



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