Breadfruit consumption, cooking methods and cultivar preference among consumers in Trinidad, West Indies

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Abstract

This study investigated consumer attitudes, consumption characteristics, the most common cooking methods and cultivar preference for breadfruit (Artocarpus altilis (Park.) Fosberg) in Trinidad, West Indies. Between August and September, 2002, surveys were conducted among 196 breadfruit purchasers, 94 vendors and 32 food service operators. Most purchasers (93.4%) ate breadfruit and liked it 87.4%. The quantity consumed/meal increased significantly ($P < 0.01$) with the frequency of consumption. Most consumers ate breadfruit at lunch ($P < 0.001$) and with fish ($P < 0.001$) as a complement. The main cooking methods were "oil down", steaming and boiling. Of the two local cultivars, 'Yellow' and 'White', consumers (83.1%) preferred the taste of 'Yellow'. 'Yellow' was preferred ($P < 0.001$) for the most common cooking methods and 'White' was preferred ($P < 0.05$) for frying. Consumers (83.2%) preferred to eat breadfruit at the mature stage. The vendors and food service operators were aware of these preferences for cultivar, cooking methods and stage of fruit maturity.

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