

# Rosemary Fries

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## Ingredients

1 cup breadfruit flour  
2 cups vegetable or chicken stock  
½ tsp dried rosemary  
salt & pepper to taste  
oil for frying and to grease pan

## Directions

*Grease 8 or 9 inch square pan.*

Add flour, stock, and rosemary to medium-size pot. Add salt and pepper to taste and mix. Cook over medium heat, stirring constantly until mixture is very thick.

Spread as evenly as possible in greased pan.

Cover and place in refrigerator for at least one hour or overnight.

Cut firm breadfruit block into French fry sized strips.

Heat oil in deep frying pan and add strips in batches. Fry 3-5 minutes until golden brown.

Remove fries and place on paper towels to drain excess oil.

Season with salt and pepper and serve with condiments of your choice.



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