

---

## Breadfruit Junkanoo

---

### Ingredients:

<b>Amount</b> (1, .50 , 8)	<b>Unit</b> (cup, Tbsp, g, ml)	<b>Item</b> (egg, chaya leaves, sugar)	<b>Preparation</b> (crushed, diced, whole)
½	cup	breadfruit flour	
¼	cup	cornmeal	
1	tsp	baking powder	
1	cup	water	
1	cup	breadcrumbs	
		Ackee* segments	canned or steamed
¼	tsp	Scotch Bonnet pepper	cut fine
1	tsp	onion	minced
1	tsp	scallion	chopped fine
¼	tsp	thyme	
		salt & pepper	to taste

## Recipe Instructions:

1. Cook ackee segments.
2. Sauté onion, scallion, pepper and thyme in 1 Tbsp oil. Add ackee
3. Mix breadfruit flour, cornmeal, baking powder, and salt.
4. Add water. Let sit 15 minutes.
5. Using a teaspoon, scoop up the breadfruit batter.
6. Use your finger to create a hollow and place ackee mixture inside.
7. Carefully fold over the rest of the batter until the ackee is covered.
8. Gently place in a bowl with breadcrumbs and cover.
9. Roll into a ball.
10. Place the ball in hot oil and fry until golden brown
- 11.
12. **\*Only part of the ripe fruit of ackee is POSSIBLY SAFE when eaten as a food. The unripe fruit of ackee is UNSAFE to eat, even if it has been cooked. Additionally, the water used to cook the unripe fruit can be poisonous. The unripe fruit contains poisonous chemicals that can harm the liver, and could cause death.**

## Recipe Notes :

<http://edn.link/49chfj>