



# Sugar Apple

Posts From The Caribbean

## **Cream of Breadfruit and Green Papaya Soup**

*Because it was made primarily of leftovers from last night's dinner, there's not really a recipe here, more of a technique. But this one's a winner.*

I took the still-hard green papaya from which I'd removed the filling and peeled and chopped it into half inch pieces. I put it in a saucepan with some vegetable stock, a couple of cloves of peeled garlic, a bay leaf and a sprig of fresh thyme. I simmered the papaya until it (finally) softened up, then removed the bay leaf and thyme sprig and threw in some leftover breadfruit au gratin. This simmered for a few minutes and then I used a handheld immersion blender to puree the soup and thinned it with a bit more stock. I sprinkled each serving with a few sprigs of fresh parsley (chives would be nice also) and passed the hot sauce.

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

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