

GOLLAI APPAN LEMMAI

There really is nothing like Guam's local breadfruit, or lemmai, pronounced le-my. For this simmered dish, use fresh lemmai, or frozen lemmai that's been thawed.

INGREDIENTS

Set 1

1 cup or 225 grams chopped, raw bacon

1 tablespoon or 15 milliliters real, fresh lard, optional

Set 2

2 quart bags of large-chunk, raw lemmai (about 2 pounds or 1 kilo peeled)

3 – 400 milliliter cans coconut milk, or enough to cover the lemmai

Set 3

Salt, optional

Tools: large pot, rubber or wooden spatula

DIRECTIONS

Place the bacon in the large pot then heat on medium heat to brown. Add another tablespoon of lard and melt.

Pour in one can of coconut milk to cover the bottom of the pot and stir. Add half the lemmai chunks and move the chunks around. Pour in the second can of coconut milk then top with the remaining lemmai. Add the third can of coconut milk. Gently move the lemmai around. If the chunks are not submerged in coconut milk, add the last can.

Bring to a boil then reduce the heat to a simmer. Check lemmai in 30 minutes and move pieces around. Taste the coconut milk. Add salt if needed. Continue to simmer until the chunks are fork tender, the water from the milk has evaporated, and the lemmai has absorbed some coconut milk, about 15 to 30 more minutes. Fork tender means that the tines of a fork slide easily into the chunks.

Recipe courtesy Paula Quinene of PaulaQ.com.