

Republic of the Marshall Islands

Jekaro Brioche Bread

While there are now many imported foods in the Republic of the Marshall Islands, there is still a strong traditional and local food culture. This recipe is based around the traditional ingredient jekaro – sap from the coconut tree.

Katrine is volunteering with the Ministry of Health and Human Services to support hospitals, schools and the wider community. Women from the hospital kitchen love sharing local foods with her, reflecting the strong culture of sharing food with friends.

Ingredients

1 ½ cups flour
7g yeast (1 package)
½ cup butter or coconut oil
2 eggs, room temperature
2 tbsp sugar
2 ½ tbsp coconut milk
2 ½ tbsp jekaro* (fermented for a couple of days)
1 pinch salt
1 egg yolk for glaze
Fresh coconut for topping

Method

Preheat oven to 200°C.

Mix flour and yeast. Add jekaro, warm coconut milk, sugar and salt. Add soft butter, piece by piece, kneading mixture together until all pieces are absorbed.

Add eggs one at a time, mix well after adding each egg.

Form mixture into a dough and knead for 10 minutes until it is smooth and elastic.

Cover dough and rest in a warm place for around two hours or until it doubles in size.

Knead dough again for 10 minutes then place into a loaf or muffin pan. Rest the dough again for an hour.

Brush dough with egg yolk. Make small cuts on the surface of the dough and top with chopped coconut.

Lower oven temperature to 180°C and bake for 20 to 30 minutes.

Remove from oven and leave to cool on a rack.

Serve when cool enough to touch.

Tips

* Jekaro is sap from the coconut tree.
Maple syrup could be used as a substitute in this recipe.

A version of this recipe originally appeared on the Foods of Micronesia website.



Majuro, Republic of Marshall Islands.
Photo: Darren James, 2019.