

'Aina Pono Harvest of the Month

Home Recipe

'Ulu Beef Stew

KA 'ULU A PIPI KŪ

Hawai'i 'Ulu Cooperative and Hawai'i State Department of Education have partnered to bring local breadfruit to keiki at all Hawai'i public schools as part of the regular lunch menu cycle. Celebrate local agriculture and indigenous crops at home with this 'ono recipe the whole family will love!

Ingredients:

3 tablespoon vegetable oil
(for browning the beef)
3 pounds boneless stew meat
(cut into 1-inch cubes)
¾ cup crushed tomato
¼ cup tomato paste
4 cloves of garlic, crushed
½ cup beef base
¾ teaspoon black pepper
2 tablespoons sugar
4 cups water
1 tablespoon Worcestershire sauce
(optional)
½ teaspoon Tabasco (optional)
1 medium round onion
(cut into bite-size pieces)
3 stalks of celery
cut into bite-size pieces)
2 medium-sized carrots
(cut into bite-size pieces)
2 pounds fresh 'ulu (breadfruit)
1 cup water (for the slurry)
¼ cup all-purpose flour

Directions:

Heat oil in a large pot. Add the stew meat. Cook until the beef is browned on all sides.

Add crushed tomato, tomato paste, garlic, beef base, black pepper, sugar and water (optional: Worcestershire sauce and Tabasco). Cover and cook, skimming from time to time, until the beef is half-cooked.

Add onions and celery. Cover and continue to cook until the beef tender.

Add carrots and simmer, covered, for 15 minutes.

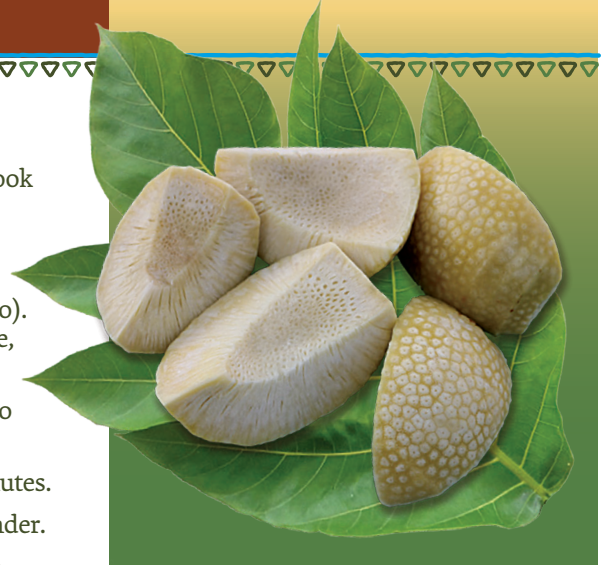
Add 'ulu and simmer until vegetables are tender.

Make slurry (mix flour and water) and strain through a sieve to remove lumps.

Add slurry to stew and stir constantly until desired thickness is reached. Bring back to a simmer before turning off heat.

Tip for making Ka 'Ulu a Pipi Kū (Beef and Breadfruit Stew)

Add 'ulu pieces to stew early in the cooking process to absorb more liquid and flavor, or later to retain a firmer texture.



Nutrition information for 'Ulu Beef Stew (excluding rice) – Serving Size: 10 oz.; 346 calories; 13 g total fat (saturated fat: 5 g); 32 g carbohydrates; 6 g fiber; 26 g protein; 485 mg sodium.

(Nutrient values are estimates only. Variations may occur due to product availability and food preparation. Nutrient levels may vary based on methods of preparation, origin, and freshness of ingredients, etc. Value of the menu item is listed in grams (g) of carbohydrates rounded to the nearest whole number. While we do our best to ensure accuracy, we make no representation or warranty regarding the information contained in this document. Although we are providing nutritional information for our menus, the information in this document is for informational purposes only. No information, services or materials offered shall be construed as or understood to be medical advice or care.)



Makes twelve servings

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



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