

FIJIAN FRUIT LOTE

Ingredients

4 tablespoons corn starch
1 cup red papaya (chopped)
1 cup golden nugget pumpkin (chopped)
3 bananas (chopped)
1 225 gram can of coconut cream
2 breadfruits

Directions

1. Soak the breadfruit in a bowl of cold water for two minutes to remove much of the sticky sap from its skin.
2. Cut an "X" into the skin at the bottom of the breadfruit to allow steam to escape while cooking.
3. Coat the breadfruit in vegetable oil and wrap it in aluminium foil to keep it moist. Place it on a baking sheet.
4. Bake the breadfruit in the oven at 200 degrees Celsius for up to 1 hour. The breadfruit is ready when you can easily poke it with a knife and the knife comes out clean.
5. In a large pot add 1 litre of water and corn starch and bring to the boil.
6. Add the freshly cut papaya, pumpkin and bananas to the water and let it simmer with the lid on.
7. Once the fruit has cooked down, drain the remaining liquid from the pot into a separate bowl and mash the fruit together.
8. Using a sieve, add the coconut cream to the fruit mixture and stir.
9. Remove the roasted breadfruit and when it has cooled, peel and slice it.
10. Serve the fruit in a bowl with the breadfruit on the side.

