

# COCONUTS AS FOOD

## COCONUT RECIPES FROM ALL OVER THE WORLD

### Chicken with Coconut Cream (South Seas)

1 chicken	1 dessertspoon of rice
1 onion	1 pint, coconut cream
some green chillies	

Strip meat from bones and roll in flour ; then fry brown in butter. Put into a covered earthenware pot the fried meat, the onion (chopped fine), the rice, a little green chilli and the coconut cream. Cook about 1½ hours in oven.

### Creamed Cabbage (Ceylon)

Wash and dry the cabbage and then grill with salt until nearly cooked *using very little water* Strain well getting out as much water as possible. Place in piedish or earthenware pot and cover with coconut cream and then bake in an oven until the coconut cream sets.

### Toasted Coconut Chips (Hawaii)

Slices of fresh coconut are toasted on a hot-plate till they are golden brown ; they are then sprinkled liberally with salt and served hot as a " short eat."

For commercial purposes, toasted, salted chips should be packed for retail sale in small 8 oz. tins and not in larger quantities. Once the tin is opened the contents have all to be consumed as the attractive crispness is quickly lost by moisture absorption.

### Coconut Loaf (India)

2 cups self-raising flour	$\frac{3}{4}$ cup grated coconut
1 dessertspoon butter	$\frac{1}{2}$ cup sugar
1 egg	milk.

Mix all ingredients with well beaten egg, add sufficient milk to make to loaf consistency, bake in a loaf tin for 1 hour in a moderate oven.