



In 4th grade, ĀINA In Schools students cultivate their Hawaiian Garden, which includes 'ulu (breadfruit) and other native and Polynesian-introduced plants. Celebrate local, colorful flavors with these unique and healthy dishes, highlighting 'ulu, a nutrient-rich but often under-utilized Hawaiian crop.

An excellent source of fiber, potassium, calcium and vitamin C, 'ulu is very versatile and can be used in both sweet and savory dishes. Common 'ulu varieties are fruiting in November though some may be towards the end of the season. Find a friend with an 'ulu tree or shop your local co-op or Farmers' Market, or sources like the Hawai'i 'Ulu Cooperative and Farm Link Hawai'i for the freshest flavor.

Try out one of these delicious 'ulu-centric recipes, created by KHF Co-founder Jack Johnson; KHF Staff Summer Maunakea and Joe Wat; as well as ĀINA Partner Chefs Nina Alena Beatty, Mark Noguchi, Marika Emi, and the beloved Gigi Miranda. Find more delicious recipes at ntbg.org/breadfruit/food/recipes and eatbreadfruit.com/pages/recipes.



General Cooking Directions from the Breadfruit Institute of the National Tropical Botanical Garden and Hawai'i Homegrown Food Network

Steaming: The fruit is commonly quartered lengthwise (parallel to the core), after which the core can easily be cut away. The skin, which is edible, can be removed before steaming, left on for consumption, or removed after steaming (which is easiest). Steam until the flesh is tender and can be easily pierced with a fork. Steaming time varies depending on the size of the steamer and how large the pieces are. Breadfruit can also be boiled. It will absorb more water when boiled than when steamed, which is desirable for certain varieties and recipes, and undesirable for others. Avoid overcooking.

Baking in oven: Oven baking breadfruit results in tender flesh and a slightly roasted flavor. To bake, rinse the skin, cut in half and place cut side down on an oiled baking sheet or in a shallow baking pan with $\frac{1}{2}$ – $\frac{3}{4}$ inch (1–2 cm) of water. Fruit can also be cooked whole wrapped in aluminum foil to keep the flesh moist. Bake at 375– 400°F (190–205°C) for one hour or until the fruit can be easily pierced with a fork. Cooking time varies depending on the size of the fruit.

Fire it up! Hawaiians and other Pacific Islanders traditionally cook breadfruit in earthen ovens. In Hawai'i we call these imu. 'Ulu can also be roasted over an open fire. All of these methods impart a wonderful smoky flavor to the fruit. After peeling off the skin, the fruit can be eaten as it is, or as an ingredient in other traditional dishes.



'Ulu Chips

Jack Johnson, Musician & KHF Co-Founder

Ingredients

- 1 firm ripe 'ulu
- ½ cup avocado oil
- 2 tablespoons Hawaiian sea salt



Directions

1. Use a firm but ripe 'ulu (you can tell it's ripe when the skin is smooth and there is white sap coming out).
2. Quarter the 'ulu and remove the inside "tongue" or core.
3. Slice into thin (1/4-1/8") triangular shapes.
4. Put into a bowl and toss with olive oil and Hawaiian sea salt.
5. Spread out 'ulu pieces on a baking sheet.
6. Bake 20 minutes at 400 degrees. Check and flip with spatula midway through baking. You could bake them a little longer if you like them extra crispy!
7. Add more salt to taste.
8. Serve with homemade hummus (See 'ulu hummus recipe below--it's great with 'uala hummus too!).

'Ulu Hummus

ĀINA Chef Nina Alena Beatty (Paumalu Yoga)

Yields approximately 32 oz. or 1 quart

'Ulu hummus can be served as a dip for veggies, pita, chips, crackers. Use as a spread on sandwiches and wraps. You may also add water or olive oil to make a salad dressing.

Ingredients

- 3 cups cooked 'ulu (approximately 1 small 'ulu)
- 1/3 cup tahini
- 1/4 cup lemon or lime juice
- 5 cloves roasted garlic
- 1-1/2 cups water (less if you like your hummus thick)*
- 1-1/2 teaspoon cumin
- 1 teaspoon sea salt (Hawaiian alaea salt is Nina's favorite)**
- A pinch of fresh ground black pepper

*Note: different types of 'ulu have varying starch content and can create different textures of hummus. You may have to alter the amount of water used to accommodate your preferred thickness.

**If you are using rock salt, add 1/4 cup HOT water to the salt to dissolve it before combining with hummus mixture.

Directions

1. Pick a firm 'ulu. Quarter the uncooked 'ulu. Boil in a large pot, or steam for about 20 minutes or until you can pierce it through with a knife. Strain water if needed. Cool 'ulu to room temperature.
Tip: *lightly oil your knife and cutting board to make for easier cleaning of the sap from the 'ulu.*
2. Cut out the core from the 'ulu and discard. You can leave the skin on or peel off with a sharp knife. Cut into 2 inch chunks. Measure 3 cups and add to food processor.
3. If you are using rock salt, add ¼ cup HOT water to the salt to melt it before combining with hummus mixture.
4. Combine 'ulu, tahini, lemon juice, garlic, cumin, salt, pepper in the food processor.
5. Add a half cup of water at a time to hummus mixture. Blend until smooth, adding more water as needed for desired consistency.
6. Taste to make sure hummus is to your liking. You may also wish to add more or less lemon or lime juice, salt, garlic, or seasoning.
7. Serve immediately or keep refrigerated for up to one week in a well-sealed container.

Green 'Ulu Hummus

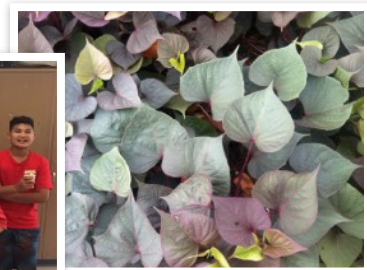
ĀINA Chef Marika Emi (Juicy Brew)

Ingredients

- 2 cups 'ulu, (steamed, peeled, cored)
- 1/4 cup tahini
- 1/2 cup fresh basil leaves, washed
- 1/2 cup fresh laupele or 'uala leaves, washed
- 1/4 cup lemon juice, to taste
- 1/4 cup olive oil, to taste
- 3-5 garlic cloves
- salt and pepper to taste
- black and white sesame for garnish

Directions

1. Cut 'ulu into 1-2 inch pieces.
2. Place in a Vitamix, food processor, or high speed blender and blend.
3. Add the rest of the ingredients, and blend.
4. Add a small amount of water to help liquefy for your preferred hummus consistency.
5. Season to taste, and serve with chips, crackers,



'Ulu Stuffing

ĀINA Chef Nina Alena Beatty (Paumalu Yoga)

Ingredients

- 6-8 cups 'ulu (approximately 1 large 'ulu)
- 1 cup high heat cooking oil
- 1 cup chopped onion
- 1 cup chopped celery
- 5 cloves roasted garlic
- 2 tablespoons chopped parsley
- 3/4 cup chopped macadamia nuts
- sea salt and pepper to taste



Directions

1. Cut a firm ripe uncooked 'ulu into quarters.
2. Boil or steam in a large pot for about 20 minutes or until you can pierce it through with a knife strain the water and cool.
3. Cut the core of the 'ulu and compost. Leave the skin on and cut into bite size pieces.
4. Heat oil in a large skillet, when hot add onions and sauté or a couple minutes, then add celery and sauté for another minute.
5. Add another layer of oil, then add 'ulu and sauté until it starts to brown. Note: the 'ulu won't brown or crisp like potatoes.
6. Add more oil or water as needed to keep the 'ulu moist.
7. Add herbs, roasted garlic, nuts, salt, and pepper. Saute for a minute and taste. Add more oil, salt and pepper to taste as needed.
8. Remove from heat and add mixture to an 8X10 baking dish.
9. You can also drizzle or brush a tiny bit of oil to help crisp up the top layer of 'ulu.

'Ulu Hash with Ground Pork or Lamb

'ĀINA Chef Mark Noguchi (Pili Group)

Ingredients

- 2 cups cooked 'ulu, around 3/4-inch cubes
- 1 small onion, finely chopped
- 3-4 garlic cloves, minced
- Thyme, basil, or other herbs to taste
- 1/2 lb ground pork, lamb or other ground meat of choice
- handful of greens such as spinach, kale, chard, etc.
- 2 tablespoons green onion
- Hawaiian salt, pepper to taste
- A splash of red wine (optional)



Directions

1. Preheat a wok or nonstick pan over medium-high heat.
2. Add enough oil to coat the bottom of the pan.
3. Add onion, garlic, and herbs and sauté until golden brown.
4. Add lamb or other ground meat to the cooking onions and brown. Once meat is cooked through, put aside.
5. Using the same pan, add more oil to coat the bottom. Add 'ulu and fry, browning 'ulu before flipping.
6. Once 'ulu is golden brown, add lamb or other meat, and add a handful of greens and stir until wilted
7. Add salt and pepper to taste and a splash of vinegar. Top with green onions and enjoy!



'Ulu (Potato Style) Salad

'ĀINA Chef Nina Alena Beatty (Paumalu Yoga)

Ingredients

- 7 cups 'ulu, cubed
(approximately 1 averaged sized 'ulu)
- 1 cup veganise or mayonnaise
- 1/4 cup water
- 2 tablespoons lemon or lime juice
- 4 cloves roasted garlic, mashed
- 2 tablespoons Dijon Mustard
- 2 tablespoons whole-grain or stone ground mustard
- 1/2 cup fresh dill, chopped
- 3/4 cup celery, chopped
- 1/4 cup small onion, diced
- salt & pepper to taste

Directions

1. Bring a large saucepan filled halfway with water to a boil.
2. Cut the 'ulu into quarter sized pieces with the skin on. Remove the core and any seeds.
3. Boil 'ulu in the sauce pan for 15 minutes or until you can pierce it through with a knife. Cool 'ulu to room temperature.
4. In a large serving bowl thoroughly mix veganise, water, lemon or lime juice, garlic, and Dijon.

'Ulu Poke

Dr. Summer Maunakea, ĀINA Educational Specialist

Ingredients

- 2 cups 'ulu, steamed and cut into 1/2-inch cubes
- 2 tablespoons coconut oil or olive oil
- sea salt
- 1 thinly sliced green onion
- 3 tablespoons ground macadamia nuts
- 2 tablespoons furikake
- 1 tablespoon shoyu or low-sodium soy sauce
- 2 teaspoons sesame oil
- juice and zest from 1/2 lime
- 1 tablespoon or to taste inamona (optional)

Directions

1. In a large bowl, mix the 'ulu with the coconut oil and sea salt.
2. Toss in the rest of the ingredients.
3. Serve on ti leaf plates!

You could also add diced tomato and cucumber to this and it would be very tasty!



Cinnamon 'Ulu French Toast Bake

ĀINA Chef Gigi Miranda

Ingredients

- 1 1/2 cup coconut milk
- 1 large apple banana, sliced
- 3 tablespoons chia Seeds
- 1 tablespoons vanilla
- 2 teaspoon ground cinnamon
- 1/8 cup of coconut sugar or local honey
- 8 cups 'ulu, steamed & cubed
- coconut oil to grease a baking dish
- Optional: 1/2 cup of raisins



Directions

1. Blend coconut milk, banana, chia, vanilla, cinnamon and coconut sugar or honey until smooth, add raisins if you'd like.
2. Place 'ulu in a single layer in a greased baking dish.
3. Pour mixture over 'ulu and soak overnight in the refrigerator.
4. Bake at 375 degrees F for 30-45 minutes until golden brown.
5. Serve with local honey, fresh fruit or toasted nuts.

'Ulu and Banana Pancakes

Joe Wat, ĀINA Program Coordinator

Ingredients

- 1 very ripe 'ulu
- equivalent volume of bananas
- flour (as needed)
- water (as needed)



Directions

1. Mix equal parts peeled ripe (soft to the touch) 'ulu and the equivalent volume of peeled ripe bananas and mash until mixed.
2. Add water or flour to change the batter consistency if necessary.
3. Pour onto griddle and fry until firm.
4. Serve with honey or fresh fruit.