Breadfruit (Ulu)/Taro Seafood Chowder

Serves 6 - 8

3 cups Breadfruit, chopped *(Substitution: Taro)*
2 Tbsp Canola oil
1 cup Carrots, chopped
1 cup Celery, chopped
1 clove Garlic, minced
2 cups Shrimp, shelled, deveined, chopped (or cooked whole)
   (do not discard shells*)
2 cups Fish, chopped (Opah, Monchong, Shutome, Tilapia etc.)
1 cup Taro leaves, stems removed and chopped
   *(Substitution: Spinach)*
1 can Coconut milk (13.5 fl. Oz.)
2 cups Chicken broth, low sodium (add more if desired or if the soup
   is too thick)

Herbs (optional)
1 tsp Black Pepper

1. In a large stockpot, sauté carrots, celery and garlic in canola oil.
2. Add shrimp shells and sauté until the shells turn red.
3. Add taro leaves and sauté, then add seafood and coconut milk, and broth.
4. Simmer for 5 minutes. Skim off scum from the surface.
5. Add breadfruit simmer for another 10 minutes. (If taro is used, the cooking
   time will be longer – up to 20 minutes or more depending on the type of taro
   used. Cook until the taro is soft.)
6. Remove shrimp shells before serving.

*Cooking with shells of shellfish adds a lot of flavor to the dish – sautéing in oil or
   cooked in a broth*