

COCO-NUT RECIPES.

Coco-nut Butter.

Coco-nut butter is being very largely used in place of dairy butter in the United Kingdom and France, and, before the war, it was largely used in Germany. It can be used wherever dairy butter is used. Here is the process:—Grate or grind in a mill the meat of the nut as fine as it can be ground, and for the meat of each average nut add a pint of boiling water. Put this in a press, so that the milk can be squeezed out separate from the pulp. This milk can be used in place of cow's milk for any purpose, and is specially good with stewed fruit. To make butter, this milk can be separated in a separator or let stand in a pan to let the cream rise, which it should do in about the same time as the cream in cow's milk. This can be set to ripen and churned in the usual way. The whole process is in every respect the same as in making dairy butter. Wash out the buttermilk; add salt to taste. As a rule, this butter is white, and annatto colouring can be added. According to the size of the nuts, it should take from six to ten nuts to make 1 lb. of butter. The churning should be done in a cool temperature, say, between 60 to 70 degrees.

Coco-nut Cream.

This may be used with a variety of dishes in the same way as dairy cream; added to gelatine, bread, corn starch, or rice puddings, it imparts a delicious flavour without the objectionable feature of grated "meat": there is nothing better to serve with fruit, either fresh or preserved, than a few spoonfuls of this cream poured over the dish just before serving.

To prepare this cream, grate the "dry", or ripe, coco-nut and to the grated meal add enough boiling water to cover; stir with a tablespoon for one minute and then squeeze through a strainer cloth. The semi-fluid cream has not only the true coco-nut flavour, but it is both a rich and easily digested food and a delightful flavouring extract. Another method produces a slightly different article: to one grated coco-nut add $\frac{3}{4}$ litre of boiling water; let this stand until cold, then skim off the cream which will have risen to the surface.

Ambrosia.

Add grated coco-nut pulp to shredded orange, pineapple and sliced bananas. Mix thoroughly and sweeten with confectioner's sugar; this delicious dish may be decorated with maraschine cherries.

Coco-nut Ice Cream.

To the cream from six small or four large ripe nuts, add an equal quantity of "natural" tinned milk; sweeten to taste, and add vanilla or other flavouring.

Coco-nut Ice.

Mince the jelly of six unripe coco-nuts and add 1 litre of the water therefrom; sweeten to taste; no flavouring is required as nothing can improve the taste of this sherbet.

Coco-nut Rice.

To the grated meat of one coco-nut add two cups of hot water; squeeze this in a strainer cloth and add sufficient water to make four cups of liquid; add four tablespoons of sugar, a spoonful of ginger, and two cups of rice; cook in a double boiler for nearly one hour. Serve for dessert. (In Spanish America, ginger is almost always added to coco-nut dishes; it promotes digestion.)

Coco-nut Savoury.

This is the justly famous Spanish dessert dish of the West Indies. To the grated meat of one large, ripe coco-nut, add one cup of hot water and squeeze through the strainer until all the "milk" is extracted; to this creamy liquor add the beaten yolks of four eggs and four tablespoons of white sugar. Heat slowly, stirring well until a thin custard-like coating forms upon the spoon. Remove from the stove and when nearly cold pour over small slices of sponge cake. Finally, spread over the dish a layer of egg whites thoroughly beaten and sweetened. Serve as cold as possible.

Love Powder.

This is also one of the commonest dessert dishes in Spanish America and is worthy of much greater popularity; it often accompanies the preceding. To the grated meat left after the extraction of the cream for the previous dish, add several tablespoonfuls of moist brown sugar and toast slowly in a deep iron skillet, stirring constantly until the coco-nut assumes a light-brown colour. Serve hot. This dish keeps well for several days, but it should be placed in the oven a few moments each time just before serving.

Coco-nut and Tapioca Pudding.

Mix one cup of "minute tapioca" with four tablespoons of grated coco-nut "meat"; the yolks of four eggs well beaten, one cup of white sugar and 1 litre of "natural" tinned or dairy milk. Bake for one-half hour and add meringue made of the whites of four eggs and three tablespoons of sugar.

Coco-nut Soup.

To common clear beef-stock thickened with barley or corn starch, add the "cream" of one coco-nut and one teaspoon of curry powder (previously moistened with cold water); this must not boil after the coco-nut is added.

Coco-nut Candy.

Cook one-half kilo, of brown sugar with one-half cup of hot water until it hardens when dropped into cold water. Add the grated "meat" of one coco-nut and one-half teaspoon of ground ginger, one-fourth teaspoon of ground cinnamon, and one teaspoon of vanilla extract. Cook again until the mixture will harden in cold water; pour into buttered tin to cool. Cut into squares.

Filling for Coco-nut Pie.

To the grated "meat" of one ripe coco-nut add one-fourth kilo. of white sugar well beaten with four eggs; flavour with vanilla or with lime or lemon juice.

(1 litre = 1 quart, approximately; 1 kilo. = 2½ lb., approximately.)