

DESICCATED COCO-NUT RECIPES.

(By THE CEYLON COCO-NUT BOARD.)

Coco-nut Cake.—Two cups of desiccated coco-nut (soaked in milk), two eggs, one cup of sugar, half a cup of milk, two cups of flour, two tablespoonsful of butter, one half-teaspoonful of soda, one teaspoonful of cream of tartar.

Another Way.—Two cups of desiccated coco-nut, one and a half cups of sugar, one pint of flour, six eggs (well beaten), one teaspoonful of soda, two teaspoonsful of cream of tartar.

Coco-nut Bread Pudding.—Soak half a cup of desiccated coco-nut in boiling milk for half an hour or more, then add it to the usual bread pudding preparation. This will be found very pleasant and economical.

Coco-nut Puffs.—Mix two cups desiccated coco-nut with one cup of powdered sugar, the beaten whites of two eggs, and two tablespoonsful of flour; drop on buttered tins and bake quickly.

Coco-nut Macaroons.—Take quarter of a pound desiccated coco-nut, half a pound finely-sifted sugar, and the whites of four eggs, beaten to a firm froth. Mix well, and drop little balls of paste upon a well-buttered tin, and bake in a moderate oven for about twenty minutes.

Coco-nut Pie.—One cup of desiccated coco-nut, soaked in milk, three eggs, two tablespoonsful of cornflour, little butter and salt and sugar if wanted; grated rind of lemon improves. Bake without upper crust. It is delicious cooked in almost any manner.

By soaking the desiccated coco-nut in boiling milk it improves in all cases.

Coco-nut Fingers.—Ingredients: 2 oz. of butter, 3 oz. of castor sugar, 6 oz. of desiccated coco-nut, a little cochineal, 2 oz. of flour, two eggs, half a tablespoonful of boiling water. Beat the butter and sugar to a cream, add the eggs one at a time and beat well. Add 4 oz. of desiccated coco-nut to the cream, then add the flour and baking powder. Pour the mixture into a long sponge tin lined with greased paper and bake in a moderate oven for twenty minutes. Leave until cold. Mix the icing sugar with the boiling water and spread on the sponge mixture. Mix the remainder of the desiccated coco-nut with a few drops of cochineal and sprinkle on top of the icing. Cut into fingers before icing is cold.

Coco-nut Custard.—Ingredients: One tablespoonful of jam, $\frac{1}{2}$ pint of milk, 4 oz. of desiccated coco-nut, $\frac{1}{2}$ oz. of butter, 1 oz. of sugar, 6 oz. of short crust pastry, two eggs.

Line a greased piedish with the pastry, trim and decorate the edges and spread a layer of any kind of jam at the bottom. Boil the milk with the butter, then pour it over 3 oz. of desiccated coco-nut and sugar and allow to cool. Add the yolks of eggs and stir. Pour the preparation into the dish and cook for 30 minutes in a moderate oven. Whip the whites of the eggs to a stiff froth, pile on the top of the pudding, dredge with sugar and desiccated coco-nut and put in the oven to brown.

Mutton Curry.— $\frac{1}{2}$ lb. mutton cut into small pieces, one teaspoonful curry powder, two teaspoonsful salt, four teaspoonsful onions, cut fine, one teaspoonful butter, $\frac{1}{2}$ lb. desiccated coco-nut, fine. Add the curry powder and the salt to the mutton and stir well. Pour $\frac{1}{4}$ pint boiling water on the desiccated coco-nut and let it soak for five minutes. Then squeeze out milk, preferably with the hand, and pass the milk through a strainer. Fry the onions in the butter (in a saucepan) until they turn a golden brown. Add the mutton and fry for ten minutes over a slow fire, then add the coco-nut milk, cover the saucepan and boil over a slow fire for twenty minutes. Take down as soon as a thick gravy is formed, and add one teaspoonful of fresh lemon juice.

NOTE.—The following curries can be made in the same way:—Prawn, fish, chicken and liver.

Cabbage Mallung.— $2\frac{1}{2}$ oz. shredded cabbage, the tender inner leaves in preference, one dessertspoonful desiccated coco-nut, fine, one teaspoonful onions, cut fine, one ripe chilli, cut fine, two teaspoonsful salt. Boil the cabbage with the onions, chilli and salt in eight dessertspoonsful of water until the water evaporates. Add the desiccated coco-nut and stir well over a slow fire for five minutes. When large quantities are cooked the stirring should continue longer, if necessary (until all trace of the water disappears).

PREPARATION OF CHOCOLATE.

The process for treating cacao beans has remained practically the same except for mechanical improvements for many years, although the use of the products has grown and changed. The beans, upon arrival at the factory, are cleaned and sorted before grading. They are then roasted in rotating drums at 260° F. to 280° F. to develop the aroma and flavour. The beans are then cracked into "nibs", the shell pieces being winnowed off. This cacao shell, formerly wasted, became used as a fuel because of its high B.T.U. content and is now finding increasing use in fertilizers and medicines. The "nibs" are ground by mill stones or steel rollers, during which the heat produced melts the cacao butter, about 50 per cent. of the bean, and there emerges a thick chocolate brown fluid. This, when cooled, forms the unsweetened chocolate of commerce. It can be mixed with sugar, nuts, and spices to form ordinary chocolates or with milk, powdered or condensed, &c., to form milk chocolate. The "mass" as the brown fluid is called, is next sent to a hydraulic press, where it is subjected to a pressure of 6,000 lb. per sq. in. to remove a portion of the cacao butter. The cake left in the press is ground up and forms the cocoa powder used for making drinks. The cacao butter is the final product and is widely used in cosmetics, confectionery, and pharmacy.