

COCONUT RECIPES FROM ALL OVER THE WORLD

Suet Pastry (War-time Malaya)

3 oz. flour	$\frac{3}{4}$ teaspoon baking powder
4 oz. copra cake (pounded)	$\frac{3}{4}$ teaspoon salt
6 oz. suet	cold water to mix (about $\frac{1}{2}$ pint)

Method

1. Sieve the flour, salt and baking powder.
2. Add the prepared suet and copra cake meal.
3. Mix to an elastic dough with cold water.
4. Knead lightly and quickly on floured board.
5. Roll once and use as required.
6. Boil, steam or bake.

The above recipe with the addition of chopped parsley or sage baked in a greased tin in a hot oven 350°F makes a very good accompaniment to roast meats, or stews instead of potatoes.

If suet pastry is cooked by boiling, the liquid (water, soup, stew or syrup) must be boiling when the pastry is put in, although if it is a stew the temperature may be lowered to simmering point after 10 to 15 minutes. Suet pastry cooked by baking requires half as long as when cooked by boiling.

Uses of Suet Pastry

1. To line basins to enclose meat or fruit.
2. For roly-poly puddings.
3. Dumplings.
4. Baked savoury puddings.

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Buco Omelet (Philippines)

$\frac{1}{2}$ cup grated buco (coconut)	2 tablespoons lard
$\frac{1}{2}$ cup minced pork	2 eggs
1 potato	1 small onion
2 pinches ground pepper	$\frac{1}{2}$ teaspoon salt
1 section garlic	

Fry the finely chopped garlic and onion in lard. Add the pork, coconut and sliced potato and salt and pepper to taste. Continue frying until cooked. Beat the eggs, put in a frying pan in which lard has been heated, and pour the fried mixture over. Continue frying, folding over the eggs. Fry on all sides until brown. Serve hot.

Thothol Jelly (India)

1 cup dry rice flour	$\frac{1}{4}$ lb. raisins
1 coconut	$\frac{1}{4}$ lb. almonds
1 $\frac{1}{2}$ lbs. brown sugar	$\frac{1}{4}$ lb. groundnuts
10 cloves	

Scrape the coconut and squeeze with water. Pour the milk into a saucepan; add brown sugar and flour; stir with an iron spoon over the fire. Cook for 20 minutes stirring all the time. The liquid will now take the form of a jelly. Add the raisins and sliced almonds and cook for another 20 minutes stirring as before. Remove from the fire and pour into a flat dish. Smooth the top surface with the iron spoon and decorate with groundnuts.

Leave it to cool for sometime and cut to any shape you like.