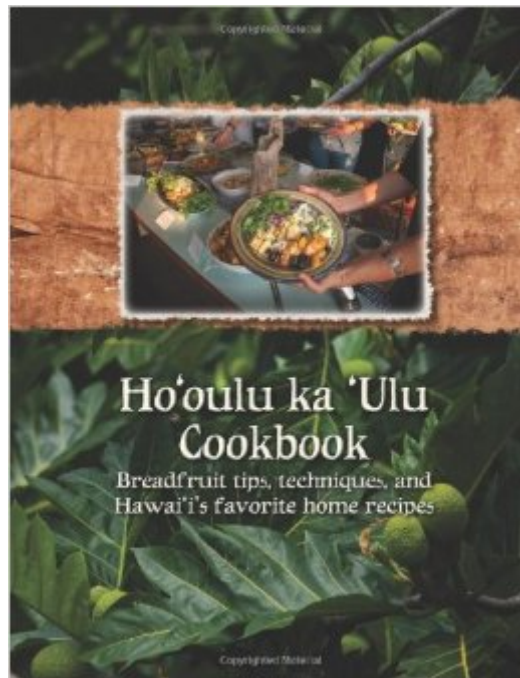


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# Ho'oulu Ka 'Ulu Cookbook: Breadfruit Tips, Techniques, And Hawai'i's Favorite Home Recipes



## Synopsis

Learn how to pick or buy fruit, cook, and prepare wonderful breadfruit dishes! This new cookbook is essential for both novice and expert breadfruit cooks. It covers how to select fruit that will have the best taste and texture for the dish you are preparing. Then it covers the most important ways to cook breadfruit to eat plain (like potato) or use in various recipes. Finally, it presents 20 recipes selected from the last 25 years of breadfruit cookoffs and cooking contests in Hawai'i, allowing you to pick a perfect dish for any occasion. Breadfruit, or â'ulu in Hawaiian, is a versatile staple that has fed people throughout the Pacific for millenia. This cookbook is about rediscovering this delicious and nutritious food. The first part of this book shows when to harvest, how to handle and easy ways to cook â'ulu fruit. The second part presents a selection of award winning recipes from breadfruit cookoffs and festivals in Hawai'i. Once you try a few of these dishes, we know you'll be hooked on â'ulu, a tasty and sustainable food from our island home.

Contents Preface by Dr. Diane Ragone 4 Introduction 5 When to pick â'ulu fruit 6 Immature and full size green fruit 7 Mature fruit 9 Ripe fruit 10 Harvesting 11 Basic cooking techniques Steaming 13 Boiling 14 Baking 15 Frying 16 Traditional methods 16 Recipes Pupus 19 Spicy â'Ulu Poke Breadfruit Hummus & Falafel â'Ulu Chips & â'Ulu Dip Wonton Wraps Soups, sides, and salads 25 Breadfruit Seafood Chowder â'Ulu Salad â'Ulu Fries Breadfruit Biscuits Main dishes 31 Corned Beef Patties Moloka'i â'Ulu Yellow Breadfruit Curry â'Ulu au Gratin Savory Breadfruit Bake â'Aina Lasagna Desserts 39 Kaua'i Paradise Pie â'Ulu Pops Breadfruit Pumpkin Pie â'Ulu Custard Pie â'Ulu Ice Cream Notes 46 Recipes by Celeste Aleah, Mariposa Blanco, Jeanette Bonilla, Mele Brewer, Laurel Brier, Honey Burns, Brenda Cloutier, Ingrid Estrella, Eno Garard, Ike â'Aina "â'Ainaola Culinary Arts Class, Pauline Kalama, Jill Kawaiaea, Satsuki â'Sukiâ™ Matsuhashi, Wilkie McClaren, Genji K. Nakada, Manolya E. Oner, Nader â'Nanaoâ™ Parsia, Richard â'Ricâ™ Rocker, Dana Shapiro, Sara Thompson, Team Waipa

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## Customer Reviews

'Ulu is coming back to Hawai'i. At least major attempts are being made to bring these trees back. This book is very useful with facts about what 'ulu is, what kinds there are, how to prepare this nutritious and delicious food.

There are NINETEEN recipes in this book, not just 5. There are 5 CATEGORIES Pupus (appetizers), Soups, Sides & Salads, Main dishes, and Desserts. All with full color photographs, and all look delicious. All you need for getting started cooking breadfruit, and new ideas for those who already have favorite ways of preparing it. A food with a great future. If you haven't had it prepared properly, you really haven't experienced it. This book will get you going.

Breadfruit is very versatile and this cookbook brings out its various uses. Good info about the food, how to pick and cook them. Not a lot of recipes but it does get you started and gives helpful information.

Very informative. Recipes I have tried turned out delicious. Who knew there were alternatives to dealing with the sticky latex. I have bought several copies for friends and family. When the deal goes down everyone should have a Ulu tree in the backyard.

This book clearly explains to you how to pick breadfruit and how to cook it in great detail with pictures. The recipes look yummy and inspiring all with pictures.

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