

Breadfruit Junkanoo



Ingredients

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



Directions

Cook ackee segments.
Saute onion, scallion, pepper and thyme in 1
tablespoon oil. Add ackee.
Mix breadfruit flour, cornmeal, baking powder,
and salt. Add water. Let sit 15 minutes.
Using a teaspoon, scoop up the breadfruit
batter. Use your finger to create a hollow and
place ackee mixture inside.
Carefully fold over the rest of the batter until
the ackee is covered.
Gently place in a bowl with breadcrumbs and
cover.
Roll into a ball.
Place the ball in hot oil and fry until golden
brown.

