Pan of Bliss
Let's cook it real slow!

Breadfruit Stir Fry (Naadan Kadachakka Thoran)

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Prep Time 30 minutes minsCook Time 30 minutes minsTotal Time 1 hour



Ingredients

- 1 no. Breadfruit/kadachakka (medium)sliced
- ½ tsp Turmeric powder
- 1 tsp Chilli powder
- 1 tsp Salt (as per taste)

For roasting and grinding

- ½ cup Freshly grated coconut
- 2 tsps Whole pepper
- 1 tsp Whole coriander seeds
- 1-2 nos. Shallots

For seasoning

- 1 tbsp Coconut oil
- 1 tsp Mustard seeds
- 2 nos. Dry red chillies
- 8-10 nos. Curry leaves
- 2 nos. Shallots (chopped)

Instructions

How to prepare breadfruit stir fry

1. De-skin the breadfruit and chop into medium (elongated) pieces. Wash the pieces in salt and turmeric water (1/2 tsp turmeric to be added for washing).
2. Put the washed pieces in a deep pan and add the rest of the turmeric powder (1/2 tsp), chilli powder, salt and 1 cup of water and keep it for boiling on low flame.In 10 to 15 minutes it should be cooked. Check with a ladle while cooking. Do not overcook it as it can get mushy. Once cooked, switch off the flame.
3. In the meantime, grate 1/2 cup coconut.In another small pan or kadai, pour 1/2 tsp of coconut oil and add the grated coconut, whole pepper and coriander seeds and 1 shallot. Stir fry on low flame until the coconut and other ingredients turn light brown and give out an aroma. Switch off the flame and let it cool.
4. Once the coconut mixture cools, grind in a mixer-grinder by adding 1 tbsp of water.
5. Next, in a deep pan, heat coconut oil, add mustard seeds and let it crackle. Add dry red chillies and sauté.Add chopped shallots and fry until translucent. Add curry leaves.
6. Next, add the cooked breadfruit and the ground coconut mixture and mix well. Let it all blend well by cooking on low flame for 5 to 7 minutes. Mix well. Serve with sambar, rice and papad.

Notes

Notes & Tips You can prepare this stir fry without roasting the coconut and instead directly grind the coconut and other ingredients. Roasting enhances the flavour of the coconut, pepper, coriander and shallot. It lends a distinct flavour to the stir-fry. Fun facts Breadfruit is a species of flowering tropical tree in the Mulberry and Jackfruit family. It looks like a small jackfruit with flatter spikes. Europeans discovered breadfruit in the late 1500s. Breadfruits

are highly sustainable and reliable food source because a single breadfruit tree can produce hundreds of fruits annually. They are environment friendly and require minimum water to thrive in any climatic condition. Breadfruits can be used in savoury and sweet dishes. It can be baked or deep fried. It can be grilled or used as filling in recipes.