

Breadfruit Recipes

A publication from FAO (Leaflet No. 9 - 1983 - Breadfruit) refers to breadfruit as an energy food high in starch and sugar. The publication further states that breadfruit is a fair source of vitamin C, and it is rich in fibre. It also contains more vitamins and minerals than polished rice.

The fruit is generally used in food preparation when it is mature. This is determined when the white milky sap comes to the surface and runs over the outside. If the breadfruit is allowed to ripen, some of its starch turns to sugar, giving it a sweet flavour. It should be used when it is soft, but not rotten.

The following Recipes are the first in a series provided for your gastronomic enjoyment by the Education Committee of SVGAT.

ROAST BREADFRUIT

Method

Locally, in St. Vincent the most popular way to roast a breadfruit is simply to place it on an open charcoal or wood fire outdoors, and turn the breadfruit at intervals until it is totally charred.

To determine if it is properly roasted use one of the following methods:

1. Push a skewer through the breadfruit from top to bottom. If the skewer comes out clean, the breadfruit is roasted.
2. Using oven mitts, press thumbs lightly over the roasted fruit (avoid breaking the skin). The light pressure should produce indentations if the fruit is properly cooked.

Alternative Method:

The breadfruit can also be baked in a moderate oven (180°C or 350°F) until soft, about 1½ hour.

It is important to pierce the fruit with a fork or skewer, before placing it in the oven (**failure to do this will result in an explosion**)

To check for doneness, use no. 2 above.



Roasted Breadfruit



Breadfruit - roasted and peeled

[Photos: Edson Huggins]

ROASTED BREADFRUIT AND FRIED JACKFISH

(National dish of St. Vincent and the Grenadines)

[This dish is often served with Golden Apple Drink, The National Drink]

Ingredients

1 large Roasted Breadfruit, peeled and sliced
1 lb Jack Fish
Lime or lemon juice
¼ cup minced seasoning (onion, chive, garlic, thyme)
1 tbsp salt
Flour for coating
Oil for frying

Method for Fried Jackfish

Clean Jacks
Pour lemon juice over Jacks
Leave to marinate (15 minutes)
Rinse Jacks and dry with paper towels
Add salt to minced seasoning
Rub seasoning over fish and set aside
Sprinkle flour on wax paper
Coat fish on both sides in flour - remove excess
Heat oil in frying pan on medium heat until very hot but not smoking
Fry Jacks for approximately 4 minutes on each side or until brown
Serve with sliced Breadfruit

Sauce (optional)

1 tbsp oil	½ oz margarine
1 medium onion, minced	1 tsp tomato paste or ketchup
1 clove garlic, minced	1 cup water
1 sprig thyme	Salt and pepper to taste
1 medium ripe tomato, sliced	1 small sweet pepper for garnish

Method (Sauce)

Sauté onion, garlic, thyme and sliced tomato in heated oil until softened
Add margarine; then stir until melted
Add tomato paste or ketchup and water
Add salt and pepper to taste
Simmer until slightly thickened
Remove from fire, cool and serve with Breadfruit and Fish

[The recipes above have been modified and compiled from:

THE BREADFRUIT PLANT of St. Vincent and the Grenadines. First Edition, July 2004. Communications Unit, Ministry of Agriculture and Fisheries, St. Vincent and the Grenadines.

The Fried Jackfish information was compiled through contributions from “Vincy” individuals.]

SEASONED JACK FISH (Alternative Recipe)

[Contributed by Omega Jones]

Ingredients

Commercial Seasoning – dry or liquid form OR Homemade
2 lbs Jack Fish cleaned & seasoned
(Rub seasoning between slits in flesh)
Oil for frying (olive, canola etc)

COATING MIX TO FRY FISH

Ingredients

½ cup flour
½ tsp black pepper
(Mix together)

Method

Shake off any excess liquid from already seasoned fish
Coat fish evenly on both sides with mix
Do not let fish sit in mixture – just coat and put in heated oil in fry pan
(Put enough oil to cover the side lying in pan)
Fry on both sides until desired colour is achieved.

ENJOY!

Additional Accompaniments

Vincentians tell of various other interesting accompaniments to *roast breadfruit*. *Saltfish* (salted cod) is a favourite alternative to fried jackfish. *Saltfish* is often incorporated into a local dish called *buljol* (pronounced bul-jow by Vincentians), which includes tomatoes, sweet peppers and onions, and is served with the *roast breadfruit*. A tiny fish called *tri tri* (pronounced tree-tree) is another popular accompaniment to *roast breadfruit* when the fish is in season. The *tri tri* are cleaned, seasoned with spices and curry powder and fried into “cakes”.

Cocoa “tea” is a popular beverage that is often substituted for golden apple drink. The cocoa “tea” is made from processed local cocoa beans and spices. It is served with milk and sugar, or sweetened condensed milk, in similar fashion to black tea.

[Note: Readers are invited to submit further recipes to educate@vincytoronto.com. All sources will be acknowledged.]

STUFFED BREADFRUIT

Ingredients

1 large breadfruit
½ cup sweet pepper
1 medium tomato cut in pieces
1 cup fresh minced or left-over meat
½ cup chopped carrots
1 tbsp margarine
salt to taste

Method

Roast or boil breadfruit whole
Braise onion and sweet pepper in margarine or oil
Add other ingredients and simmer till done
Core breadfruit and stuff with filling
Serve warm

[Mabelle Jones, a former Home Economics Organiser in the SVG Ministry of Education contributed the STUFFED BREADFRUIT recipe above. The recipe was taken from the booklet, 'Breadfruit fiesta'.]

BREADFRUIT FISH CAKES

2 cups cooked flaked fish (salted fish can be used)
2 cups cooked mashed breadfruit
1 onion
2 sprigs celery
1-ounce margarine
2 teaspoons lime juice
Salt and pepper to taste
2 egg whites
Oil for frying/bread crumbs
Red and green pepper for garnish

Method

- Mix together flaked fish and crushed breadfruit
- Mince seasonings (onion and celery) sauté in margarine until softened
- Add sautéed seasonings, lime juice, salt and pepper to breadfruit/fish mixture
- Beat well and check the taste
- Beat egg whites until stiff, **fold** into breadfruit/fish mixture
- Heat oil in frying pan
- Drop mixture by spoonfuls into breadcrumbs and shape as desired
- Fry in heated oil turning to brown on all sides
- Drain fried fish cakes on paper towels
- Arrange on serving dish
- Garnish with slices of red and green pepper

[The recipe above was modified from:

*THE BREADFRUIT PLANT of St. Vincent and the Grenadines. First Edition, July 2004.
Communications Unit, Ministry of Agriculture and Fisheries, St. Vincent and the
Grenadines.]*

BREADFRUIT ROSETTES

[Recipe modified from:

THE BREADFRUIT PLANT of St. Vincent and the Grenadines. First Edition, July 2004.
Communications Unit, Ministry of Agriculture and Fisheries, St. Vincent and the Grenadines.]

1 large breadfruit
4 eggs
2 cups milk
2 oz margarine
1 medium onion grated
Salt to taste
1 tsp white pepper
½ cup breadcrumbs

Method

- Preheat oven to 350 degrees
- Peel, cook breadfruit until tender, and mash
- Beat eggs, adding milk, margarine, grated onion, salt and white pepper
- Add mixture to mashed breadfruit and mix well
- Fill pastry bag with mixture with large tubes
- Tube mixture into rosettes on greased flat dish
- Sprinkle with breadcrumbs and bake until golden brown

Yield: Makes 12 to 15 Rosettes

Serving Suggestions: Serve in place of rice with vegetables, meat, fish or poultry

BREADFRUIT CHEESE SOUP

[Recipe modified from:

*THE BREADFRUIT PLANT of St. Vincent and the Grenadines. First Edition, July 2004.
Communications Unit, Ministry of Agriculture and Fisheries, St. Vincent and the
Grenadines.]*

Ingredients

1 onion
1 clove garlic
1 oz butter
1 lb breadfruit, peeled and sliced
1 tannia, peeled and sliced
1 stalk celery, sliced
2 cups vegetable stock
1 cup milk
3 oz grated cheese

Method

- Fry onion and garlic in butter until soft (about 2 minutes)
- Add vegetable stock, breadfruit, tannia and celery
- Bring to boil, cover and simmer for 20 minutes
- Remove from heat, cool
- Puree mixture in blender in small batches
- Return pureed mixture to medium heat, add milk, half the cheese and reheat (do not boil)
- Garnish with remaining cheese
- Serve with rolls

BREADFRUIT CAKE

[Recipe modified from:

THE BREADFRUIT PLANT of St. Vincent and the Grenadines. First Edition, July 2004.
Communications Unit, Ministry of Agriculture and Fisheries, St. Vincent and the Grenadines.]

Ingredients

½ breadfruit
½ lb margarine
½ lb sugar
4 eggs
1 tsp essence
3 cups sifted flour
3 tsp baking powder
1 tsp spice
¼ cup milk

Method

- Preheat oven to 350 degrees
- Grease cake pan and set aside

- Cut and peel breadfruit
- Boil until tender, crush and set aside
- Cream margarine and sugar until light and fluffy
- Add eggs one at a time, beating well after each addition
- Stir in essence
- Combine flour, baking powder and spice – add to butter mixture alternating with milk
- Fold in crushed breadfruit
- Pour mixture into greased pan
- Bake for 30 to 35 minutes or until wooden pick inserted comes out clean

NB. Dried fruits and chopped nuts can be added if desired.