

COCONUTS AS FOOD

COCONUT RECIPES FROM ALL OVER THE WORLD

Stuffed Prawns (Ceylon)

1 pint prawns	2 tablespoons flour
$\frac{1}{4}$ cup shredded coconut	$\frac{1}{2}$ teaspoon salt
1 egg	green onions

pepper to taste

Remove the shells of the prawns but do not remove tails, then open the backs and fill with shredded coconut, finely chopped green onions, salt and pepper to taste. Close the prawns, tie with cotton and dip each in a thick mixture of well beaten egg and flour. Fry in deep, hot fat and serve hot.

Fish Moolie (Malaya)

1 lb. fish	$\frac{1}{2}$ lb. small onions
1 red chilli	1 coconut
2 cents' worth fresh ginger	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ heaped teaspoon turmeric powder	1 tablespoon dripping

Cut the chilli into fine strips, also the ginger root. Slice the onions after skinning them, put them to fry in the dripping, with ginger and chilli, add the salt and turmeric, and fry a few minutes. The coconut, scraped, will have yielded two cups of santan, one thick and one thin. Pour in half the thick milk, add all the thin milk, and allow to come to the boil. Lay the pieces of fish in it and cook gently for 15 minutes. When almost finished cooking, pour in the remainder of the thick milk and get it hot again. Serve immediately with boiled rice. Sufficient for three persons.

Baked Custard with Coconut Meat (Malaya)

1 very young green coconut	4-5 tablespoons sugar
3 eggs	1 cup milk (cow's or tin)

split the green coconut and scrape out the inside (jelly-looking meat) with a spoon. Put aside. Beat eggs and sugar well, add the milk, stir in the jelly-like coconut scraped out of the nut.

Pour all into a buttered pie dish and bake till set.

Coconut Heart in White Sauce (South Seas)

Cook in salted water, then place in pyrex dish with white sauce. Top with cheese, bread-crumbs and a little butter. Place in oven until brown.

When senile coconut areas are replanted, old coconut palms have to be removed to make room for the young palms. The "hearts" of the crowns of the felled palms are edible and may be eaten raw as a salad, pickled or cooked as described above.