

## Breadfruit (Ulu)/Taro Seafood Chowder

*Serves 6 - 8*

3 cups	Breadfruit, chopped ( <i>Substitution: Taro</i> )
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 ( <i>Substitution: Spinach</i> )
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