

## Breadfruit Variety—'Ulu

The 'Ulu variety is a typical seedless, dense, starchy Polynesian breadfruit that was brought to Hawai'i from Tahiti by the original Hawaiians. It is believed that 'Ulu arrived 500–700 years ago, possibly earlier. 'Ulu was widely grown in Hawai'i, with vast managed groves in Kona and Puna on Hawai'i Island and large plantings elsewhere throughout the islands.

The fruit is oval to round, with a light green skin color and slightly rough skin. Mature and ready to use fruit typically has pronounced brownish cracking (scabbing) on and around the individual sections on the skin, and a slight separation between the sections, combined with a crust of dried drops of sap. The flesh is white to cream colored and seedless. The fruit is large, with an average weight of about 2 kg (4.4 lb) and an edible portion (peel and core removed) of 1.7 kg (3.8 lb).



Mature fruit of 'Ulu: Look for greenish-yellow skin, a smooth surface, and brownish cracking between the surface segments. A crust of dried sap is also typical. The flesh inside is firm and creamy white or pale yellow in color.

'Ulu has denser, firmer, and starchier texture compared with Ma'afala and Meinpadahk, and consequently takes longer to cook and tends to be on the dry side when roasted or baked. The solid, dense texture makes it ideal for dishes that require a firm slice, such as au gratin dishes, fries, or chips. 'Ulu can be steamed or boiled, which adds moisture. The longer

it is cooked, the more tender and softer the flesh becomes, so it can be cooked to a texture desired for a given dish.

The Hawaiian 'Ulu fruit can vary in fruit size, shape, and production season depending on where the tree is growing, but fruit quality, texture and cooking qualities remain constant.

Breadfruit  
seafood  
chowder  
made with  
fish, shrimp,  
broth,  
taro leaves  
and other  
vegetables



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