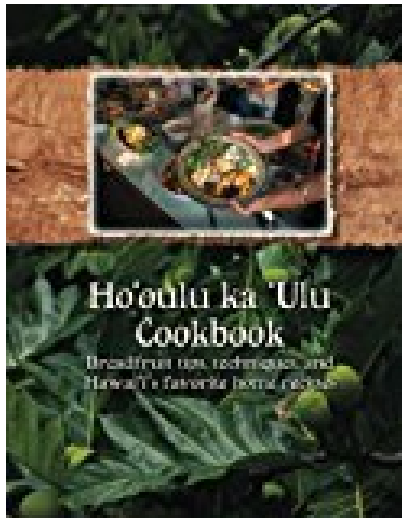


Hooulu ka Ulu Cookbook Breadfruit tips techniques and Hawaii's favorite home recipes



BOOK DETAILS

- Author : Diane Ragone
- Pages : 48 Pages
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BOOK 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 Hawaii, allowing you to pick a perfect dish for any occasion. Breadfruit, or 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 ulu fruit. The second part presents a selection of award winning recipes from breadfruit cookoffs and festivals in Hawaii. Once you try a few of these dishes, we know you'll be hooked on ulu, a tasty and sustainable food from our island home. Contents Preface by Dr. Diane Ragone 4 Introduction 5 When to pick 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 Ulu Poke Breadfruit Hummus & Falafel Ulu Chips & Ulu Dip Wonton Wraps Soups, sides, and salads 25 Breadfruit Seafood Chowder Ulu Salad Ulu Fries Breadfruit Biscuits Main dishes 31 Corned Beef Patties Molokai Ulu Yellow Breadfruit Curry Ulu au Gratin Savory Breadfruit Bake Aina Lasagna Desserts 39 Kauai Paradise Pie Ulu Pops Breadfruit Pumpkin Pie Ulu Custard Pie 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 Aina-Ainaola Culinary Arts Class, Pauline Kalama, Jill Kawaiaea, Satsuki Suki Matsushashi, Wilkie McClaren, Genji K. Nakada, Manolya E. Oner, Nader Nanao Parsia, Richard Ric Rocker, Dana Shapiro, Sara Thompson, Team Waipa

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