

COCONUT RECIPES FROM ALL OVER THE WORLD

Vegetables in Coconut Milk (Canada)

Carrots
Potatoes
Cabbage

Peas
Seasoning
1 coconut

The coconut milk is first produced by scraping, grinding, pounding and squeezing the pieces of coconut meat with a little water, two or three times.

Prepare the vegetables, cut them into small cubes and place them in a cooking pot with the coconut milk and seasoning. Cook slowly in a moderately hot oven and serve hot from the pot.

Hard Ceylon vegetables can be added.

Chicken Satai (Singapore)

1 boiled chicken
1 tablespoon cummin seed
2 tablespoons coriander
1 flavouring leaf

$\frac{1}{2}$ lb. fried peanuts
 $\frac{1}{2}$ lb. teaspoon salt
Coconut oil

Pound the coriander and the cummin seed in a mortar, then add sugar and salt. Cut up the boiled chicken into small pieces and mix these well with the ground coriander and other flavourings.

Thread the pieces on to palm leaf midribs or ekels and then grill these over an open charcoal brazier, keeping the chicken moist with a little coconut oil while it is over the fire.

Coconut Ice-Cream (Philippines)

4 egg yolks
2 tablespoons sugar

1 cup coconut milk
Grated coconut

The coconut milk is first produced by grinding and squeezing grated coconut meat with water. The milk is warmed, and the beaten egg yolks and sugar are stirred in. Then the mixture is frozen in an ice-cream mixer.

The resulting ice cream, as served in hotels in Manila, is presented in half a coconut, resting in a dish of broken ice. The ice is sprinkled with grated coconut and fragments of fresh fruit.

Coconut Fudge (United Kingdom)

$\frac{3}{4}$ lb. castor sugar
 $\frac{3}{4}$ pint milk

6 oz. desiccated coconut
1 teaspoon vanilla

Put all the ingredients into a saucepan and boil together gently for half an hour, stirring slowly all the time. Remove the pan from the fire and keep on stirring until it grains and thickens. Then pour contents into a flat greased tin and, when cool, cut into cubes.

(To be continued)