

Tuvalu

Breadfruit Chips

Food is such an important part of Tuvaluan life. There are two things you can be sure of when people come together in Tuvalu: there will be food and there will be lots of it.

One of Australian volunteer Gabi's first experiences in Tuvalu was being taught to cook breadfruit, including this simple recipe for *breadfruit chips*.

Ingredients

½ cup breadfruit, sliced very thinly
½ cup oil (coconut or any mild oil)
Salt

Method

Heat half of the oil in a large pan over medium-high heat.

Lay breadfruit slices in hot oil in a single layer. If the oil is at the right temperature, they will cook quickly.

Flip and fry until both sides are golden brown. The chips should be stiff and edges starting to curl.

Use tongs to carefully remove and place on paper towel to absorb excess oil.

Fry in batches until all slices are cooked, adding extra oil as required.

Salt and serve.

Tips

Breadfruit can be substituted with cassava, dalo, potato or any kind of staple food.

