

Try Some Coconut Recipes



Coconut kernel, mainly in the form of fresh grated coconut and coconut milk is used in different types of food preparation in the tropics. In the West, it is increasingly used in the form of desiccated coconut or coconut cream. (For the convenience of the housewife they are now available in small consumer packs). Coconut is used for flavour and/or texture in curries, confectionery products, ice cream, dessert salad and many food combinations.

The following two recipes the first for a dessert and the other for a savoury dish have coconut as the main ingredient.

RECIPE 1. Jaggery Souffle

Ingredients: 2 cups thick coconut milk (milk from 1 coconut)
1 teaspoon vanilla
1/4 teaspoon grated nutmeg
4 eggs



By Shanthi Casie Chetty

225-350 g (1/2-3/4 lb) grated jaggery (unrefined palm sugar)
4 teaspoon gelatine soaked in 1/2 cup cold water

Method:

1. Place the soaked gelatine over boiling water and stir until dissolved and free from granules.
2. Mix egg yolks, coconut milk and jaggery and stir until the jaggery is dissolved. Strain this mixture and put it into a heavy-bottomed saucepan. Place the saucepan over a medium flame and stir this mixture continuously with a wooden spoon. Do not let the mixture boil as the egg will then curdle. Stir continuously until the custard begins to thicken and coats the back of the wooden spoon. Then remove from heat and keep stirring for a further 5 minutes. Add the dissolved gelatine, grated nutmeg and vanilla essence.
3. Beat the egg white until fairly stiff. Sprinkle 1 tablespoon sugar while beating the whites. Gently fold the whites into the cooled custard.
4. Rinse a ring mould in cold water and shake off the water but do not wipe. Pour the custard into the mould and place in a bowl of cold water for 1/2-3/4 hour. (This will make the souffle come out in layers of different shades of brown when unmoulded). Put the mould in the refrigerator for 6-8 hours to set. To unmould ease the sides of the souffle with a knife, turn over and gently tap the mould or place your hands on the mould for a few minutes and for the warmth of your hands the souffle will unmould. Decorate with roasted cadju and cream.

Note:

The souffle should be unmoulded just before serving and not too long ahead of time.

Thick coconut milk:

Grate the flesh of one coconut into a bowl, and add 1/2 cups of warm water. Then knead the grated coconut

so that the water becomes white and milk comes out of the flesh. Then strain the liquid through a fine sieve, squeezing the grated coconut until all the milk is extracted. This is called the "thick" coconut milk.

RECIPE 2

Grilled Spiced Chicken

Ingredients:

1 chicken (approx. 1 kg)
2 tablespoon coconut oil
2 cups thick coconut milk (milk from 1 coconut)
1 stalk lemon grass
2 tablespoon tamarind puree
salt to taste
1 teaspoon brown sugar or jaggery

Spice paste:

10 red onions
5 Cloves garlic
1 cm fresh ginger
10-15 fresh red chillies seeded or 2 teaspoon chillies powder (the chillies could be reduced according to taste).

Method:

1. Grind the spices into a paste in the blender.
2. Cut the chicken in half or quarter.
3. Heat the oil in a wok or large frying pan. Fry the spice paste until fragrant. Add the lemon grass, tamarind puree, salt and sugar. Then add the pieces of chicken and fry in the spice paste for

a few minutes. The pieces of chicken must be coated with the spice paste.

4. Lastly add the coconut milk and cook until done.
5. Arrange the pieces of chicken in a oven proof dish and pour the gravy over it. Place the dish under a hot grill and allow the chicken to cook, continuously spooning the gravy over the chicken, until the chicken is done and the gravy is thick. The gravy should be almost dry and coat the pieces of chicken. Serve hot with steamed rice.

Shanthi Casie Chetty,

Author and publisher of Anita Dickman's Cookery Course

...five separate and distinct liquids from the same tree ...

....As the stream issued from the rock in the wilderness, so the cocoa-nut tree yields a pure draught from a dry and barren land; a cup of water to the temperate and thirsty traveller; cream from the presses kernel; refreshing and sparkling toddy to the early riser; arrack to the hardened spirit-drinker; a cup of oil, *by the light of which I now extol its merits*,-- five separate and distinct liquids from the same tree!

A green or unripe cocoa-nut contains about a pint of sweetish water. In the hottest weather this is deliciously cool, in comparison to the heat of the atmosphere.

The ripe nut, when scraped into a pulp by a little serrated semi-circular iron instrument, is squeezed in a cloth by the hand, and about a quarter of a pint of delicious, thick cream, highly flavoured by cocoa-nut, is then expressed. This forms the chief ingredient in a Cingalese curry, from which it entirely derives its richness and fine flavour.

The toddy is the sap, which would nourish and fructify the blossom and young nuts, were it allowed to accomplish its duties. The toddy-drawer binds into one rod the numerous shoots, which are garnished with embryo nuts, and he then cuts off the ends, leaving an abrupt and brush-like termination. Beneath this he secures an earthen chatty, which will hold about a gallon. This remains undisturbed for twenty-four hours, until sunrise on the following morning; the toddy-drawer then reascends the tree, and lowers the chatty by a line to an assistant below, who empties the contents into a larger vessel, and the chatty is replaced under the productive branch, which continues to yield for about a month. When first drawn, the toddy has the appearance of thin milk-and-water, with a combined flavour of milk and soda-water, with a tinge of cocoa-nut. It is then every pleasant and

refreshing, but in a few hours after sunrise a great change takes place, and the rapidity of the transition from the vinous to the acetous fermentation is so great that by midday it resembles a poor and rather acid cider. It now possess intoxicating properties, and the natives accordingly indulge in it to some extent....

From this fermented toddy the arrack is procured by simple distillation.

This spirit to my taste is more palatable than most distilled liquors, having a very decided and peculiar flavour.

The manufacture of the oil is most simple. The kernel is taken from nut, and, being divided, it is exposed to the sun, until all the watery particles are evaporated. The kernel thus dried is known as 'Copperah.' This is then pressed in a mill, and the oil flows into a reservoir.

(From Eight Years in Ceylon, by Samuel W. Baker, 1856. Tisara Prakasakayo, Reprinted, 1983)