

COCONUTS AS FOOD

COCONUT RECIPES FROM ALL OVER THE WORLD

Vegetable Dish—India

Cabbage or French beans may be used : 1 moderate-sized cabbage or 1 kati French beans.

5 green chillies	1 tiny pinch saffron paste or powder
$\frac{1}{2}$ teaspoon mustard seeds	3 onions
1 or 2 stems curry-leaves	ghee, butter or coconut oil
$\frac{1}{2}$ cup thick coconut milk	

Put the pan on the fire and pour in a tablespoonful of ghee or butter, or coconut oil, and fry the onions, chillies and curry-leaves for 2 minutes ; then put in the mustard seeds (which will have a cracking sound in the oil). Add the vegetable with the saffron.

The cabbage or the French beans may be taken from the fire when $\frac{3}{4}$ boiled. Before removing from the fire, pour in the coconut milk and boil for a few minutes. The cabbage may be taken from the fire after mixing it with 2 or 3 tablespoonfuls of scraped coconut instead of the milk if it is desired dry ; it tastes better in this way.

Savoury Rice (*Nasi Lemak*)—Malaya

1 breakfast cupful of rice	2 breakfast cupful of coconut milk
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Grate the coconut, pour over it 1-1 $\frac{1}{2}$ cups of water and squeeze the milk out. Strain. Wash the rice and put it in a shallow saucepan. Then cover it with 2 cups of coconut milk, previously drawn. Add a pinch of salt. Boil. When the rice begins to swell, lower the light under the saucepan, lift the lid slightly and cook slowly till dry. Do not, on any account, stir the rice. This quantity is sufficient for two people.

Coconut Custard (*Serikaya*)—Malaya

6 eggs	$\frac{1}{4}$ kati sugar
the milk of 1 coconut drawn very thick (1 cup)	

Beat eggs and sugar till thick and creamy. Add the coconut milk. Pour into a jar and steam till set. Keep the lid on the jar whilst cooking.

Excellent with bread and butter.

Shell-Fish Soup (*Coquillage*)—South Seas

One pint of small shell-fish (cockles). Wash well and put in saucepan. Cover with water and boil about 10 minutes. Add salt and pepper and enough milk to make 2 cups of liquid. Add one cup coconut cream and bring to boil. Thicken slightly. Serve very hot. Enough for 4 persons.

One dessertspoonful of good curry powder may also be added to give a different flavour.