

COCONUTS AS FOOD

COCONUT RECIPES FROM ALL OVER THE WORLD

Coconut Rice with Fish (Burma)

2 measures of rice	1 medium seer
(8 cigarette tins)	5 onions
Coconut milk from 4 coconuts	1 cup of coconut vinegar
5 large onions	3 pieces garlic or cloves
1½ cups coconut oil	½ cup coconut oil
	a little ginger and salt

Method

The Coconut Rice is prepared as follows :—

Slice the onions and fry them in the coconut oil in a deep pan and, when they are golden brown, add the coconut milk and let it boil keeping the pan covered. Later add the washed rice and more coconut milk if necessary until the level of liquid is 1½ inches above the rice. Continue to boil until the milk evaporates.

The fish accompaniment is prepared thus :—

Place the cleaned fish in another deep pan ; add the coconut vinegar and enough water to cover the fish ; then warm over a low fire while adding the sliced onions, ginger and garlic and the coconut oil and also salt to taste. Then bring to the boil slowly, adding boiling water if necessary, to keep the fish covered. Continue boiling till tender.

Coconut Fudge (Philippines)

1½ cups coconut (grated)	2 cups sugar
2 tablespoons butter	2/3rds cup milk
2 chocolate squares (¼ lb.)	1 teaspoon vanilla

Boil together milk and chocolate ; add sugar and cook until mixture forms a soft ball in cold water. Remove from fire and add butter and vanilla. Beat until stiff ; then add coconut and turn into a buttered pan. Cool and cut to small squares.

Coconut Bread Pudding (India)

¼ lb. bread crumbs	3/4ths cup finely grated or ground coconut
2 oz. sugar	1½ cups coconut milk
2 eggs	

Beat eggs and sugar together ; add the coconut milk, bread crumbs and coconut, make into a batter and bake in a buttered pie dish.