



Salad

Breadfruit Fruit Salad with Avocado

Danny Baker

2003 Kahanu Garden Breadfruit Cookoff 1st Place Winner

½ breadfruit, baked and sliced
1 avocado, chopped
1 apple, chopped
1 banana, sliced
½ coconut, shredded
5 kiwi fruit, sliced
1 starfruit, sliced
Lettuce
Lemon juice

Toss all ingredients together (except lettuce and lemon juice).
Serve on a bed of lettuce.

Sprinkle lemon juice over to prevent browning.

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



Salad

Breadfruit Jello Salad

Aloha Aina

2004 Kahanu Garden Breadfruit Cookoff 1st Place Winner

1 ½ cups breadfruit, cooked and mashed
2 tbsp sugar
1 ½ cups boiling water
1 package Knox unflavored gelatin
1 package orange-pineapple gelatin

Bring water to a boil in a medium sauce pan.

Combine Knox gelatin with ½ cup hot water in a mixing bowl and stir well until dissolved.

Stir the flavored gelatin into the remaining 1 cup of hot water until dissolved. Add the breadfruit and sugar. Mix well and remove from heat.

Add the breadfruit mixture to the Knox gelatin mixture and stir well.

Pour into a square pan and chill until firm. Cut into cubes before serving.

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



Salad

Marinated Breadfruit Salad with Lilikoi Vinaigrette

Daniel Baker

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

Salad

3 oz breadfruit, baked and sliced
1 oz tomato, vine ripened and sliced
1 oz Kula onion, sliced thin
¼ oz baby lettuce

Toss all salad ingredients in a large salad bowl. Make Lilikoi Vinaigrette dressing.

Lilikoi Vinaigrette

1 lilikoi
1 tsp vinegar
1 clove garlic
Salt & pepper to taste
½ cup canola oil

Add all ingredients except canola oil in blender.

Blend for 10 seconds and then add canola oil slowly.

Once dressing is made, drizzle desired amount over salad.

Toss salad once more and enjoy.

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



Salad

Wiki Wiki Breadfruit Salad

April Sue Kahuhu

2004 Kahanu Garden Breadfruit Cookoff

4 cups mature breadfruit, cooked and cooled
1 small Kula onion, thinly sliced
6 string beans, thinly sliced
½ cup dried shrimp, chopped
bottled oriental salad dressing
1 bunch lettuce, cut into bite size pieces

Cut breadfruit into ¼ inch strips.

Toss breadfruit, onion, beans and shrimp in dressing. Chill and serve on lettuce.

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



Soup

Breadfruit Seafood Chowder

Jill Kawaiaea

2005 Kahanu Garden Breadfruit Cookoff Grand Prize Winner

3 cups cooked breadfruit, chopped
1 cup carrots, chopped
1 cup celery, chopped
1 clove garlic, minced
2 cups shrimp, chopped
2 cups fish, chopped (optional)
1 cup cooked taro leaves
2 cups cream, broth or milk

Butter
Herbs (optional)
Salt and Pepper to taste

In a large stockpot, sauté carrots, celery and garlic in butter. Add seafood and cream, broth or milk. Season to taste. Simmer for 5 minutes. Add breadfruit and taro leaves and simmer for another 5-10 minutes.

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



Soup

Stuffed Abura-age with Breadfruit

Paulette Kalaukoa

2007 Kahanu Garden Breadfruit Cookoff 1st Place Winner

1 mature breadfruit, diced
1 lb pork hash
1 bunch green onion, chopped
1 oz dried shrimp, chopped
1 can water chestnuts
4 tbsp shoyu
4 tbsp oyster sauce
2 packages abura-age (deep fried bean curd)
4 cans chicken broth

Mix all ingredients except abura-age and broth. Stuff abura-age with mixture. Put in pot and cover with chicken broth. Simmer until done.

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



Salad

Octopus Salad

Paulette Kalaukoa

2007 Kahanu Garden Breadfruit Cookoff

4 cans octopus in oil
1 green bell pepper, chopped
1 red onion, chopped
½ cup pimento
½ cup cooked mature breadfruit, cut in small chunks
½ cup green olives, sliced
juice from ½ lemon
1 medium tomato, chopped
1 tsp vinegar

Place the octopus and all of the liquid in the cans in a large bowl. Add the green pepper, onion, pimento, cooked breadfruit, green olives, lemon juice, tomato, and vinegar. Toss.

Refrigerate for 2 hours before serving.

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



Salad

Breadfruit Me Ka Hua Salad

2008 National Tropical Botanical Garden Interns

2008 Kahanu Garden Breadfruit Cookoff 1st Place Winner

1 large mature breadfruit, cooked
1 cup mayonnaise
6 slices of ham, diced
6 boiled eggs, chopped
¼ of an onion, chopped
1 tbsp ground black pepper
Salt to taste

Remove skin from cooked breadfruit; mash together with mayonnaise in a large bowl.

Slowly add ham, eggs and pepper to the breadfruit mixture. Add salt to taste.

Mix well and serve chilled.

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



Salad

Breadfruit Hummus & Falafel

Team Waipa

**2009 Kauai Breadfruit Bounty Cookoff
Grand Prize Winner**

Breadfruit Hummus

4 cups immature (green) breadfruit, cooked and cleaned
Juice of 2 lemons
6-8 cloves of garlic
2 tbsp soy sauce
2 tbsp Bragg's liquid aminos
2 tbsp sesame oil
2 tbsp olive oil
4 tbsp cumin
4 tbsp parsley
4 tbsp sesame butter (tahini)
Salt, pepper & chili flakes to taste

Combine all ingredients in a food processor. Blend until creamy.
Refrigerate until serving.

Breadfruit Falafel

Roll hummus into bite-sized balls.
Dust in flour & deep fry until golden brown.

Serve with Greek side dishes, such as: dolmas, tabouli, marinated tomatoes, olives, and pita bread.

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



Soups & Salads

Thai-Style 'Ulu Mac Salad

Chris Gaarder

**2015 Kahanu Garden Breadfruit Cookoff
2nd Place Winner &
Winner of 'Ulu As a Potato Substitute**

Salad:

1 medium mature breadfruit
4 cups cooked/cooled macaroni
1 medium onion diced
2 cups fresh thai basil leaves, coarsely chopped

Dressing:

Mix together
1 ½ cup mayo
6 tbs rice vinegar
1 ½ tbs fish sauce
2 small limes zest and juice
1 tbs sugar
3 cloves garlic, minced
1 ½ hawaiian chili pepper minced
1 ½ cup fresh thai basil leaves and flowers finely chopped.

Peel, core, and quarter 'ulu. Pressure cook 30 minutes, then stop cooking with cold water. Dice breadfruit and mix in large bowl with remaining salad ingredients. Add dressing and mix together.

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



Soups & Salads

'Ulu Kim Chi

Niki Wyatt

2014 Kahanu Garden 'Ulu Cookoff 1st Place Winner

½ Young 'Ulu (washed, skinned, shredded)
2 Carrots (shredded)
4 Green Onions (chopped)
2 Garlic Bulbs (peeled and diced)
¼ Cup Res Chili Powder
¼ Cup Fish Sauce
1 Lemon (juiced)
1 Cup Salt
3 tbs Ginger (minced)
1 Cup Rice Ginger

In a medium sized mixing container, mix raw dry 'ulu with salt and let rest for 2 hours. Drain water from 'ulu, rinse until no salt remains and water runs clear, squeeze dry and add to vegetable container. Add liquids. Mix well, place in jar and let sit for 24 hours.

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