

Mai'a 'Ulu Bread Home Recipe



Makes 12 servings

Ingredients:

- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 ½ sticks butter, softened
- 1 ½ cups sugar
- 2 eggs
- 1 teaspoon vanilla
- ½ cup milk
- 2 cups ripe mai'a and/or 'ulu, mashed

Directions:

Preheat oven to 350°F. Mix flour, baking powder and cinnamon together. In a separate bowl, cream butter and sugar. Add eggs and vanilla and beat until thick. In a third bowl, combine fruit and milk. Add the wet and dry mixtures to bowl with butter and eggs alternately in three batches. Don't overmix. Pour batter into greased loaf pan and bake for 50-60 minutes, until top is golden brown and toothpick inserted into center comes out clean.

Did you know?

Ripe 'ulu can be used as a substitute for or in combination with mai'a in baked goods, like breads and muffins! The two crops also grow well together in diversified agroforestry systems, with mai'a in the understory and 'ulu providing protective shade and nutritious mulch from the fallen leaves. In traditional Polynesian food forests these two nutritious crops can often be found happily growing side by side, like the best of friends!

Fun facts

- The banana plant is actually the world's largest perennial herb.
- The banana fruit is classified as a berry.
- The inside of a banana peel can help relieve itching and inflammation.
- The word banana is likely of West African origin, possibly from the Wolof word *banaana!*

Find additional recipes and learn more about the Co-op at eatbreadfruit.com.



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