

COCONUTS AS FOOD

COCONUT RECIPES FROM ALL OVER THE WORLD

Short Crust Pastry (War-time Malaya)

8 oz. flour

4 oz. white copra cake (pounded)

6 oz. butter, margarine or crisco, etc.

$\frac{3}{4}$ teaspoon salt cold water to mix

Method

Sieve the flour and salt, rub in the fat, add the copra cake meal, add sufficient cold water to make a soft but not sticky dough, roll out once and use as required, bake in a hot oven.

Short crust pastry made with copra cake meal is slightly crisper than pastry made with plain wheat flour. To increase the shortness the amount of fat may be increased to 8 oz., slightly less water used, and the initial oven temperature raised 10 to 20 degrees.

Coconut Lumpia (Philippines)

2 cups grated coconut

$\frac{1}{4}$ cabbage

$\frac{1}{2}$ cup soya beans (cooked)

$\frac{1}{2}$ onion

$\frac{1}{3}$ cup pork

a few shrimps or prawns

a few pieces of garlic

Chop all ingredients, sauté garlic, onion, pork, shrimps, cabbage, coconut and soya beans. season with salt, wrap in pastry, bake and serve with chilli sauce.

Coconut Pudding (India)

1 cup grated coconut

2 tablespoons cornflour

vanilla essence

sugar

1 pint cow's milk

2 eggs

grated nutmeg

Soak the coconut in milk for one hour. Put into a saucepan and thicken with cornflour (mixed with a little milk). Remove from fire, stir in yolks of eggs and sugar. Flavour with essence and nutmeg. Pour mixture into greased piedish and fold in stiffly beaten whites, cook in a moderate oven until set.

Bolo-De-Co-Co (Indonesia)

1 teacup rice flour

1 lb. castor sugar

$\frac{1}{4}$ teaspoon spices cinnamon
and cardamoms

$\frac{1}{2}$ wine-glass rose water

pinch of nutmeg

2 coconuts

4 eggs

25 cashew nuts

Grate and pound the coconut meat. Beat the yolks and the sugar, add coconut and flour, rose water and spices, fold in stiffly beaten whites of eggs, pour into a flat greased tin, sprinkle the top with sliced cashew nuts and bake in a moderate oven.