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## TRY SOME COCONUT RECIPES FROM THE PHILIPPINES

By Dina B. Masa



Philippines cuisine is influenced by the Spanish, Chinese, American, and Japanese through all the years of foreign occupation. One of the popular dishes Filipinos prefer to cook during special occasions particularly on birthdays is *pancit* in order to wish long-life to the celebrant. This is a noodle-based food of Chinese origin mixed with vegetables. However, instead of noodles, young coconut or *buko* (in Filipino dialect) is used in the recipe, thus the name *Buko Pancit*. *Buko* is also a popular ingredient in fruit salads. It is usually mixed with pineapple, papaya and nata de coco (coconut gel) and milk cream. It is served during special occasions such as fiestas and Christmas.

*Maja blanca* is a spanish word meaning fresh corn pudding. It is prepared by boiling a thick mixture of

coconut milk; cornstarch and evaporated milk.

Brownies with coconut flour has recently been developed at the PCA Food Processing laboratory. Coconut flour is used as a substitute for all-purpose flour in brownies. Brownies is chewy, chocolate-flavoured cake. It is a favourite snack food among Filipino school children. Adding coco flour will provide fiber that aids in digestion at lesser cost of food products.



*Buko Pancit*

### *Buko Pancit*

#### Ingredients:

- 2 tsp. Oil
- 3 segment garlic, crushed
- ¼ k. pork, sliced thinly
- 1 pc. small onion, sliced
- ½ cup shrimps stock (juice extracted from pounded head of shrimps)
- 3 tbsp. soysauce
- 2 cups *buko*, shredded and blanched

- ½ cup cabbage, shredded and blanched
- 1 pc. carrot, pared and sliced into strips
- Chine celery for garnish.

Procedure:

Saute onion, garlic, pork, and shrimp. Add shrimp stock and soy sauce. Let the mixture boil. Add the blanched *buko*, carrot, cabbage, and garnish with Chinese celery. Cook for 1 minute more. Add a dash of pepper and salt, if desired. Serve with calamansi.



**Brownies**

**Brownies**

Ingredients:

- ¾ cup all purpose flour
- ¼ cup coco flour
- 6 pcs. eggs
- 2 cups sugar
- 1 tsp. vanilla
- 1 cup butter
- 1 cup powder chocolate

- ½ tbsp. baking soda
- ½ tsp. salt
- 1 cup chopped nuts

Procedure:

Cream butter and add sugar gradually. Add eggs one at a time, beating well after each addition. Mix in vanilla and set aside. Mix all purpose flour, cocoflour, baking soda, salt, and powdered milk in bowl. Add the dry ingredients to the creamed mixture until

well blended. Add 1/8 cup chopped nuts. Pour into prepared pan. Bake in a moderate heat (350°F) about 15 minutes.

**Maja Blanca**

Ingredients:

- 5 cups coconut milk
- 1 can evaporated milk
- 1 cup cornstarch
- 1 cup sugar
- Corn or jackfruit (optional)
- 1 cup toasted coconut residue

Procedure:

Squeeze coconut milk from grated coconut to make 5 cups. Mix all ingredients except corn or jackfruit and boil in a casserole. When mixture thickens add corn or jackfruit and continue cooking in low fire. Grease mold with oil and pour *maja* mixture. Toast 1 cup of coconut residue and 1 tablespoon sugar. Cool and sprinkle over *maja blanca*. □

**Source:** *Philippine Coconut Authority.*

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**Maja Blanca**