

Callaloo Pie Breadfruit Crust

Virginia Burke

Ingredients

Crust:

2 cups breadfruit flour

1 tsp sea salt

½ cup virgin coconut or olive oil

¼ cup water

Filling:

3 eggs, beaten

2/3 cup Callaloo, presteamed with onions and seasoning (press out liquid)

1 cup salt fish, soaked & deboned

1 cup grated cheese



Directions

Preheat oven 350 degrees.

Mix all ingredients to make a fairly dry dough. Press into pie dish with fingers at least ¼ inch thick. Make a rim halfway up the sides. Bake 20 minutes, until just browned.

Mix filling together and fill crust. Top with sliced tomatoes and sprinkle with salt and pepper to taste, oregano or thyme, and 1 cup of grated cheese.

Bake 30-40 minutes, until cheese is melted and callaloo is firm.



Trees That Feed Foundation