



Great hope for the
health sector

Coconut milk curd

Now vegans too can enjoy curd and butter milk

Thomas George, a farmer from Chemberi, Kannur Kerala, has developed curd from coconut milk. Now vegetarians too can enjoy vegetarian curd, yogurt and lassi. It is hoped that Thomas's novel invention will have good impact on the health sector. A study conducted at one of the Ayurvedic medical colleges in Kerala has proved that consumption of coconut milk curd for a stipulated period of time can control diabetics.

Thomas, a Zoology graduate has invented the coconut milk curd as part of his research in developing value added food products. It was in 2006 that he started working on coconut milk. Elderly housewives of his area used to make butter milk from coconut milk using lemon. But this product was having a very short shelf life. It was his curiosity for making a better shelf life of this product that led him to develop coconut milk curd. He further worked on the ancient wisdom and came out with a process to make value-added products out of coconut milk that are beneficial to health.

Coconut milk gets fermented faster than cow milk. The absence of a certain element could be cited as the reason for this. Thomas started

working on improving the process and after trying various options, he came out with a process in which the coconut milk is fermented by yeast and honey mixed with lauric acid as the catalyst. Thomas could invent this element through research and patented this agent as 'coctos'. This neutral agent is acidified and coconut milk is converted to coconut curd. The lauric acid separated from coconut milk and the bacteria lactose acidophilus is mixed with coconut milk and within 24 hours the coconut curd is ready. Thomas has obtained provisional specification from Patent Office Chennai for coconut milk curd under the name 'Thomas George milk curd'

A research conducted at Parassinikkadavu Ayurveda Medical College & Hospital, Kannur, Kerala had proved that coconut milk based curd is more proteinous than the usual curd. Based on this finding, a diabetic patient was advised to take coconut milk curd for one month. Noticeable difference was observed in his sugar levels and this could practically prove the health



Thomas George

benefits of coconut curd. Further Thomas got his product tested through the Central Food Technological Institute, Mysore.

The coconut curd prepared by mixing yeast with milk will have a layer of pure coconut oil on top of it. The curd can be used after separating this coconut oil layer and this product does have a shelf life of 40 days. Lassi and butter milk can be made from this product by adding sugar or chilly, salt and curry leaves.

Thomas and his team are preparing to produce coconut milk curd on commercial scale. James Pullat is Thomas's mentor in this initiative. As a first step, the team registered the trade name 'green curd'. Certificate is also obtained from Trade Mark Registry, Chennai for the production, distribution and further usage of milk, curd and ghee processed from coconut. Earlier in 2007, Thomas was recognized by International Coconut Summit conducted by the Coconut Development Board in Kochi for his findings on the beneficial effects of coconut milk in curing migraine. ■