

Sweets and confectionaries from coconut neera

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'Neera', the unfermented sap collected from unopened coconut inflorescence is a delicious health drink. It is a rich source of sugar, minerals and vitamins. It has low glycemic index and hence is diabetic friendly. Neera can be converted into syrup, honey, jaggery etc. These products could be used as a source of sugar in many traditional and nontraditional food preparations instead of cane sugar and sugar cane jaggery.

Here are some of the recipes with neera products:

1. Jaggery Cake



Ingredients

Wheat flour/Maida	-	450g
Butter (unsalted)/		
Vegetable oil	-	250g
Jaggery powder/ syrup	-	250g
Baking Powder	-	3tsp
		(leveled)
Egg	-	6 Nos
Vanilla essence	-	1 tsp

Method of preparation

- Sift wheat flour and baking powder together



- Cream butter and maida together in a bowl, mix egg yolk well
- Add jaggery powder/syrup and mix well to thick batter.
- Beat egg white stiff with vanilla essence and fold in to the batter
- Pour this batter into the prepared cake tin. Bake in pre-heated oven (180°C / 350°F) for 25 -30 minutes or until done.

2. Neera Candy



Ingredients

Neera syrup	-	100g
Milk powder	-	75g
Butter	-	10g
Cashew powder	-	25g
Vanilla essence	-	1 tsp



Method of preparation

- Cook Neera syrup to one string consistency
- Add milk solids and butter and mix well.
- Add cashew powder and essence.
- Cook over low fire, stirring all the time until almost thick.
- Add vanilla essence and mix well.
- Spread in trays.
- When set cut into cubes.
- Wrap in butter paper/glass paper.

3. Jaggery Cookies

Ingredients:-

Maida	-	200g
Butter/vanaspathi	-	130g
Jaggery (Powdered)	-	200g
Grated coconut	-	75g



Baking powder	- 2 tsp. (leveled)
Vanilla essence	- 1 tsp
Pottassium metabisulphate (KMS)	- ¼ tsp
Salt	- a pinch

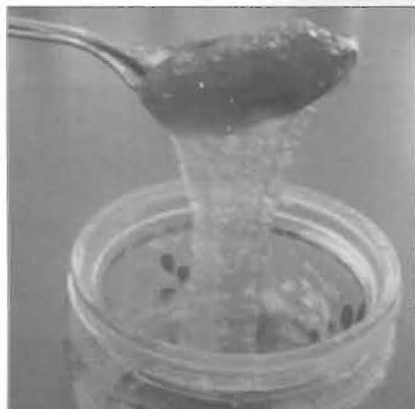
Method of preparation

- Dry grated coconut in the oven for ½hr and grind in the mixer, or use desiccated coconut powder.
- Sieve flour, baking powder, KMS and salt two times to blend evenly.
- Cream butter/vanaspathi in a bowl.
- Add essence to the creamed fat and mix well.
- Add flour, grated coconut and jaggery powder and knead to make a soft dough.
- The dough can be rolled to 1 cm thickness and cut with a cookie cutter.
- The cut pieces are kept in a greased tray and bake in preheated oven (180R°C) for 15-20 minutes until pale brown colour is obtained.
- Cookies are cooled and can be packed.

4. Neera Fruit Jam

Ingredients:-

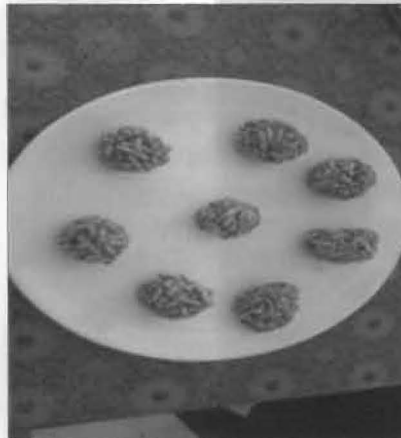
Neera Honey	- 1 Kg
(Neera concentrated to 70-75 ° brix at 40° C using a vacuum evaporator)	
Citric acid	- 0.02%



Pectin	- 0.5%
Mixed fruit pulp (pineapple, apple, papaya etc)	- 500g
Ginger oleoresin	- 0.1%
Food colour (optional)	- 15 mg

Method of preparation

- Add citric acid and pectin to neera concentrate and heated at 80°C with stirring.
- Add fruit pulp and heat with continuous stirring until the Neera fruit mix becomes 71 ° brix.
- Ginger oleoresin and food colour is added at the end of processing, stir vigorously.
- Pour into clean, dry glass bottle and cool.



5. Puffed Rice Ladu

Ingredients

For jaggery syrup	
Jaggery Syrup	- 1 cup
For balls	
Puffed rice	- 4 cups
Cardamom powder	- 1/4tsp
Coconut bits	- 1 tbsp
(Roast in 1/2 tsp ghee)	
Black sesame seeds	- 1 tsp
Fried gram dal	- 1 tbsp
	(optional)

Method

- In a wide kadai , take the jaggery syrup. Measure the puffed rice and keep it ready. Boil the syrup to 1 string consistency
- Add the roasted coconut,

cardamom powder, sesame seeds and fried gram dal to the syrup. Mix well and add the puffed rice immediately. All should be done within few seconds.

- Mix the puffed rice well in the syrup until coated well with the syrup. Apply rice flour on hands and make balls.

6. Coconut Jaggery Burfi

Ingredients-

Fresh grated coconut (Powdered)	- 1 cup
Jaggery (Powdered)	- 1/2 cup
Cardamom powder	- 1/2tsp
Ghee to grease the plate	

Method of preparation

- Heat a Kadai/pan (preferably a non stick one). Place the coconut jaggery mixture in it.
- The jaggery melts and stir to mix well with coconut. Add the cardamom powder. Keep stirring till the entire mixture comes together and starts leaving the sides of the pan.
- Remove from flame and spread on a greased plate. Allow it to set, cut into desired shape.
- Alternatively, you can even shape them into balls. Let the mixture cool down a little when you remove from flame. When the heat is bearable, shape them into balls.

