukoa

2007 Kahanu Garden Breadfruit Cookoff

1 mature breadfruit
1 ½ lbs codfish
1 Maui onion, sliced thin
2 tomatoes, cut into wedges
½ cup shoyu
½ cup vegetable oil

Soak codfish in water overnight.

Peel and remove stem from breadfruit, then cut into large slices.

In a large pot of water, boil codfish with breadfruit.

When breadfruit is tender, remove and cut into smaller chunks.

Continue to boil codfish, changing the water to remove salt, cook until tender. Drain, remove bones and skin from the fish.

Mix all ingredients together.

Bacalao may be eaten now or refrigerated for later.

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Main Dish

Breadfruit Burger

Erick Nelson

2008 Kahanu Garden Breadfruit Cookoff 2nd Place Winner

1 lb mature breadfruit, steamed and mashed
½ onion, chopped
¼ cup panko
2 eggs, beaten
¼ cup green onion, chopped
oyster sauce to taste
frying oil

Combine onion, panko, eggs, green onion and oyster sauce. Add in breadfruit and mix well.

Form into patties and fry until golden brown.

Serve on buns.

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Main Dish

Breadfruit with Mornay Sauce

Karen Davidson

2008 Kahanu Garden Breadfruit Cookoff 3rd Place Winner

2 ripe, firm breadfruit, steamed
4 tbsp butter
4 tbsp onion, grated
4 tbsp flour
1 cup milk
1 tbsp sherry
salt and pepper to taste
pinch of nutmeg
2 cups cheese (gruyere, swiss or parmesan)
1 cup bread crumbs

Preheat oven to 350°F.

In a medium saucepan melt the butter over medium-high heat. Add onion and sauté until translucent. Add the flour and cook, stirring constantly, until pale yellow, about 1 minute.

Slowly whisk in the milk and continue to whisk until the sauce thickens and comes to a boil, about 2 to 3 minutes. Reduce the heat to a simmer, add the sherry and season with salt, pepper and nutmeg. Allow to simmer for 2 to 3 minutes. Stir in cheese until blended.

Chop the breadfruit into small pieces and add to sauce. Pour into buttered baking dish and top with bread crumbs. Bake for 30 minutes.

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Main Dish

Breadfruit Au Gratin

Debbe Evans

2009 Kauai Breadfruit Bounty Cookoff

1 – 2 breadfruit, immature (green)
4 cups heavy cream
16 oz Jarlsburg or Swiss cheese, shredded
4 cloves garlic, minced (or ½ tsp garlic powder)
4 tbsp butter
2 tbsp cornstarch dissolved in ¼ cup water
1 stick of Portuguese sausage, sliced
Salt & pepper to taste

Prepare in a 9-inch x 11-inch pan.

Slice breadfruit lengthwise and remove the center core. Boil the breadfruit until just tender (20 – 25 minutes). Cool slightly and remove the skin with a sharp knife. Slice the breadfruit thinly, just as you would for scalloped potatoes.

While the breadfruit is boiling, melt the butter with the garlic until the garlic softens (2 – 5 min). Pour the heavy cream into the pan and let the mixture come to a low boil, being careful not to let the cream spill over the top of the saucepan. Let the cream mixture reduce by ⅓ and then add the cornstarch-water mix. Lower the heat and add the shredded cheese to the cream sauce (reserve ½ cup of shredded cheese for the top). Layer breadfruit and cream sauce. Add the Portuguese sausage. Top with the reserved cheese.

Bake at 350° for 35 – 40 minutes, until the top is lightly browned.

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Main Dish

NTBG Intern Breadfruit Delight

Jason Bonham, Erin McCoy – 2009 NTBG Interns

2009 Kauai Breadfruit Bounty Cookoff

3 breadfruit, immature (green)
8 oz bacon
1 white onion, diced
1 bell pepper, diced
1 tbsp olive oil
1 cup sour cream
4 cups cheddar cheese, shredded
Mrs. Dash seasoning
Salt and pepper

Boil breadfruit for 1 hour. Once cooled, peel and remove core.
Cube into 1-inch squares

Partially cook bacon and dice.

Sauté onion and bell pepper with olive oil and seasonings. Once onion softens, add bacon and let cool.

In large bowl mix thoroughly breadfruit, onions, bell peppers, bacon, sour cream and 3 ½ cups of cheese.

Pour into 9-inch x 13-inch casserole dish. Sprinkle remaining cheese on top.

Bake at 375° for 40 minutes until golden brown.

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Main Dish

NTBG Intern Breadfruit Delight

Jason Bonham, Erin McCoy – 2009 NTBG Interns

2009 Kauai Breadfruit Bounty Cookoff

3 breadfruit, immature (green)
8 oz bacon
1 white onion, diced
1 bell pepper, diced
1 tbsp olive oil
1 cup sour cream
4 cups cheddar cheese, shredded
Mrs. Dash seasoning
Salt and pepper

Boil breadfruit for 1 hour. Once cooled, peel and remove core.
Cube into 1-inch squares

Partially cook bacon and dice.

Sauté onion and bell pepper with olive oil and seasonings. Once onion softens, add bacon and let cool.

In large bowl mix thoroughly breadfruit, onions, bell peppers, bacon, sour cream and 3 ½ cups of cheese.

Pour into 9-inch x 13-inch casserole dish. Sprinkle remaining cheese on top.

Bake at 375° for 40 minutes until golden brown.

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Main Dish

Corned Beef Patties

Jeanette Bonilla

2009 Kauai Breadfruit Bounty Cookoff

1 breadfruit, mature (firm)
1 can corned beef
½ cup green onions, chopped
3 eggs, beaten
Salt & pepper
Sugar, to taste
Vegetable oil

Boil breadfruit with salt and pepper. Once cooled, peel and core breadfruit.

Mash breadfruit with corned beef, green onions, and eggs. Add sugar to taste.

Form into bite-size patties.

Deep fry in oil until golden brown.

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Main Dish

Refried Breadfruit with Corned Beef

Team Waipa

2009 Kauai Breadfruit Bounty Cookoff 1st Place & Best Presentation

1 cup mature (firm) breadfruit, steamed, peeled, and cored
1 clove garlic, minced
2 tbsp green onions, chopped
2 tbsp butter
Fresh corned beef
Coconut milk, freshly grated
Salt and pepper to taste
Ti leaves, washed and "de-boned" (the mid-rib / vein is removed)
Fresh mint

In a medium-size bowl, mash breadfruit so it is chunky. Add garlic, green onions, salt and pepper. Form into patties.

Melt butter in skillet. Fry patties in butter until golden brown.

Cook corned beef until tender. Keep hot until ready to assemble.

Place cooked patty on center of ti leaf. Top with 4 – 6 ounces of cooked corned beef. Generously top that with coconut milk and garnish with fresh mint.

To bundle, pull up both ends of ti leaf and tie a knot. Garnish with an orchid.

Serve with poi and salted salmon.

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Main Dish

Gardener's Pie

Laurel Brier

2009 Kauai Breadfruit Bounty Cookoff

Top Crust

6 cups breadfruit, boiled, peeled, cored and diced
1½ cups fresh coconut milk *
1 - 2 tbsp curry paste
2 tsp Hawaiian salt
3 cloves garlic, minced

Beat together all ingredients. Add coconut water to get the consistency of mashed potatoes.

*To make fresh coconut milk, shred coconut meat, then soak in the water from coconut (enough to cover) for 30 minutes. Squeeze through cheesecloth.

Pie Base (based on what is growing in the garden at the time)

2 cups purple sweet potatoes or taro, diced and steamed
3 carrots, chopped and steamed
1 cup green onions, chopped
2 cups red & yellow onions, chopped
2 cups eggplant, chopped, salted for 30 minutes and rinsed
1 red pepper, sliced
3 cloves garlic, minced
4 cups kale or chard, remove center vein and tear into pieces
1 cup basil, chopped
Sprigs of rosemary, thyme & oregano
Coconut oil

Sauté onions, eggplant, red pepper and garlic in coconut oil. Once softened, add kale and basil. Continue to cook a couple of minutes until wilted. Add herbs.

Mix all vegetables together and put into a greased 8-inch x 11-inch casserole dish.

Spread breadfruit mixture evenly over the top to form a crust.

Sprinkle top with toasted macadamia nuts.

Bake at 350 degrees for 30 minutes.

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Main Dish

Savory Breadfruit Bake

Mele Brewer

2009 Kauai Breadfruit Bounty Cookoff

Breadfruit Shells

1 medium to large breadfruit, mature (firm)
1 cup water
¼ tsp salt
Soft butter

Cut breadfruit in half and rub flesh with butter and salt. Place in baking pan with water and bake at 350° for 1 hour or until soft when pierced with a fork.

Once cooled, scoop out breadfruit pulp leaving a ½ inch shell. Cut pulp into small squares & set aside.

Filling

½ lb lean flank steak cut into ½ inch strips
¼ cup olive oil
2 garlic cloves, minced
4 tbsp onions, minced
4 tbsp celery, minced
½ tsp salt
½ tsp chili powder
¼ tsp cayenne pepper, if desired
¼ tsp Worcestershire sauce
8 oz can diced tomatoes

Topping

½ cup mozzarella cheese, shredded

Brown celery, onions and garlic in a large skillet. Add steak strips and cook until no red remains. Add seasonings and tomatoes. Stir in breadfruit squares and simmer until all is tender.

Cut breadfruit halves into quarters. Place in a baking pan and pile with meat filling. Top with cheese and place in the oven at 375° until cheese melts. Serve hot!

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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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