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[www.breadfruittreefoundation.org](http://www.breadfruittreefoundation.org) (if they have it available)

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Home

Breadfruit Tree Trust of Pakistan is a Niagara Regional (*Ontario, Canada)*Community project to fight hunger. The project is focused on the founders home country of Pakistan.

"Giving a breadfruit tree will be a gift that keeps on giving for years to come”.

About

Our project's aim is to introduce a new staple food source called Breadfruit “Humdan” for the first time into Pakistan.  
  
Breadfruit is a gluten free, healthy starch that can be roasted, boiled, fried or dried and ground into flour. Inexpensively and effectively breadfruit can fill up starving stomachs.  
  
Breadfruit trees are already making an impact in Jamaica, Haiti and South America. Trees in those areas of the world are already helping fight hunger.  
  
  
It is estimated that one tree will be able to provide about 600 meals a year.  
  
Let us join together to help this simple idea reach across the oceans - to  
reduce hunger in Pakistan and by providing nutritious inexpensive food  
sources, change the lives of millions of people - especially the children.

|  |  |
| --- | --- |
| **Breadfruit, raw** | |
| **Nutritional value per 100 g (3.5 oz)** | |
| [**Energy**](https://en.wikipedia.org/wiki/Food_energy) | 431 kJ (103 kcal) |
|  | |
| [**Carbohydrates**](https://en.wikipedia.org/wiki/Carbohydrate) | 27.12 g |
| [Sugars](https://en.wikipedia.org/wiki/Sugar) | 11 |
| [Dietary fiber](https://en.wikipedia.org/wiki/Dietary_fiber) | 4.9 g |
|  | |
| [**Fat**](https://en.wikipedia.org/wiki/Fat) | 0.23 g |
|  | |
| [**Protein**](https://en.wikipedia.org/wiki/Protein_(nutrient)) | 1.07 g |
|  | |
| [**Vitamins**](https://en.wikipedia.org/wiki/Vitamin) | |
| [Vitamin A equiv.](https://en.wikipedia.org/wiki/Vitamin_A)  [lutein](https://en.wikipedia.org/wiki/Lutein) [zeaxanthin](https://en.wikipedia.org/wiki/Zeaxanthin" \o "Zeaxanthin) | 22 μg |
| [Thiamine (B1)](https://en.wikipedia.org/wiki/Thiamine) | (10%)  0.11 mg |
| [Riboflavin (B2)](https://en.wikipedia.org/wiki/Riboflavin) | (3%)  0.03 mg |
| [Niacin (B3)](https://en.wikipedia.org/wiki/Niacin) | (6%)  0.9 mg |
| [Pantothenic acid (B5)](https://en.wikipedia.org/wiki/Pantothenic_acid) | (9%)  0.457 mg |
| [Vitamin B6](https://en.wikipedia.org/wiki/Vitamin_B6) | (8%)  0.1 mg |
| [Folate (B9)](https://en.wikipedia.org/wiki/Folic_acid) | (4%)  14 μg |
| [Choline](https://en.wikipedia.org/wiki/Choline) | (2%)  9.8 mg |
| [Vitamin C](https://en.wikipedia.org/wiki/Vitamin_C) | (35%)  29 mg |
| [Vitamin E](https://en.wikipedia.org/wiki/Vitamin_E) | (1%)  0.1 mg |
| [Vitamin K](https://en.wikipedia.org/wiki/Vitamin_K) | (0%)  0.5 μg |
|  | |
| [**Minerals**](https://en.wikipedia.org/wiki/Mineral) | |
| [Calcium](https://en.wikipedia.org/wiki/Calcium#Nutrition) | (2%)  17 mg |
| [Iron](https://en.wikipedia.org/wiki/Iron#Biological_role) | (4%)  0.54 mg |
| [Magnesium](https://en.wikipedia.org/wiki/Magnesium_in_biology) | (7%)  25 mg |
| [Manganese](https://en.wikipedia.org/wiki/Manganese#Biological_role) | (3%)  0.06 mg |
| [Phosphorus](https://en.wikipedia.org/wiki/Phosphorus#Biological_role) | (4%)  30 mg |
| [Potassium](https://en.wikipedia.org/wiki/Potassium#In_diet) | (10%)  490 mg |
| [Sodium](https://en.wikipedia.org/wiki/Sodium#Biological_role) | (0%)  2 mg |
| [Zinc](https://en.wikipedia.org/wiki/Zinc#Biological_role) | (1%)  0.12 mg |
|  | |
| **Other constituents** | |
| Water | 70.65 g |

The Team

Rotary Club St. Catharines South - http://portal.clubrunner.ca/305

Rotary Club Karachi Seaview -https://www.facebook.com/RCKSeaview/

Trees That Feed Foundation -http://treesthatfeed.org/

SARC IPI PARC Farms Karachi- http://www.parc.gov.pk/index.php/en/research-institutes/138-sarc/735-coastal-agricultural-research-sarc-karachi

Recipes

**Ingredients**

* **1 tsp**ground coriander
* **1 tsp**ground cumin
* **1 tsp**vegetable curry powder
* **1**breadfruit, (500g), peeled and cut 3cm pieces
* **2 small**green chillies, halved
* **100 g**onion, finely chopped
* **5 small** curry leaves,
* **½ tsp**ground turmeric
* **½ tsp** ground black pepper
* **3 cm** piece cinnamon stick
* **500 ml** coconut milk
* **3** garlic cloves
* salt
* **100 ml**coconut cream
* **Pinch** of curry powder
* **100 ml**vegetable oil
* **1 tsp**mustard seeds
* **½**red onion

**Cook's notes**

*Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20˚C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.*

**Instructions**

Place the coriander, cumin and vegetable curry powder in a small heavy-based frying pan and dry roast over low heat until dark brown.

Place the roasted spices and all the ingredients except the coconut cream and roasted dark curry powder in a heavy-based saucepan and simmer for 12 minutes or until the breadfruit is tender.

To make the tempered spices, heat the oil in a pan. Cook the mustard seeds until popping. Add the curry leaves and onion and cook briefly. Add the tempered spices to the curry and stir to combine.

Stirring continuously, add the coconut cream and cook for another 4 minutes or until just below the boil. (Do not allow it to boil.) The sauce should be thick and the breadfruit soft and tender. Season to taste with salt, sprinkle with the roast curry powder and serve. Do not stir in the roasted curry powder.

Donate

Your one time donation can feed millions of empty stomachs for  
centuries to come.

(Donate Button)













