



Breadfruit

Recipes

Sweet and Savoury



ANDREA V WHYTE

Breadfruit Recipes – Sweet and Savoury

© Andrea V Whyte 2019

Website: www.islebites.com; **Email:** isle_bites7@yahoo.com.

The rights of Andrea V Whyte to be identified as author of this Work has been asserted by her.

NOTICE TO USERS

It is illegal to reproduce any part of this Work in any form (including photocopying, electronic storage, mechanical, recording or otherwise) except under the following circumstances:

- i) where you are abiding by a licence granted to you by the Jamaican Copyright Licensing Agency (JAMCOPY), 17 Ruthven Road, Building 1, Kingston 10, Jamaica, W.I. Tel: (876) 754-8910, Fax: (876) 920-9444, Email: info@jamcopy.com;
- ii) where no such licence exists, or where you wish to exceed the terms of the licence, and you have obtained the written permission of Andrea V Whyte;
- iii) where you are allowed to reproduce without permission under the provisions of Part VI of The Copyright Act, 1993 (Jamaica)

First published 2019

ISBN 978 976 96298 0 6

Edited by Amba Small-Brown
Designed by BGN Graphics
Illustration by Andrae Francis

Photographs by Andrea V Whyte, Alex Earle and Mosi Morgan

Printed in Jamaica

NATIONAL LIBRARY OF JAMAICA CATALOGUING-IN-PUBLICATION DATA

Mmes: Whyte, Andrea V.
Title: Breadfruit recipes : sweet and savory / Andrea V. Whyte
Description: Montego Bay, Jamaica : Andrea V. Whyte, 2019.
Identifiers: ISBN 9789769629806 (paperback) | ISBN 9789769629813 (ebook)
Subjects: LCSH: Cooking (Breadfruit). | Cooking, Jamaican. | Cookbooks – Jamaica.
Classification: DDC 641.597292 dc23

ACKNOWLEDGEMENT



As a returning resident to Jamaica after many years of living in the United States, in 2006, I began experiencing excruciating pain in my hips, knees, and back and was diagnosed with osteoarthritis. Not contented to live on medication and its potential side effects, I researched natural treatment, which led me to the sweet potato. It was at this point I again began experimenting with ways of making authentic sweet potato pudding, tasting just like my grandmother's, but without the flour, using all-natural ingredients, and no preservatives.

The idea conceived, of using breadfruit as a substitute for rice or potato, came into being after seeing the vast amount of this nutritious fruit on the island. The motivation came from wanting to utilize the extensive variety of ground provisions and fruit grown throughout the island, rather than spend on imported processed foods.

Breadfruit in its original state is not easy to prepare for those not familiar with it. However, once I researched the breadfruit and discovered just how healthful a food it was, the possibilities seemed endless. The idea came to me to make it more manageable for working people on the go. Even more important than demonstrating how to make the breadfruit more convenient for families to consume as a main staple, was how to educate Jamaicans from all socio-economic backgrounds about the nutritional value of breadfruit – filled with vitamins and fibre.

The goal is for breadfruit to be used as a natural carbohydrate substitute that is more affordable and nutritious. This book seeks to educate and motivate as well as to elevate the use of the breadfruit.

Self-taught in the culinary arts from a young age, cooking for family and friends, often experimenting and creating new recipes was the genesis of this journey. Having the early experiences of messing up some of my dishes and self-correcting taught me well. And at a not so young age, I entered school again to get some professional training at Robert Morgan Culinary Arts School in Miami, Florida.

Without the inspiration of many persons including close family and friends, this book would not be possible. Particularly to my family, my husband and life partner Junior Whyte, my children Adella Earle, Dr. Norman Whyte and Michael Whyte, thank you for your unfailing support in this interesting and delicious journey.

And to my Editor, Amba Small Brown; without your support and guidance, I could not have done this book.

Andrea V Whyte

RECIPE CATEGORIES

Pancake, wraps and other things to eat for breakfast lunch or dinner. Breadfruit based recipes for any time of day!

BELLYFUL BREAKFAST

Breadfruit porridge
Flourless pancakes
Saltfish fritters
Mini breadfruit cup
Mini breadfruit cup (with breadfruit flour)
Quickie Quiche
Breadevilled eggs
Omelet or Scrambled eggs with ready breadfruit
Breadfruit wraps/flatbreads

IN THE MEANTIME ...

Breadfruit sweet potato bread
Breadfruit bulla cake
Breadfruit oatmeal cookies
Fruit and nut fritters
Plantain tart
Breadfruit chips
Breadfruit parmesan wafers

BRUNCH OR LUNCH

Breadfruit and tuna salad
Veggie mac and cheese

	Pumpkin mac and cheese	23
2	Simple salad	24
4	Ravioli with meat or vegetables	25
5	Pizza	26
6		
7	MAIN MEALS – DINNER IS SERVED	
8	Meat balls and tomato sauce	28
9	Chicken shepherd's pie	29
10	Lasagna	30
11	Tropical cod curried breadfruit	31
	Basic stir-fried breadfruit	32
	Breadfruit base for creamy soups	33
13		
14	DESSERT	
15	Custard pudding	35
16	Special Father's Day pudding	36
17	Bread pudding	37
18	Black pudding fruit cake	38
19	Breadfruit cheesecake	39
	ONE BASE, MULTIPLE DRINKS	40
21	BREADFRUIT FACTS	41
22	UNDERSTANDING the BREADFRUIT	44

Breadfruit Bites

I am offering an efficient and versatile solution to a unique problem!



Breadfruit/Fruta de pan

Discover the endless versatility of breadfruit. A day doesn't go by that I have not discovered or created a new use for this infinite star of a fruit!

This discovery has been like a new-found LOVE, that just keeps on surprising me daily with endless possibilities.

Breadfruit is an important source of food for humans and animals. It's low maintenance, it's nutritious, it's more than just a carbohydrate, it's the answer to all our needs. Its use will help the economy! Everyone can benefit. The breadfruit is the perfect tree. BLESSED TREE!

Andrea V Whyte

