

# BREADFRUIT



*Le fruit à pain provient d'un arbre fruitier de la même famille que le fruit du jacquier et est originaire d'Asie et d'Océanie. À maturité et lorsqu'il est cuisiné, la texture de sa chair ressemble à du pain frais d'où lui vient son nom. Son goût s'apparente à celui de la patate. Le fruit à pain constitue la base de l'alimentation dans certains pays, car il fournit de l'énergie pour se soutenir plus longtemps.*

## AVAILABILITY AND PROVENANCE

### ✓ PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

DOMINICAN REPUBLIC

## TARGET CUSTOMER: CARIBBEAN

## OPTIMAL TEMPERATURE FOR CONSERVATION

12-14 °C for 2 – 4 weeks.

A white residue on the skin is normal. This fruit should be preserved like a banana. If it becomes soft, it is no longer good. For optimal preservation, it is best to wrap the fruit and never store it below 10°C.

## PURCHASE GUIDE

Choose a fruit that is heavy for its size, with yellowing green skin and slightly browned in places. It should be firm but yield slightly when pressed, a sign of ripeness. Avoid those that are too soft, cracked, or have large black areas.

## CONSUMPTION

The breadfruit is very versatile and can be eaten in many ways. It is delicious in purees or in stir-fries with garlic and oil. It can also be candied, marinated, or cut to make French fries. Sometimes its pulp is even used to make paper!

## NUTRITIONAL VALUE

The breadfruit consists of 71% water. It is rich in carbohydrates, low in fat and is gluten-free and cholesterol-free.

