



Sugar Apple

Posts From The Caribbean

Breadfruit au Gratin

Breadfruit is native to the Pacific and was brought to the Caribbean by Captain Bligh, of *Mutiny on the Bounty* fame. Breadfruit is pretty starchy and some people say it tastes like potatoes when cooked. In fact, it is often used in the Caribbean in place of potatoes in salads and casseroles. I don't necessarily agree and can sometimes taste a hint of banana, like the little "fig" bananas that grow here in the islands. Either way, the following breadfruit au gratin is seriously rich and creamy.

1 breadfruit (I think mine was about 2-3 pounds)

2 small shallots

½ cup flour

salt and freshly ground pepper

1 ½ cups milk

½ cup heavy cream

nutmeg

a good handful of Gruyere cheese

Preheat your oven to 350°.

Remove the stem from the breadfruit and cut it into quarters. Remove the seed (if it has one, some breadfruit are seedless). Peel the breadfruit quarters and then thinly slice them. You want to work fast here because breadfruit goes brown very quickly. You might also want to have a bowl of water ready to put the sliced breadfruit into as you peel them. This will help them keep their nice light color.

Finely chop the shallots and mix them with the flour and some salt and freshly ground pepper to taste. Drain the breadfruit slices (if you have them in water) and layer one quarter of the slices in a small buttered casserole dish (I used an 8x8" dish). Sprinkle with one quarter of the shallot/flour mixture. Repeat the layers three more times.

Mix the milk and heavy cream together and pour it over the breadfruit. The milk mixture should come just about to the top of the breadfruit, so you might need a little more or a little less milk. Grate a little fresh nutmeg (just a little) over the top and then sprinkle the cheese over the casserole.

Bake until the top is a lovely golden brown and the casserole is bubbly, about 45 minutes.
This will serve 6-8 as it's very rich and a little goes a long way.

<http://www.abigailblake.com/sugarapple>

from the article *Lesson Learned* posted on April 6, 2009