

# COCONUTS AS FOOD

## COCONUT RECIPES FROM ALL OVER THE WORLD

### Curried Vegetable Soup (Malaya)

1 sweet potato	1 inch of ginger
1 cucumber (with the centre cut out)	1 inch of saffron
6 string beans	1-2 chillies and 6-8 small onions
$\frac{1}{2}$ small green papaya	1 coconut grated
6-10 pepper corns (black)	$\frac{1}{2}$ kati of fish, or, if liked
2 cloves garlic	$\frac{1}{2}$ kati of prawns

Slice all the vegetables (the peel to remain on the cucumber; papaya to be peeled). Put them in a bowl of water till required. Grind pepper, garlic, ginger, onions, saffron and chillies fine.

Grate coconut and draw the milk about 3-4 cups full.

Put some dripping in an earthen pan, and fry the ground ingredients. Add fish or prawns and vegetables, salt to taste, and fry again. Then add coconut milk and simmer till the vegetables are tender.

### Coconut Pudding (India)

1 cup of grated coconut	3 tablespoons bread crumbs
1 cup of cow's milk	3 tablespoons sugar
$\frac{1}{2}$ cup seeded raisins	2 tablespoons butter
1 egg well beaten	

Beat all well together, bake in a buttered dish slowly for one hour. Serve hot.

Thick coconut milk (first extract) may be used instead of cow's milk.

### Coconut Chicken Dish (South Seas)

1 spring chicken	2 maize cobs
chopped or shredded meat	2 onions
chopped bacon	1 green chillie
5 coconuts	6 small tomatoes

garlic, salt and pepper

Take one fresh ripe coconut and remove half the meat on a scraper. Mix together 3 tablespoons of the shredded coconut and the corn from two cobs of fresh green maize.

Slice two onions into 4 tablespoons of browned diced bacon, add one chopped green chillie, 6 small tomatoes, salt, pepper, and one piece of garlic, chopped fine. Cook this together till it thickens.

Strain this into the mixture of corn and shredded coconut and add one divided spring chicken and some dried or shredded meat.

Now put the mixture into four young coconuts with the tops sliced off cleanly and use the cut off portions, as lids. Then seal them with a mixture of flour paste to keep in the flavour.

Finally put the sealed coconuts into a pan containing half an inch of water, bring to boil and baste with boiling water to prevent scorching.

Negombo.

T. W. HOCKLEY.