

COCONUT RECIPES AROUND THE WORLD



**Platinum Jubilee of Coconut Research in India
26 - 30th November, 1991.**



**CENTRAL PLANTATION CROPS RESEARCH INSTITUTE
(Indian Council for Agricultural Research)
KASARAGOD - 671 124 KERALA INDIA**

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Compiled & Edited by :
Rohini Iyer
P.K. Thampan

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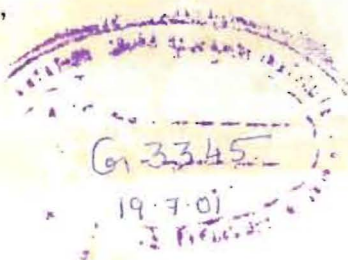
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Compilers note

The idea of including a chapter on coconut recipes around the world in the revised Monograph on Coconut came up during the first meeting of the authors held at CPCRI. Subsequently, it was decided to bring it out as a separate publication under the auspices of the Coconut Development Board, India. Dr. (Mrs.) Rohini Iyer, Scientist, CPCRI and Sri. P.K. Thampan, the then Chief Coconut Development Officer were entrusted with the task of compiling this publication.

We have collected these recipes through correspondence and personal contacts. More than 560 items collected from India, Indonesia, Malaysia, Mauritius, Philippines, Sri Lanka, Thailand and U.S.A. have been included in the present work. We could not collect recipes from many other countries like Burma, parts of Africa, etc. where coconut is being widely used for culinary purposes. Even the present collection is only partially representative of the countries from where they have been collected. It is felt that a more systematic effort will yield a voluminous collection which will bear testimony to the widest possible ways of consuming coconut and coconut products.

In the present book, the recipes have been grouped into four Chapters, namely, recipes with *coconut milk*, with *fresh kernel*, with *desiccated coconut*, and recipes with *toddy*, *jaggery*, *coconut oil*, etc. Within each chapter, the entries have been arranged category-wise into main/breakfast dishes, desserts, snacks, curries and others including medicinal preparations, pickles, salads, etc. One chapter has been devoted for toddy, jaggery and coconut oil, even though they form part of many other recipes included elsewhere.

In spite of all the shortcomings, the compilers are most happy to present this book to the coconut lovers and the general public, so that this may give an impetus to try out the many splendid ways in which coconut could be cooked and relished.

Acknowledgements

Many of our friends have been very kind to send us Coconut Recipes from different countries, which find a place in this book. We wish to specially thank Dr. K.V. Ahamed Bavappa, F.A.O. Consultant, for sending recipes from Viet Nam; Mrs. Shakuntala Hawoldar, Deputy Director, Mauritius College of the Air, for the Mauritian cuisine; Dr. Yenchai Vasuvat, Soil Microbiologist at Kasetsart University, Bangkok, Thailand, for the Thai dishes; and Dr. Ms. Kanthi Abeynayake of Colombo University, for the Sri Lankan recipes.

Some of the dishes were kindly prepared for photograph by Mrs. Aleema Muliya, Mrs. Saly Sebastian, Mrs. Sudha Sukumaran, and Miss K. Madhuram, to all of whom we are most grateful. The photographs illustrating the various recipes were taken by Mr. M. Narayanan, Mr. R. Rajasekaran, and Dr. R.D. Iyer of CPCRI, Kasaragod, to all of whom we offer our thanks. The help rendered by Dr. A.R.S. Menon, Technical Officer, CPCRI, in getting the manuscript typed in time is very much appreciated. We are deeply grateful to Mr. R. Sanal Kumar, Mr. H. Moosa, and Dr. R.D. Iyer for their able assistance in correcting the Proofs and in the preparation of the Index.

The Foreword for this book is written by the eminent Home Science authority, Dr. (Ms.) Rajammal P. Devadas, Vice-Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women (Deemed University), Coimbatore, to whom we are grateful. We are also indebted to the Coconut Development Board of the Govt. of India, for having come forward to finance this venture. Our grateful thanks are due to the Codeword Process and Printers, Mangalore, for their help and co-operation in seeing this book in print in a record time. Last but not the least, our sincere gratitude is expressed to Dr. M.K. Nair, Director, CPCRI, and Member, Coconut Development Board, for his active support, encouragement, and the facilities provided for making this venture possible in the shortest time.

Rohini Iyer and P.K. Thampan

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FOREWORD

Coconut tree is a real 'Kalpa Vriksha', since all its parts, from the root to the leaf, is useful to man. Coconut is a cherished, delicious food in many parts of the world as food, and appetiser and economic crop. Tender coconut water, with its glucose and trace element contents, is not only a favourite beverage in the hot summer, but also has been used as a life saving fluid under various disease conditions from time immemorial. It has also been declared suitable for infrastructure and drip nourishment. Today, with the advent of food technology and nutritional knowledge, we have come to know the additional salient features of coconut as a good source of ready energy and trace minerals and this can be the sterile drink advocated during diarrhoea as oral rehydration solution. Thus, the special medicinal uses of tender coconut are endless while those directly related to its nutritive contribution are many.

Matured coconut is a much relished nut, and is used in multifarious forms in human dietaries throughout the world. It finds entry in the common meal items as a thickening agent, flavouring agent, binding agent and sometimes as the main ingredient in preparations like sweets. Coconut lends itself both in savoury and sweet preparations. Though much is known about the practical use of coconut in common dietaries, it is commendable that much research has been carried out in our country with regard to the improvement of its productivity and nutritive qualities.

Many new products like oil extracted coconut, desiccated coconut, sweetened coconut and so on have been developed, and some of them are exported to earn foreign exchange. At this juncture when the Central Plantation Crops Research Institute is celebrating the Platinum Jubilee of Coconut research in India, it is appropriate that a book devoted completely to coconut recipes around the world is being published. The book has useful information on the nutritive value, varietal differences, products and recipes from various parts of the world. I am sure that the readers will find this comprehensive publication very useful and enjoy the recipes. I further hope, that many more innovative research programmes will be taken up in the future for the prosperity of coconut in India. I congratulate the Director and his colleagues for their unique contribution in this field.

Dr. (Mrs.) Rajammal P. Devadas

M.A., M.Sc., Ph.D. (Ohio State), D.Sc. (Madras)

VICE CHANCELLOR

AVINASHILINGAM INSTITUTE FOR HOME SCIENCE
AND HIGHER EDUCATION FOR WOMEN
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October 14, 1991

COCONUT IN DAILY FOOD

P.K. Thampan

The coconut palm is a dependable source of natural as well as processed forms of food. The sweet water and the gelatinous kernel of the tender nuts are refreshing and nutritious. Though the water of both tender and ripe nuts is generally not used in household food preparations, it is slowly gaining importance as a raw material for use in food industry. The wet or fresh kernel of ripe coconut constitutes an essential ingredient in the recipes of diverse food preparations in the households of different countries. The kernel on further processing yields a variety of food products of commercial value. Among the other products of edible use derived from the coconut palm, the coconut sap is the most important one. The unfermented coconut sap is a rich source of jaggery or unrefined sugar which is in common use in the rural households. The coconut palm also provides minor products of food value such as the spongy ball like haustorium that develops inside the germinating nut and the terminal bud or cabbage, both being delicacies. In effect, the coconut palm has characteristics as a regular and consistent food supplier to mankind throughout the year which no other tree crop could be said to possess.

COCONUT WATER

The liquid endosperm of tender coconut (seven to eight months old) is relished as a refreshing drink, particularly during summer. The water of ripe nut does not, however, make an agreeable drink. The major chemical constituents of coconut water are sugars and minerals and minor ones are fat and nitrogenous substances. As the nut ripens, the composition of the water, especially the contents of sugar and total solids, undergoes significant changes. From the physiological point of view, coconut water functions as a reservoir of precursors for the developing endosperm constituents. As a result, the total amount of nutrients in the nut water is substantially reduced in the course of development of the nut except those that are leached into the water from the endosperm. The ripe coconut water, though not in common use in household food preparations, finds restricted use

in India in household food preparations, finds restricted use in India in lieu of yeast in the preparation of breakfast cakes made out of rice flour and coconut gratings or milk. The use of coconut water in the production of food articles of commercial value is becoming popular in many coconut growing countries. Some of the products which are already available in the markets are, coconut water beverage, nata de coco, vinegar, food yeast etc. The results of analysis of coconut water at different stages of nut growth of the West Coast Tall Cultivar are given in Table 1.1.

Though the utilization of coconut water in household food preparations has only a limited application, the production of various food articles based on coconut water could be developed on a cottage industry basis for augmenting the income of coconut farmers.

THE WET MEAT OR KERNEL

The wet meat or kernel derived from the coconut is the most important source of many food products. It is used in households both in its unripe and ripe stages. When the nut is seven to eight months old, the meat will be very soft and gelatinous in consistency. The meat gradually hardens and attains the maximum fresh weight when the nut is ten months old. It becomes fully ripe with the highest weight of dried kernel or copra at the twelfth month.

UNRIPE KERNEL

The unripe kernel obtained from seven to eight months old nuts is usually consumed along with the coconut water. At the stage of eight months the kernel will have the maximum protein and sugar contents which gradually decline as the nuts mature. After 10 months, there will be practically no change in the protein content. The fat content, however, reaches its peak at 12 and 13 months which subsequently declines. The unripe kernel finds use in the preparation of many delicacies in the households. Some of the preparations in which unripe kernel is the main ingredient are coconut salad served as a snack or dessert, coconut ice cream,

Table 1.1. **Changes in the composition and property of coconut water of the West Coast Tall Cultivar at different stages of maturity. ***

Constituent/Property	Stages of maturity of nut (in months)						
	7	8	9	10	11	12	13
pH	4.95	5.09	4.50	4.45	4.55	4.65	5.10
Acidity as Citric acid, mg/100g	118.00	118.00	144.00	144.00	144.00	80.00	64.00
Total solids, %	6.50	6.56	6.03	5.52	5.92	5.68	5.40
Total Sugars, %	5.70	4.60	3.80	3.10	2.80	2.00	2.00
Reducing Sugars, %	4.40	3.20	2.40	2.00	0.60	0.20	0.20
Minerals, %	0.53	0.56	0.55	0.56	0.65	0.54	N.R.
Total Nitrogen, mg/100g	10.90	14.30	21.40	30.10	35.90	37.20	37.60
Protein mg/100g	18.10	22.50	39.40	45.60	79.40	82.50	75.60
Fat mg/100g	1.50	7.20	12.60	28.70	53.60	83.00	N.R.
Potassium mg/100g	291.00	290.00	272.00	282.00	275.00	247.00	N.R.
Sodium mg/100g	42.00	42.00	52.00	52.00	52.00	48.00	N.R.
Chlorine mg/100g	75.00	91.00	85.00	72.00	130.00	108.00	N.R.
Calcium mg/100g	44.00	53.00	54.00	57.00	51.00	40.00	N.R.
Magnesium mg/100g	10.00	11.00	11.00	17.00	15.00	15.00	N.R.
Sulphur mg/100g	58.00	60.00	65.00	70.00	90.00	80.00	N.R.
Phosphorus mg/100g	9.20	9.60	8.30	7.10	8.90	6.30	N.R.
Iron, microgram/100g	106.00	105.00	132.00	79.00	79.00	79.00	N.R.
Copper, microgram/100g	26.00	26.00	26.00	26.00	26.00	26.00	N.R.

* Regional Research Laboratory (R.R.L.), Trivandrum.

N.R. Not reported.

coconut sherbet etc. The composition of unripe kernel is given in Table 1.2.

RIPE KERNEL

The kernel is considered ripe when the nut is 11 to 12 months old after fertilization. It is utilized in different forms for edible uses both in the households and organized food industry. In the households the kernel is used mainly in its

Table 1.2. **Composition of unripe kernel in percentage**

Constituent	a	b
Moisture	90.80	90.50
Protein	0.90	0.80
Fat	1.40	1.30
Carbohydrates	6.30	6.80
Ash	0.60	0.60

a. Subrahmanyam V. and Swaminathan D., 1959

b. Julian A. Banzon et al., 1990

fresh form whereas in the food industry the processed forms of kernel find applications. The processed forms also find use in selected food preparations in the households in place of fresh kernel.

In the household food preparations fresh kernel is used both in the grated form and in the form of milk extracted from the gratings. Depending on the type of food, the gratings are used either as such or in the form of a finely ground paste. The gratings as such are used mainly in breakfast preparations, snacks and desserts. In the common dishes in which the kernel is a constituent, the coconut milk and finely ground gratings are utilized. When the gratings as such or in the form of ground paste is used in food preparations, there is no loss of nutrients present in the kernel or wastage of kernel. The composition of fresh coconut kernel is given in Table 1.3.

Coconut milk is an emulsion of coconut oil in water into which some of the soluble components of the kernel have already passed. For household

Table 1.3. **Composition of ripe kernel in percentage**

Constituent	a	b	c
Moisture	45.00	44.00	35.40
Protein	4.00	3.60	5.50
Fat	37.00	38.10	44.00
Carbohydrates	10.00	9.90	10.00
Crude fibre	-	3.10	3.00
Ash	4.00	1.30	2.10

a. C.F.T.R.I. Mysore., 1963

b. Dendy, D.A.V. and Timmins, W.H., 1973

c. R.R.L., Trivandrum, 1990.

food preparations, the milk is extracted from the gratings of the meat with or without the addition of water. The gratings are usually mixed with some water, kneaded and the milk pressed out. The milk so obtained approximates in nutritive properties the composition of rich, natural cream. Pleasant and sweet, it is endowed with an agreeable flavour. When coconut milk is extracted for the preparation of various dishes, the fibrous residue left behind is wasted. Along with the residue, a substantial quantity of original nutrients present in the kernel gratings is also lost. The approximate composition of coconut milk is shown in Table 1.4.

Preserved coconut milk in the forms of canned whole milk and dehydrated whole milk are now becoming available in many countries. Other processed products are canned coconut cream, dehydrated skim milk and sweetened forms of whole milk and skim milk such as jam, syrup, honey etc. Both the canned and dehydrated forms of whole

Table 1.4. **Composition of coconut milk in percentage**

Constituent	a	b	c
Moisture	41.00	50.00	56.30
Fat	38.00 to 40.00		33.40
Protein	5.80	3.00	4.10
Ash	6.20	1.50	1.20
Carbohydrates	9.00 to 11.00	5.50	5.00

a. C.F.T.R.I., Mysore., 1963

b. Jeganathan, M., 1970

c. Walker, H.S., 1916.

milk and cream could be used in food preparations in place of fresh milk. Skim milk powder and concentrated forms of skim milk are excellent beverage bases. Similarly, the sweetened forms of coconut milk and skim milk are favoured articles for consumption as dessert, bread spread etc. and for the preparation of confectionary items.

When the whole coconut milk is centrifuged, it yields the skim milk which would contain about 70 percent of the original protein present in the coconut kernel. When spray-dried, the skim milk yields a product similar to non-fat dry milk with a pleasant coconut flavour. It can be a valuable product both in the households and in the food and beverage industry. The amino acid composition of the protein present in the coconut skim milk is shown in Table 1.5.

THE DRIED MEAT OR KERNEL

The dried or dehydrated kernel finds use in food preparations both in the households and food processing industry. The common forms of dehydrated kernel which are found included in the recipes of various foods are edible copra, desiccated coconut and coconut flour.

Edible forms of copra are available in the ball and cup forms. The ball copra is made from fully matured unhusked nuts which are stored for about 8 to 12 months on a raised platform inside a shed. During the prolonged storage the kernel gets dried and detached from the endocarp which is then taken out whole in the form of a ball. The ball copra is soft, sweet and oily and is cream

Table 1.5. **Amino acid composition of coconut protein**

Amino acid	g/16g N	As percentage of amount in whole egg protein
Lysine	4.60	67
Histidine	2.50	104
Arginine	15.40	237
Threonine	2.50	49
Valine	4.30	61
Methionine	1.40	42
Isoleucine	2.70	42
Tyrosine	2.40	59
Phenylalanine	4.10	71
Leucine	5.70	67

coloured. Edible cup copra is prepared either from ball copra or from nuts stored for two to three months after harvest by drying the cut halves under the sun. Both the ball and cup copra are consumed as food, either directly or in sweet meat preparations particularly in those areas where fresh coconut is not readily available.

Desiccated coconut is the edible, dried-out shredded coconut meat prepared from fresh kernel of fully matured coconut. It is available in coarse, medium and fine grades and also in special grades such as threads, strips, granules etc. Good desiccated coconut is crisp, snow white in colour with a sweet, pleasant and fresh taste of the coconut kernel. It is used both in household foods and processed foods particularly in ready-to-cook mixes and in packaged and canned foods. In the bakery and confectionary industry desiccated coconut is a favoured ingredient. The proximate composition of desiccated coconut is given in Table 1.6.

The amino acid composition of desiccated coconut is shown in Table 1.7.

Another dehydrated product which is in demand for household uses is coconut flour, a product derived from desiccated coconut after partial extraction of oil. The fibrous residue left after extracting milk in the wet processing of coconut also yields flour on dehydration and further disintegration. But the flour derived from the dry process has been found to be more acceptable in food preparations. The flour is obtained both from unpared and pared coconut and is used in the preparation of common dishes and baked items. For the preparation of baked products, the flour is blended with wheat flour to the extent

Table 1.6. **Composition of desiccated coconut***

Constituent	Approximate percentage
Moisture	2.00
Fat	67.50
Protein	9.33
Carbohydrates	5.92
Ash (Minerals)	2.43
Fibre	3.92
Pentosans	8.90

* Ruehrmund, M.E., 1959

Table 1.7. **Amino acid composition of desiccated coconut***

Amino acid	Percent N
Arginine	0.78
Cystine	0.11
Histidine	0.13
Isoleucine	0.28
Leucine	0.45
Lysine	0.22
Methionine	0.22
Phenylalanine	0.26
Threonine	0.19
Tryptophan	0.13
Valine	0.35

* Child, R., 1974

of 10 percent. The proximate composition of flour from unpared and pared coconut is shown in Table 1.8.

The vitamin and mineral content of coconut flour is shown in Table 1.9.

Table 1.8. **Proximate composition of coconut flour in Percentage**

Constituent	From unpared coconut ^a	From pared coconut ^b
Moisture	5.4	5.69
Fat	2.0	7.18
Crude fibre	9.8	9.21
Protein	24.9	20.39
Ash	5.3	5.41
Carbohydrates	62.4	-

a Abdon, I.C., 1967

b Balakrishnamurthi, T.S., 1951

Table 1.9. **Vitamin and mineral content of coconut flour ***

Vitamin/mineral	mg/100g
Thiamine	0.09
Niacine	2.30
Riboflavin	0.08
Calcium	70.00
Phosphorus	470.00
Iron	8.10

* Abdon, I.C., 1967

COCONUT OIL

Coconut oil is the most important commercial product derived from coconut. It has application for both edible and inedible end uses. For edible uses in households, coconut oil in its raw form without refining is preferred in many countries, particularly in India, mainly because of its typical coconut flavour. Coconut oil is used as the frying and seasoning oil in the different food preparations in those areas where it is the major cooking medium. It is also in use in the food processing sector as a fat substitute in filled milk, surface spray on bakery products, cream or butter substitute in many processed food products etc. The fatty acid composition of coconut oil is given in Table 1.10.

Coconut oil is a highly saturated oil with only less than 10 percent unsaturated fatty acids. It, however, contains medium chain triglycerides (fatty acids of 12 carbons or less) which are not present in any other popular edible oils except palm kernel and babassu oils. The medium chain triglycerides account for over 60 percent of the saturated fatty acid component of coconut oil. Consequently, coconut oil has the highest digestibility value and is readily absorbed in the small intestine compared to other oils containing fatty acids with long carbon chain. Though highly saturated, the consumption of coconut oil as a

Table 1.10. **Fatty acid composition of coconut oil in Percentage**

Fatty acid	Percentage	
	a	b
Saturated		
6 : 0 Caproic	0.50	0.37
8 : 0 Caprylic	6.50	8.21
10 : 0 Capric	6.00	5.59
12 : 0 Lauric	49.50	47.08
14 : 0 Myristic	19.50	19.42
16 : 0 Palmitic	8.50	7.80
18 : 0 Stearic	2.00	4.29
Unsaturated		
16 : 1 Palmitoleic	-	-
18 : 1 Oleic	6.00	4.30
18 : 2 Linoleic	1.50	1.81

a Kaunitz, H., 1973

b R.R.L., Trivandrum 1990

dietary fat will not lead to any increase in the serum cholesterol values in human beings because of the preponderance of medium chain triglycerides. In a number of experiments it was found that the inclusion of medium chain triglycerides as dietary fat has decreased the cholesterol content of all tissues in experimental rats. It has also been found that the presence of medium chain triglycerides in coconut oil diminishes the requirement of essential fatty acids such as linoleic, linolenic, arachidonic etc. in human nutrition. The essential fatty acids cannot be synthesized by the body, but must be supplied through the diet. The extremely low content of linoleic acid in coconut oil has been found to be beneficial in preventing formation of platelets which are primarily responsible for the blockage of blood vessels. As such, coconut oil is much different from the highly saturated fats of animal origin and its daily use in food preparations is only beneficial to human beings.

COCONUT SAP

The unfermented or fresh coconut sap or sweet toddy obtained by tapping unopened spathes, is an excellent beverage and a rich source of sugar. It has a variety of uses and a large number of food products are made out of it. Sweet toddy finds extensive use in the preparation of a variety of breakfast cakes and snacks. Being a good source of baker's yeast it is preferred in such preparations as it imparts good flavour and fluffy consistency to the cooked food. The ranges of the quantitative analytical values of the constituents of fresh toddy are shown in Table 1.11.

The products derived from toddy which go into culinary uses are jaggery, treacle and vinegar. Jaggery or sugar is prepared by evaporating unfermented toddy through careful boiling

Table 1.11. **Composition and specific gravity of fresh toddy**

Constituent	Range
Total solids	15.20 - 19.70 g/100 ml
Sucrose	12.30 - 17.40 "
Ash	0.11 - 0.41 "
Protein	0.23 - 0.32 "
Ascorbic acid	16.00 - 30.00 "
Specific Gravity	1.058 — 1.077 at 29°C

in open vessels. The percentage of jaggery available from toddy varies from 12 to 15. Coconut jaggery is widely used in the rural households in place of cane sugar for the preparation of sweet dishes and other delicacies. The average composition of coconut jaggery is shown in Table 1.12.

Treacle is the concentrated syrup of sweet toddy which is considered as a delicacy. It is used as a bread spread in place of jam and goes along with some of the breakfast dishes as a sweetening agent. Treacle is a golden coloured syrup and the recovery is about 16 percent of the toddy used.

Vinegar produced from fermenting coconut toddy is in common use in the preparation of fish and meat dishes and preserved food items. Both the traditional and improved methods of vinegar production are practised on commercial scale in most of the coconut growing countries. Genuine coconut vinegar has the composition as shown in Table 1.13.

MISCELLANEOUS FOOD PRODUCTS

Apart from the preparation of common

Table 1.12. **Average composition of coconut jaggery in percentage***

Constituent	Value
Moisture	10.92
Sucrose	68.35
Reducing sugar	6.58
Ash	2.19
Protein	1.64
Pectins, gum etc.	8.72
Caloric Value per 100 g	321.60

* Bull, Dept. Indust. Travancore, 1934

Table 1.13. **Composition and other properties of coconut vinegar***

Constituent	Value
Suspended matter	trace to 0.006 g/100 ml
Acetic acid	4.70 to 5.40 "
Total solids	1.25 to 1.36 "
Ash	0.41 to 0.51 "
Potash	0.16 to 0.19 "
Nitrogen	0.025 to 0.033 "
Density (30/30°C)	1.010 to 1.013

* Child, R., 1974

household cuisines, coconut water and kernel products are also utilized for the preparation of special delicacies such as nata de coco, coco cheese, fermented beverages etc. for direct consumption in households. Nata de coco is prepared either from coconut water or skim milk by mixing sugar, acetic acid and a culture liquor in specific proportions and allowing the mixture to remain undisturbed for about 15 to 20 days. After this period, the white jelly thick surface growth which is produced by the action of the organism *Acetobacter xylinum* is harvested, sliced, acid washed out, boiled in sugar syrup and preserved. It makes a delicious dessert and, when mixed with other sweet preparations such as fruit salad, it enhances the flavour and taste of the recipe.

Coconut milk will also yield products like cheese, fermented beverages, yoghurt etc. The usual raw materials in the preparation of different varieties of cheese are coconut milk and non-fat dry milk. Fermented coconut skim milk beverages and products like coconut milk whey, yoghurt etc. are also produced from coconut milk. The beverages could be prepared as in the case of dairy milk and in the preparation of yoghurt, non-fat dry milk is another ingredient.

The spongy ball like haustorium which develops inside the germinating or stored nuts could be utilized for the preparation of various products like jam, marmalade etc. It is sometimes sliced and preserved in sugar syrup for use as a dessert or as a constituent of fruit salad. Similarly, the terminal bud or cabbage of the coconut palm is a delicacy. It is used raw or in salads and is sometimes pickled. It can also be canned or bottled as a preserve. The composition of coconut haustorium is shown in Table 1.14.

Table 1.14. **Composition of coconut haustorium***

Constituent	Percent
Moisture	15.23
Ash	9.39
Protein	10.69
Fat	15.68
Carbohydrates	38.42
Fibre	10.59

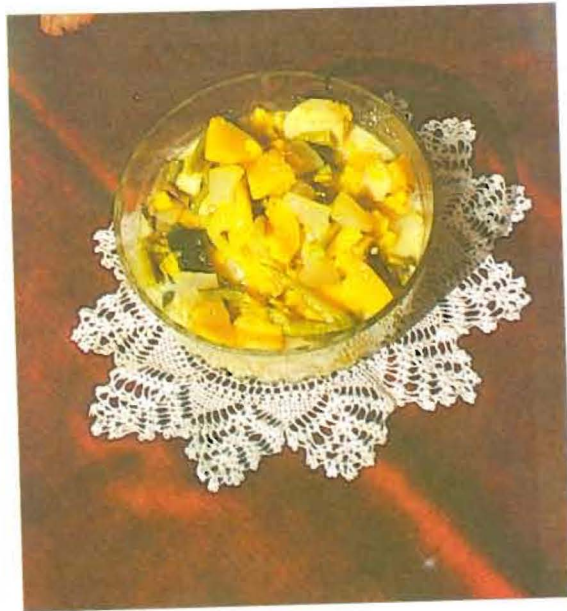
* Adriano, F.T., 1929

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RECIPES WITH COCONUT MILK

Recipes with Coconut Milk



OLAN



Chakli or Murukku



Appam or "Hoppers"



Payasam

MAIN DISHES

1. MAJA BLANCA MAIZ (Philippines)

Ingredients:

Young corn	3 cups
Sugar	1 cup
Thick coconut milk	4 cups
Galapong or (rice flour)	1 cup
Coconut oil	5 tbsp.

Method of preparation:

Scrape corn from the cobs and strain through coarse muslin. Add the sugar, galapong (rice flour) and coconut milk and cook over moderate heat, stirring constantly and adding fresh coconut oil little by little to avoid sticking. When thick, pour into coconut oil greased platters. Serve with latik and toasted coconut with sugar.

2. BIBINGKA ESPECIAL (Philippines)

Ingredients:

Thick galapong	1 cup
White sugar	1/2 cup
Baking powder	2 tsp.
Melted butter	2 tbsp.
Sugar (for topping)	2 tbsp.
Eggs	3 (well beaten)
Coconut milk	1 cup
Cheese	3 tbsp. (grated)

Method of preparation:

To make Galapong:

Soak rice in equal amount of water overnight. Grind and let stand until the next day.

Add sugar to the galapong. Add baking powder, melted butter and the well beaten eggs and coconut milk. Mix well. Pour a thin layer of this batter into hot (native clay) baking pan or molds lined with banana leaf which has been passed over an open flame. Cover each baking dish with a galvanized iron sheet with live embers on it. When almost cooked, sprinkle grated cheese and sugar on top of each and cover again. Continue baking until brown; brush top with melted butter and serve hot with grated coconut.

3. BIBINGKANG MALAGKIT (Philippines)

Ingredients:

Malagkit (sticky rice)	2 cups
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Brown sugar	1-1 $\frac{1}{2}$ cups
Thick coconut milk	$\frac{3}{4}$ cup
Thin coconut milk	3-3 $\frac{1}{2}$ cups
both from 2 coconuts	
Salt	1 tsp.
Powdered anise	$\frac{1}{4}$ tsp.

Method of preparation:

Boil the diluted coconut milk in carajay. Add malagkit and salt. Boil until quite dry, stirring constantly to keep from burning. Lower the heat and add $\frac{2}{3}$ cup sugar.

Line a pan (bibingkahan) with wilted banana leaf. Pour the mixture into it. Pour the rich coconut milk and the rest of the sugar on top of malagkit. Sprinkle with the anise seeds. Fill the cover of the pan with live coals and place over mixture until it browns. Or bake in an ordinary oven at moderate temperature and finish off by putting under the broiler to brown topping.

4. BIBINGKA PINIPIG (Philippines)

Ingredients:

Pinipig (immature rice roasted and pounded)	3 cups
Brown sugar	1-1 $\frac{1}{2}$ cups
Thick coconut milk	$\frac{3}{4}$ cup
Thin coconut milk	2 cups
both from 2 grated mature coconuts	
Salt	1 tsp.
Powdered anise	$\frac{1}{4}$ tsp.

Method of preparation:

Boil diluted milk, pinipig and salt in carajay. Lower the heat and add 1 cup sugar. Line a pan with wilted banana leaf and transfer the mixture into it. Pour the rich coconut milk on top of pinipig mixture. Sprinkle the rest of the sugar and powdered anise on coconut milk. Cover and bake until brown, or brown under oven broiler.

5. BIBINGKA ROYAL (Philippines)

Ingredients:

Eggs	3
Sugar	$\frac{3}{4}$ cup
Coconut milk	1-1 $\frac{1}{4}$ cups

Flour	2 cups
Baking powder	4 tsp.
Melted margarine	as desired
Grated cheese	as required

Beat the eggs well until light and creamy. Dissolve the sugar in $\frac{1}{2}$ of the coconut milk. Mix and sift dry ingredients and add by spoonfuls to sugar and coconut milk mixture. Add the rest of the coconut milk alternately with the dry ingredients. Beat well. Add the well-beaten eggs and melted margarine. Line four small round pans with banana leaves. Pour mixture into pans, spreading it thin and evenly. Bake in preheated hot oven. When cooked, brush the top with butter and sprinkle with grated cheese and sugar. Serve with grated coconut.

6. CASSAVA BIBINGKA (Philippines)

Ingredients:

Fresh cassava	4 cups
Coconut milk	2 cups
Melted butter	2 tbsp.
Eggs	3
Sugar	2 cups
Salt	1 tsp.
Coconut cream	$\frac{1}{2}$ cup
Grated cheese or strips of cottage cheese	

Method of preparation:

Peel and grate cassava. Beat eggs, add sugar, butter and salt. Mix thoroughly. Add the grated cassava and coconut milk. Mix well and place in a pan or bibingka mold lined with banana leaves. Bake till almost done. Brush with coconut cream. Sprinkle with grated cheese or strips of local cottage cheese. Brown top under hot cover or oven broiler.

Or top with pure coconut milk with sugar to taste and brown under broiler.

7. ESPASOL (Philippines)

Ingredients:

Pure malagkit (sticky rice) or pinipig with malagkit	4 cups
Sugar	1- $\frac{1}{2}$ cups
Coconut milk	3 cups
Dayap rind or vanilla	1 tsp.
Salt	$\frac{1}{2}$ tsp.

Method of preparation:

Roast the malagkit or pinipig and then grind into 'flour'. Set aside about 1 cup.

Boil the sugar and coconut milk, the flavouring and salt. Add the malagkit or pinipig flour. Cook until thick, and dry stirring mixture well. When done, remove from fire and transfer on to a pan or board which has been well dusted with malagkit or pinipig flour. Flatten, using a rolling pin, to $\frac{1}{4}$ inch and cut into diamonds or rectangles. Roll in the rest of the 'flour'.

8. GUINATAN (Philippines)

Ingredients:

Coconuts	2
Sugar	1 cup
Saba Bananas	3 (sliced crosswise)
Camotes	2 (peeled and diced)
Gabi	1 (peeled and sliced)
Ubi	$\frac{1}{2}$ (peeled and diced)
Nangka (jack fruit)	6 sections (cut into strips)
Tapioca	3 tbsp.

Method of preparation:

Grate the coconuts, extract the milk and set aside. Add 2 cups of hot water to the grated coconut and make the second extraction. To the camote, gabi, ubi, banana and nangka add the thin coconut milk, sugar and tapioca and bring to boil stirring occasionally until gabi and ubi are cooked. Add the rich coconut milk before removing from the fire or use it as topping.

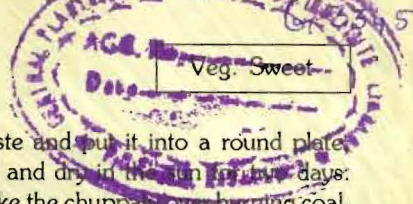
9. GUINATAN RICE WITH CORN (Philippines)

Ingredients:

Young corn	1 cup (scraped off, the cob)
Malagkit rice	$\frac{1}{2}$ cup
Coconut milk	5 cups
Coconut cream (first extract from grated coconut)	1 cup
Sugar	to taste
Salt	1 tsp.

Method of preparation:

Boil washed malagkit rice in coconut milk until



half done. Add the corn, sugar and salt; continue cooking, stirring occasionally until rice and corn are cooked. Add cream, or use it to top each serving.

10. GUINATAAN WITH RICE BALLS

(Philippines)

Ingredients:

Rice malagkit (sticky rice)	1 cup
Medium-sized camote	2
Medium-sized gabi (Taro)	2
Bananas (saba)	5
Anise seeds	1/2 tsp.
Ubi	1/4 kg.
Coconut milk	5 cups
Nangka (jackfruit) meat	1 cup
Tapioca	3 tbsp.
Sugar	to taste

Method of preparation:

Soak in water overnight and grind the rice to a stiff dough. Grate the coconut and extract the milk four times. The first extraction should be set aside and used as topping before serving. Pare the ubi, gabi and camote and cut them into one-half inch cubes. Peel the bananas and cut them into slices (crosswise). Cut the nangka into strips. Boil the gabi, ubi and camote with the diluted coco milk. Form the ground malagkit rice into small balls and drop them in the boiling mixture. Then add the banana, nangka, tapioca, anise and sugar. Simmer until cooked. Serve with rich coconut milk.

11. CASSAVA PASTE CHUPATTY WITH COCONUT MILK (Vietnam)

Ingredients:

Cassava	5.0 kg.
Sugar	2.5 kg.
Coconut	3 fruits
(Cassava has to be cooked with little salt)	

Method of preparation:

Mash the cooked cassava in the mortar into a fine paste and make the dough. Boil the mixture of sugar and coconut milk over low heat, stirring constantly until the sugar is dissolved and comes to boiling point (do not allow to boil). Remove from heat and cool before pouring the mixture slowly into the paste until it becomes malleable. Pluck

a handful of paste and put it into a round plate, press with roller and dry in the sun for five days. Before eating bake the chuppatty over burning coal, turning the sides quickly.

12. CASSAVA "KALAMAY" (Philippines)

Ingredients:

Tapioca	2 cups grated
Coconut milk	1 cup
White sugar	1 cup

Method of preparation:

Mix all ingredients in a frying pan. Cook for an hour, or until the thick "kalamay" consistency is reached. Pour and spread the "kalamay" to cool on a platter or banana leaf which has been greased with fresh vegetable oil or butter. Serve when cool.

13. COCONUT MILK AND PINIPIG

(Philippines)

Ingredients:

Pinipig	1 cup
Coconut milk	5 cups
(from 2 coconuts)	
Sugar	to taste
Cooking oil	as required

Method of preparation:

Add sugar to the coconut milk. Chill. Toast pinipig in oil. Serve in cups with sweetened coconut milk.

14. SUMAN SABA (Philippines)

Ingredients:

Saba bananas	20 to 25 (ripe but not too soft)
Coconut	1 (grated)
Cassava flour, or corn flour	1 to 1-1/2 cups
Sugar or panocha	1 kg.
Banana leaves for wrapping	

Method of preparation:

Peel bananas and cut panocha into small pieces. Pound bananas to a mush (two at a time) with grated coconut and some pieces of panocha or sugar. Put mush in bowl and add the flour, mixing well with a wooden spoon. Wrap in two layers

of banana leaf. Tie by twos. Arrange in deep container, cover with boiling water and cook until done (about 30 minutes to one hour).

15. SUMAN MARUECOS (Philippines)

Ingredients:

Malagkit (sticky rice)	2 cups
Rice	1 cup
Latik	4-5 tbsp.
Coconut milk	1½ cups
Sugar	⅓ cup

Method of preparation:

Wash rice thoroughly. Soak in 1½ cups water for 4 hours. Grind in native stone grinder. For every cup of this ground mixture or "galapong" add ½ cup coconut milk and ⅓ cup sugar. Cook, stirring constantly, until thick. Wrap 2 tablespoons of this mixture, topped with a little latik, in banana leaves previously passed over an open flame. Tie in pairs. Steam for 30 minutes.

16. VELLAYAPPAM (India-Kerala)

Ingredients:

Fine rice flour	¼ kg.
Sweet toddy	½ cup
Coarse flour	½ cup (to make gruel)
Water	1½ cups
Coconut grated	1½ cups (for milk)
Sugar	½ cup
Salt	to taste
Button onion	1
Cumin seed (optional)	a pinch

Method of preparation:

Mix the rice flour with toddy. Make a gruel of the coarse flour and cool it. Mix with dough till soft. From the grated coconut squeeze out the milk, grind the coconut to a fine paste and add to the dough. Knead along with the cumin seed and coconut milk to a 'dosa' consistency (thick pouring batter). When it rises properly, make appams (hoppers).

17. PALAPPAM (HOPPERS) (India-Kerala)

Ingredients:

Rice flour passed through a fine sieve	¼ kg.
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Sweet toddy	½ cup
Coarse flour for gruel water	½ cup
Water	1½ cup
Grated coconut	2 cups
Sugar	2 des. sp.
Salt	to taste

Method of preparation:

Mix the flour with the toddy. Make a gruel with water and coarse flour. After cooling, mix it with the flour to make a soft dough. Mix the dough, sugar, coconut milk and keep it aside at night. Next morning, add the necessary sugar and salt and make lace appams with the batter.

Note : Add only enough sugar, otherwise the appams will stick to the vessel.

17. SUMAN INANTALA (Philippines)

Ingredients:

Malagkit rice	3 cups
Coconut milk	5 cups
Salt	3 tsp.

Method of preparation:

Wash malagkit (sticky) rice very well. Drain. Cook with coconut milk and salt in carajay, stirring occasionally. When mixture is almost dry, stir continuously to avoid sticking to the bottom of the pan. Lower the heat and cook, well covered with banana leaves, a few minutes more.

Drop by spoonfuls in layers of wilted banana leaves and wrap. Tie in pairs. Steam for 30 minutes. Serve with sugar.

18. SPICED CASSAVA DOSAI (India-Kerala)

Ingredients:

Cassava flour	1½ cups
Blackgram dal	¾ cup
Fenugreek seeds	1 tsp.
Cumin seeds	½ tsp.
Pepper (powder)	1 tsp.
Green chillies	4 nos.
Onion	½ cup (chopped fine)
Coconut milk	1 cup
Salt	to taste

Method of preparation:

Soak blackgram dal in water and grind the dal together with ingredients (2-7). Add cassava flour to this. Mix and leave overnight. Add coconut milk and salt in the morning. Mix well to a thin batter and make dosai.

19. TINAPAY SAN NICOLAS (Philippines)**Ingredients:**

Coconut milk	1/2 cup
Sugar	1/2 cup
Flour	1 1/2 cups
Cornstrach	1 1/2 cups
Butter	3 tbsp.
Baking powder	1 tbsp.
Egg yolks	4
Anise	few grains

Method of preparation:

Sift together flour, cornstrach and baking powder. Beat the yolks until thick and lemon coloured, add the sugar, then the coconut milk and butter. Fold in the sifted dry ingredients and the anis (seeds of *pimpinella anisum*). Roll on floured board to about 1/8 inch thickness. Cut with cookie cutters and arrange on greased cookie sheet and bake in a moderate oven (350 degrees F.) until brown.

20. TAMALES (Philippines)**Ingredients:**

Rice	3 cups
Coconut milk	7 cups
Brown sugar	1 cup
Black pepper	1 tsp.
Salt	to taste
Achuete (Annato) for colouring soaked in	1/4 cup water
Peanuts	1 cup (ground toasted)
Slices of hard-cooked egg	as required
Boiled peanuts	as required
Banana leaves, cleaned and softened over direct fire	as required
Boiled chicken meat (breast meat preferred)	as required
Slices of boiled pork	as required
Boiled whole shrimps	as required
Slices of boiled ham	as required

Method of preparation:

Toast the rice in a griddle pan until brown. Grind to a fine powder in a stone or corn-meal grinder. Put the coconut milk, salt, sugar, pepper and ground rice in a carajay (strong bottomed cooking pot) and cook over low heat. Stir constantly to prevent sticking and burning. Add the ground peanuts five minutes before removing from fire. Divide this paste mixture into two parts leaving one part in the carajay. Add strained achuete colouring to the mixture in the carajay and continue cooking for 2 minutes longer.

On three layers of banana leaves, put 3 tablespoons of the red mixture, then an equal amount of the white mixture, pat lightly to flatten. Arrange slices of boiled chicken, boiled pork, ham, shrimps, halves of boiled peanuts and hard cooked eggs on top of mixture. Wrap each tamales and tie securely. Place the wrapped tamales in a deep steamer and cook for 2 hours. If no steamer is available, place the wrapped tamales in a saucepan. Fill the saucepan 1/2 full of water and cook, well covered, for about an hour or more. Cool. Tamales will stay fresh 24 hours if kept in a cool place.

2.1 TAMALES - 2**Ingredients:**

Rice	3 cups
Hard-cooked eggs	2
Cooked pork	1/2 cup
Cooked shrimps	1/2 cup
Peanuts	1 cup
Cooked chicken	1/2 cup
Chorizo de Bilbao	1
Chinese ham	a few slices
Lard	as required
Salt and pepper	
Coconut milk	7 cups

Method of preparation:

Wash the rice and dry it in the sun. Grind half of the rice and toast the other half until golden brown. Toast peanuts. After toasting the peanuts and rice, grind them separately. Set aside.

Put lard in the carajay and saute and rice flours separately adding enough water or thin coconut milk, to make each mixture of pudding consistency. Stir constantly to prevent sticking. To each, add salt and pepper to taste. Saute th peanuts. Put

aside. Then saute the pork and chicken which have been previously boiled soft, and the ham and chorizo. Season to taste and remove from carajay. Put aside.

Wrap in banana leaves, forming a rectangle: About 3 tablespoons of each rice mixture, side by side. Press together and top with the following: Chicken, ham, pork, shrimp, a slice of chorizo, sliced egg, a teaspoon of peanuts. Tie securely to be sure that water does not penetrate the tamales. Arrange the tamales in a deep kettle and cover with water. Boil for about 30 minutes or more according to size.

22. COCONUT PANCAKES (Mauritius)

Ingredients:

Rice Flour	1 $\frac{1}{4}$ cups
Sugar	1 $\frac{1}{2}$ cups
Salt	$\frac{1}{4}$ teaspoon
Coconut milk	3 cups
Eggs	4
Oil	$\frac{1}{2}$ cup

Method of preparation:

Sift the flour, sugar and salt into a bowl. Beat in the coconut milk and eggs until a very smooth batter is formed. Heat 2 teaspoon oil in a 7 inch skillet, pour enough batter into it to thinly coat the bottom. Lightly brown the pancakes on both sides. Roll up like a jelly roll. Keep warm.

23. COCONUT RICE (U.S.A.)

Ingredients:

Uncooked long-grain rice	1 cup
Thick coconut milk	2 cups
Salt	1 tsp.

Method of preparation:

Combine ingredients in large heavy pan. Cover and bring to a boil. Simmer until rice is tender and liquid is absorbed.

24. COCONUT SCALLOPED TARO (Pacific Islands)

Ingredients:

Taro (prepared)	1 kg. (washed and peeled)
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Thick coconut milk	$\frac{1}{2}$ cup
Water	$\frac{1}{2}$ cup
Small onion	$\frac{1}{2}$ (grated)
Salt	$\frac{1}{2}$ tsp.
Lemon juice	1 tbsp.
Coconut	$\frac{1}{2}$ cup (grated)

Method of preparation:

Cut taro into slices $\frac{1}{2}$ cm ($\frac{1}{4}$ in) thick and arrange in a flat casserol dish. Mix coconut cream, water, grated onion, salt and lemon juice and pour over the taro. Cover with foil and bake for about 45 minutes in a medium oven or till taro is soft. Remove the foil, sprinkle with grated coconut and brown under the grill. Serve with meat or other vegetables.

25. PITTU (Sri Lanka)

Ingredients:

Rice flour	500 g.
Grated coconut	500 g.
Salt	to taste

Method of preparation:

Put the flour and coconut into a large deep chatty, add a little salt and mix with a hand in a circular movement forming the flour into little grains. If necessary, sprinkle in a little cold water while forming the grains. The coconut for pittu should not be too dry. Steam cook using a pittu mould. Pittu mould: Cylindrical or cup shaped mould used for steam cooking.

26. KIRIBATH (MILK RICE) (Sri Lanka)

Ingredients:

Country rice or raw rice	500 g.
Thick coconut milk	2 cups
Salt to taste	

Method of preparation:

Boil the rice in just sufficient water and when the water is all absorbed but before the rice gets grainy, add the coconut milk and salt and stir well with the handle of a kitchen ladle. Cover the pot and allow to boil on a slow fire until the milk is absorbed, when the rice will be ready.

27. COCONUT MILK RICE DOSAI (Vietnam)**Ingredients:**

Rice flour	1 kg.
Turmeric	1 tsp.
Grated coconut	0.6 kg.
Thin coconut milk	2 litres
Sugar	2 tsp.
Salt	to taste
Oil/fat	as required

Method of preparation:

Mix the ingredients into a fine batter of pouring consistency. Using a large spoonful of batter, fry pan-cakes on a frying pan. Roll and serve.

28. WHITE KHEER (India-Konkan)**Ingredients:**

Raw rice (new)	125 g.
Grated coconut	1 cup
Leaves of turmeric	2-3

Method of preparation:

Wash rice. Drop it in about $\frac{1}{2}$ litre of hot water. When rice is half cooked, drop knots of turmeric leaves into it. Grind coconut gratings and collect its thick juice in one vessel and the thin one in another. If water is insufficient for cooking the rice, make it up by adding the thin coconut milk. Finally, when rice is well cooked, add the thick milk. Stir well. Serve with a little salt or hot pickle.

29. INANGIT (Philippines)**Ingredients:**

Malagkit rice	2 cups
Coconuts	2
Salt	to taste

Method of preparation:

Grate the coconuts and extract 4 cups milk. Wash the malagkit and cook with coconut milk and the salt, stirring it to avoid sticking to the bottom of the container. When the coconut milk has been absorbed, cover the rice with banana leaves. Cover container and continue cooking on very low heat till done.

30. SAVOURY RICE (NASI LEMAK) (Malaya)**Ingredients:**

Rice	1 breakfast cupful
Coconut milk	2 breakfast cupful

Method of preparation:

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 heat under the saucepan, lift the lid slightly and cook slowly till dry. Do not, on any account, stir the rice.

31. COCONUT RICE or YELLOW RICE (India)**Ingredients:**

Rice	750 g.
Coconuts	2 large
Turmeric	a pinch
Salt	to taste

Method of preparation:

Clean and wash the rice, soak in cold water for a little while, drain. Cook rice in chatty with first and second extracts of coconut milk, coloured very slightly with ground turmeric and season with salt. The milk should stand about three fingers above the rice. Cover the pot and simmer, stirring occasionally until quite cooked. Place the pot on the side of the fire to dry the rice. This should be eaten with a nice pungent curry.

32. COCONUT KONGEE (India)**Ingredients:**

Rice	350 g.
Coconuts	2 large
Salt	to taste

Method of preparation:

Clean and wash the rice, cook in a pot with coconut milk and salt till it is like porridge. Serve in a bowl with mint or coconut chutney as accompaniments. [With some families this is a standing breakfast dish on Good Friday.]

33. CHIKEN GIZAD (India-Goa)**Ingredients:**

Chicken (beef could be substituted)	1 kg.
Cumin	2 tsp.
Peppercorns	1 tsp.
Turmeric powder	1/2 tsp.
Onion	1 large
Green Chillies	5
Garlic	6 flakes
Ginger	2 cm piece
Vinegar, tamarind and salt	to taste
Coconut milk	1 wine glass

Method of preparation:

Cut the chicken, salt and set aside. Grind the cumin, pepper and turmeric, then slice the onion, green chillies, garlic and ginger.

Fry the sliced onion till brown. Add the ginger garlic and green chillies followed by the ground masala and chicken. Cover the pan and when the water has evaporated, fry nicely. Then add boiling water (to cover the chicken) a little vinegar and tamarind and cook for 5 minutes. When almost ready, add the coconut milk.

34. CHICKEN IN COCONUT SOUP (Thailand)**Ingredients:**

Sliced chicken breast	1 cup
Coconut milk	2 cups
Nampla (fish sauce)	2 tbsp.
Lime juice	2 tbsp.
Kha	2 tbsp. (sliced)
Chilli	1 tbsp (powder)
Coriander leaves	1 tbsp. (minced)

Method of preparation:

Cook chicken in coconut milk. Add sliced kha. Cook until chicken is tender. Pour in serving dish. Season with nampla and lemon juice. Sprinkle top with chilli powder and coriander leaves. Serve hot.

35. RENDAG TOK (Malaysia)**Ingredients:**

Beef	2 kg. (cut into cubes)
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Shallots	150 g. (sliced)
Garlic	120 g. (sliced)
Fully matured coconuts	7
Chilli powder	2 tbsp.
Cumin seeds	1 tbsp.
Black pepper	1 tbsp.
Cardamoms	10
Star anise	10
Cloves	10
Cinnamon stick	5 cm
Salt	3 tbsp.

Method of preparation:

Mix beef with the shallots, garlic, ginger and the ground ingredients. The gratings of one coconut are roasted till golden. The kernel of one coconut is sliced and the kernels of 5 coconuts are grated for extracting milk. Add the sliced coconut kernel, roasted coconut and coconut milk and keep aside for two hours.

Place the meat and marinate in a pot and cook over low heat for 2.5-3 hours, stirring occasionally until cooked and mixture becomes dry. Add salt to taste.

36. COCONUT CHICKEN (Mauritius)**Ingredients:**

Shallots or onions	1/4 cup (chopped)
Garlic	2 cloves (minced)
Chilly powder	1/2 tbsp.
Peanuts	1/4 cup (ground)
Coriander	1 tbsp. (ground)
Lemon	2 tbsp. (grated)
Sugar	1 tbsp.
Salt	1 tbsp.
Chicken breasts	6
Butter	2 tbsp.
Coconut cream	2 cups
Soya sauce	1 tbsp.

Method of preparation:

Pound together the shallots, garlic, chilli, peanuts, coriander, lemon rind, sugar and salt. Dip the chicken in the mixture. Melt the butter in a deep skillet; saute the chicken in it 2 minutes on each side. Add the coconut cream, soya sauce, and remaining spice mixture. Cover and cook over low heat for 20 minutes, or until chicken is tender. Taste for seasoning.

37. FISH IN COCONUT MILK (Mauritius)**Ingredients:**

Fish fillet (mullet, whitefish, sole)	1 kg.
Coconut milk	$\frac{3}{4}$ cup
Salt	$\frac{1}{2}$ tbsp.
Butter	4 tbsp.

Method of preparation:

Cut the fish in serving sized pieces and season in the salt. Heat the butter in a skillet; saute the fish until delicately browned on both sides. Add the coconut milk, bring to a boil and cook 2 min.

38. CHICKEN AND SPINACH IN COCONUT MILK (Mauritius)**Ingredients:**

Chicken	1 kg.
Oil	2 tbsp.
Salt	2 tbsp.
Coconut milk	$\frac{1}{4}$ cup
Butter	3 tbsp.
Spinach	750 g.

Method of preparation:

Cut the chicken off the bones and into cubes. Heat the oil in a skillet; brown the chicken in it. Add $1\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ cup coconut milk. Cover and cook over low heat for 20 minutes. While the chicken is cooking, melt the butter in a saucepan; add the spinach and remaining salt, cover and cook over low heat for 15 minutes. Add the chicken with the remaining coconut milk, bring to boil and serve.

39. YELLOW RICE (Sri Lanka)**Ingredients:**

Table-rice or good muttusamba rice	$1\frac{1}{2}$ kg.
Ghee or dripping	100 g.
Red onions (sliced)	200 g.
Pounded Maldive fish	60 g.
Cloves	8
Peppercorns	25
Cardamoms	15 (powdered)
Fennel	a few sprigs
Salt	to taste
Rampa	10 cm piece

Lemon-grass	$\frac{1}{2}$ stem
Curry leaves	a small sprig
Ground saffron (turmeric)	sufficient quantity to colour the rice
Coconut milk (extract of 2 coconuts)	sufficient quantity to boil the rice

Method of preparation:

Heat the ghee in a chatty or saucepan, and when very hot, fry one-third of the onions, together with a small piece each of the rampa and lemon-grass, and a few curry leaves. Keep stirring until the onions are browned then add well washed rice. Stir for about 3 minutes, and add the coconut milk with which must be mixed the rest of the ingredients, except the cardamoms which mix in when the rice is half-cooked.

Curries etc. to be served with Yellow Rice: Fried Egg curry, Fowl badun, Liver curry, Port Badun, Sathey Curry, Brinjal Curry, Chilli Sambol, Coconut Sambol, Cucumber Sambol.

40. CHICKEN SATAY (Thailand)**Ingredients:**

Chicken breast	1 kg. (cut into 2 cm strips kneaded with the following ingredients from 2-8, adding one at a time. Marinate for at least two hours.
Ginger (crushed)	2 cm piece
Garlic	3 cloves (crushed)
Coriander powder	1 tbsp.
Salt	1 tsp.
Butter	2 tbsp.
Light cream	2 tbsp.
Coconut milk	$\frac{1}{2}$ cup
Satay sticks	as per requirement

Method of preparation:

Thread a few pieces of chicken on the top half of each satay stick. Cook over charcoal. While cooking sprinkle coconut milk on chicken. Chicken satay makes an excellent hors d'oeuvre. Serve with cucumber salad and sauce prepared as in Recipe No. 41)

41. SAUCE (Thailand)**Ingredients:**

Red curry paste	1 tbsp.
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Roasted chilli curry paste	1 tbsp.
Sugar	1 tbsp.
Peanut butter	2 tbsp.
Coconut milk or cream	1 $\frac{1}{2}$ cups
Lemon Juice or tamarind juice	1 tbsp.
Salt	1 tsp.

Method of preparation:

Heat the coconut milk until boiling. Add the curry pastes and stir fry. Add peanut butter, sugar, salt and tamarind juice (or lemon juice).

The sauce should have salty, sweet and a slightly sour taste.

42. ARROZ A LA VALENCIANA (Philippines)**Ingredients:**

Young chicken	1 $\frac{1}{2}$ kg. (cut into pieces)
Pork	1 $\frac{1}{2}$ kg. (cut into pieces)
Chorizos de Bilbao	2 pieces (sliced)
Potatoes	6 (quartered)
Shortening	1 $\frac{1}{2}$ cup
Garlic	2 cloves (crushed)
Onion	1 $\frac{1}{2}$ cup (sliced)
Tomatoes	1 cup (chopped)
Salt, pepper and paprika	to taste
Sweet red pepper	a few slices
Sweet peas	1 cup
Olives	1 $\frac{1}{4}$ cup
Hard-boiled eggs	a few, for decoration
Rice	3 cups
Coconut milk	2 cups
Salt	1 tsp.

Method of preparation:

Season with salt and pepper the meat of chicken and pork and fry until slightly brown. In a deep pan with cover, fry in the order given, the garlic, onions and tomatoes. Add the potatoes, then the chicken, the pork and the chorizos. Mix well, cover the pan and cook until the meat and potatoes are tender. Add water if necessary. Add the sweet pepper, sweet peas and olives. When the meat and vegetables are done, remove some of the stock from the pan and set aside. Cook the rice with 3 cups of water & 2 cups of coconut milk. Add

to the meat mixture the cooked rice, and mix thoroughly with a wooden spoon until well blended. Add remaining stock and seasoning to taste. Cook on low heat until mixture becomes quite dry. Garnish top with sliced hard-cooked eggs, stuffed olives and red pepper slices.

43. ADOBO WITH COCONUT SAUCE**(Philippines)****Ingredients:**

Fat chicken	1 kg. (cut into pieces)
Pork	1 $\frac{1}{2}$ kg. (cut into pieces)
Garlic	12 cloves (chopped fine)
Achuete (forcoloring)	few drops
Water	1 cup
Coconut milk	1 cup
Vinegar	1 $\frac{1}{2}$ cup
Salt and pepper	to taste

Method of preparation:

Simmer chicken, pork, garlic, vinegar, water, salt and pepper until tender. Colour with achuete. Add coconut milk and simmer five minutes longer.

44. BIA WITH COCONUT MILK (Philippines)**Ingredients:**

Bia	1
Coconut milk	1 cup
Salt	1 $\frac{1}{2}$ tsp.
Calamansi juice	2 tbsp.

Method of preparation:

Clean the bia, simmer it slowly for about 15 minutes in 1 cup coconut milk, 1 $\frac{1}{2}$ teaspoon of salt, and the juice of 5 calamansi.

Lay the fish on a platter and pour over it a gravy made from the stock in which it was cooked and one tablespoon of flour. The mixture is simmered until thick.

45. BRINGE (Philippines)**Ingredients:**

Chicken	1 (boiled and cut into strips)
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Pork	1/2 cup (boiled and cut into strips)
Garlic	1 clove (minced)
Coconut milk	4 cups
Lard	1 tbsp.
Salt & pepper	to taste
Shrimps	1 cup
Ham	1/2 cup (chopped)
Onion	1/2 cup (sliced)
Curry powder	1 tbsp.
Laurel leaf	1/2
Rice	2 cups

Method of preparation:

Fry the garlic, add the onions, shrimps, pork, ham, chicken, curry powder, and rice. Add salt and pepper, laurel, and the coconut milk and cook over medium heat, stirring once in a while to avoid burning. When the mixture is dry, cover with banana leaves and continue cooking over low heat until rice is tender.

46. FISH CURRY AND RICE (Philippines)**Ingredients:**

Medium-sized fish	1
Flour	1 tsp.
Curry powder	1 tsp.
Lemon juice	1 tsp.
Butter	2 tbsp.
Onion	1 tbsp. (minced)
Coconut milk	1 1/4 cups
Water	1 1/4 cups
Salt	1 tsp.
Black pepper	1 pinch

Method of preparation:

Cook the fish for 5 minutes in 1/2 cup of water, 1/2 teaspoon of salt, and a pinch of pepper. Drain and lay aside.

Fry the onion in butter and add the water in which was dissolved 1 teaspoon of flour. Boil for 2 minutes. Add the curry powder, lemon juice, salt and fish; boil for 10 minutes until the gravy thickens. Add the coconut milk to which was added 1/4 cup of water and continue boiling for 3 minutes. Lay the fish on a platter, pour the gravy over it, and arrange mounds of boiled rice on either side.

47. SPARE RIBS AND SHRIMPS IN COCONUT MILK (Philippines)**Ingredients:**

Spare ribs	1/4 kg.
Live shrimps	1/4 kg.
Bagoong (less if it's salty)	2 tbsp.
Coconut	1
Garlic	1 clove
Fresh green, hot pepper	1 tsp. strips
Young sili leaves	1/2 cup

Method of preparation:

Extract milk from coconut, separating the thick cream (kakang gata).

Cook spareribs in thin coconut milk and garlic until meat is very tender. Add bagoong, unpeeled shrimp and coconut cream. When cream begins to curdle add pepper and sili leaves.

48. TINAGOCTOC (Philippines)**Ingredients:**

Small dalags	3
Onion	3/4 cup (chopped)
Hot peppers	3 (sliced fine)
Ripe tomato	3/4 cup (chopped)
Peppercorn	1/4 tsp. (crushed)
Ginger	1 tsp. (thinly sliced)
Egg	1 (beaten)
Garlic	1 tsp. (minced)
Salt	1 tsp.
Wilted gabi leaves	as required
Strong vinegar	1/2 cup in 1 cup water
Pure coconut milk	1 cup
Salt and pepper	to taste

Method of preparation:

Clean fish inside and out until outside is milky white. Cut an opening and stuff with the mixture of onion, peppers, tomato, peppercorn, ginger, egg, garlic and salt. Wrap each in gabi leaves, arrange in non-aluminium pot or pan.

Cover with vinegar and water and bring to a boil. Simmer until fish is almost cooked, then add coconut milk, salt and pepper to taste. Continue simmering until fish is cooked. Serve hot.

49. TINUTUNGAN (Philippines)**Ingredients:**

Dumalaga (Chicken)	2
Diluted coconut milk	2 cups
Red and green peppers	2 each
Salt and pepper	to taste
Pure coconut milk	1/2 cup
Ubod (tender banana trunks - butter variety)	2
Ginger	1 cm piece
Garlic	3 cloves

Method of preparation:

Cut the chicken into small pieces. Slice the ubod fine, mash with salt and wash well. Saute garlic, ginger, chicken and add the diluted coconut milk. When it boils add the ubod and chicken and cook over low heat until chicken is tender. Add peppers. Add the thick coconut milk and cook five minutes more. Season with pepper and salt.

50. AMPALAYA (BITTER MELON) WITH COCONUT MILK (Philippines)**Ingredients:**

Coconuts	6 cups (grated)
Water	2 cups
Bagoong alamang (salted fermented shrimp)	
(not too salty)	1/2 to 1 cup
Ampalaya (medium-sized)	3
Garlic	2 cloves (whole, unpeeled)

Method of preparation:

Wash ampalaya well and slice into 2 cm squares after removing seeds. Do not wash after slicing. Extract milk from coconut, using the 2 cups water. Cook coconut milk with garlic cloves. As soon as it begins to coagulate, add bagoong. When oil begins to form, add the ampalaya and continue cooking without stirring, until ampalaya is just crisp-tender.

51. BAKED CRAB (India-Goa)**Ingredients:**

Medium crabs	4
Onion	1/2 cup (minced)
Curry powder	1 dsp.

Green chillies	2 (chopped)
Ginger (chopped)	1/2 piece
Garlic (chopped)	3-4
Bread (soaked in coconut milk)	1 slice
Salt	to taste

Method of preparation:

Plunge the crabs in boilings, salted water. Remove the flesh from the shell, and set aside. Brown the onion in oil and add the curry powder, green chillies, ginger, garlic and bread. Add the flesh of the crabs and cook till dry. Fill back into crab shells and brown under a hot grill.

DESSERTS**52. SERIKAYA (COCONUT CUSTARD) (Malaysia)****Ingredients:**

Eggs	6
Sugar	170 g.
Coconut milk (very thick)	1 cup

Method of preparation:

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.

53. COCONUT BREAD PUDDING (India)**Ingredients:**

Bread crumbs	100 g.
Sugar	2 ozs.
Eggs	2
Coconut	3/4 cup (finely ground)
Coconut milk	1 1/2 cups

Method of preparation:

Beat eggs and sugar together; add the coconut milk, bread crumbs and coconut. Make into a batter and bake in a buttered pie dish.

54. COCONUT PUDDING (India)**Ingredients:**

Large coconuts	2
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Rice flour	125 g.
Sugar	375 g.

Method of preparation:

Set aside first milk of coconuts. Make a syrup with the sugar, add rice flour and coconut milk. Boil it, stirring till it thickens. Pour mixture into a buttered piedish and bake to a light brown colour.

55. COCONUT MILK JELLY WITH GULA MALAKA (Malaysia)**Ingredients:**

Eggs	2
Water	1 cup
Sugar	1½ tbsp.
Gula malaka (palm jaggery)	3 pieces
Agar-agar	2 bundles
Milk	½ cup
Coconut	½

Method of preparation:

Soak the agar-agar in cold water before boiling it to melt for jelly. Make the coconut milk by squeezing the scraped coconut with the water. Put some apart for the sauce. Melt the gula malaka, also keeping half for sauce. Then make a custard with the egg yolks and cow's milk. Beat the egg whites stiffly with the sugar. When the custard and agar-agar are cooling, add the coconut milk, gula malaka, and lastly the egg whites. Pour into a rinsed mould and set on ice. Serve very cold, turned out of the mould, with a sauce made by mixing the remainder of the coconut milk and the gula malaka.

56. COCONUT MILK JELLY (Malaysia)**Ingredients:**

Freshly squeezed coconut milk	1 glass
Ordinary milk	3 tbsp.
Cold water	3 tbsp.
Sugar	3 tsp.
Agar-agar	1 bundle

Method of preparation:

Place the agar-agar to soak in the cold water while the coconut milk is boiled with the sugar.

Stand the latter aside to cool, and boil the agar-agar and water for about 10 minutes. Cool a little, and then add to the coconut milk, with the 3

tablespoons of ordinary milk. Mix all together, pour into a mould and allow to set.

57. THOTHOL (JELLY) (India)**Ingredients:**

Dry rice flour	1 cup
Coconut	1
Brown sugar	650 g.
Cloves	10
Raisins	125 g.
Almonds	125 g.
Groundnuts	125 g.

Method of preparation:

Scrape the coconut and squeeze with water. Pour the milk into a saucepan; add brown sugar and flour; stir with an iron spoon over the fire. Cook for 20 minutes stirring all the time. The liquid will now take the form of a jelly. Add the raisins and sliced almonds and cook for another 20 minutes stirring as before. Remove from the fire and pour into a flat dish. Smooth the top surface with the iron spoon and decorate with groundnuts.

Leave it to cool for some time and cut to any shape you like.

58. QUEEN'S PUDDING WITH COCONUT (Malaysia)**Ingredients:**

Santan (milk made from fresh, scraped coconut)	1 cup
Eggs	2
Sugar	2 tbsp.
White breadcrumbs	
Jam (of any kind)	a little

Method of preparation:

Warm the santan, and stir in enough breadcrumbs to make a very thick sauce. Allow to cook slowly and thicken, then stir in the egg yolks, beaten with the sugar. Put this mixture into a buttered piedish and spread a layer of jam on the top. Beat the egg whites till stiff, adding a little sugar and put over the jam. Bake in a slow oven until the top is a little brown. Serve hot.

Other milk puddings, such as rice, of those made with breadcrumbs, or any form of custard, all give good results using santan instead of fresh

or tinned milk. Gula Malaka also makes a good substitute for syrup or to sweeten and flavour puddings.

59. AUNT SARAH'S RICE PUDDING

(Malaysia)

Ingredients:

Ground rice	1½ cups
Gula Malaka	10 pieces
Pandanus leaves for flavouring	as required
Coconuts (grated)	2
Salt	½ tsp.

Make 6 cups of rich coconut milk, of which keep 3 for sauce. Slake the ground rice with 1 cup of milk, then cook till thick with the other 2 cups. Pour into a mould and cool it. Boil the pandan leaves, coconut milk and gula malaka together to make the sauce. Serve cold with the pudding.

60. BLACK RICE PUDDING (PULUT HITAM)

(Malaysia)

Ingredients:

Black rice	225 g.
Coconut	1
Almonds	a few
Sugar	to taste
Egg	3
Maizena	1 tsp.
Jam	as required
Salt	a pinch

Method of preparation:

The rice is boiled with a pinch of salt, sugar to taste and as much thin coconut milk as is needed to cover the rice 1½ in. After cooling off add the peeled and ground almonds and the stiffly beaten white of eggs. Put all in a mould which has been rinsed with cold water and let freeze in refrigerator (or ice chest).

In a separate dish prepare the sauce which is eaten with the pudding. brown sugar and when brown enough, pour a few spoons of water over it, add the Maizena dissolved in coconut milk. Stir gently until the sauce comes to cooking point and put in thick coconut milk. When it boils, take it from the fire and freeze it too.

Just before serving the pudding spread a little good jam over it. Especially children will love this wholesome and nourishing dish. It contains lots of proteins and vitamins.

61. MAJA BLANCA (Philippines)

Ingredients:

Rice	2 cups
Fresh coconut milk	10 cups
White sugar	1 cup
Fresh coconut oil	½ cup
Anis	1 tsp. (toasted)
Latik	as required

Method of preparation:

Wash rice and soak in 2 cups of water overnight. Grind and strain through a coarse cheesecloth.

Add to this (galapong) the milk and sugar. Cook over medium heat, stirring constantly, adding fresh coconut oil little by little, to avoid burning. When thick, add anis (toasted) and mix well. Pour into a coconut oil greased platter or on small individual plates. When cool, serve with latik.

To make latik: Boil in a saucepan, pure milk of coconut until a point when the oil is extracted and the cheese-like precipitate becomes delicate brown in colour. This precipitate is the latik.

Drain off the oil from the latik and use it for greasing plates or molds.

62. BANANA COCONUT MILK SWEET

(Vietnam)

Ingredients:

Ripe banana	2
Coconut	1 (grated for extracting milk)
Sugar	200 g.
Vanilla	few drops
Starch	½ tsp.

Method of preparation:

Keep the first extract of coconut milk separate. Use the second and third extracts and cook the banana for 20 minutes. Add sugar, starch vanilla and the first extract. Boil and serve immediately.

63. BUA LOI — TARO BALLS IN COCONUT SYRUP (Thailand)

Ingredients:

Taro root cooked, sieved	1/2 cup
Rice flour	1 cup
Cornstarch	1/2 cup
Water	1 1/2 cups
Sweet coconut milk	2 cups
Brown sugar	2 tbsp.
Sugar	1/2 cup
Salt	1/4 tsp.
Cornstarch	1/2 cup (for shaping balls)

Method of preparation:

Scrub, rinse and pare taro root. Boil until tender, drain. Rub through sieve or strainer into a mixing bowl. Set aside.

In a saucepan, dissolve rice flour and cornstarch in 1 1/2 cups water. Stir over low heat for 10 minutes or until cooked. Remove to a flat plate. Knead to a dough (moistening hands in cold water as necessary). Add the ground taro, knead again until well mixed. Form into little balls about 1/2 inch in diameter (use cornstarch while shaping). In another saucepan combine coconut milk, sugar, brown sugar, and salt. Bring to the boiling point. Add the prepared balls and continue boiling for 10–15 minutes until they are well cooked. Remove from heat. Spoon into serving dish. Serve hot or cold.

64. SANKHAYA COCONUT CUSTARD (Thailand)

Ingredients:

Thick coconut milk	1 cup
Palm sugar or brown sugar	3/4 cup
Small tender coconuts	3
Eggs	4
White sugar	3/4 cup

Method of preparation:

Trim tender coconuts into nice shape. Cut the top open not too deep and save. Pour out the water.

Beat the eggs and combine with palm sugar and white sugar. Stir until the sugar dissolves. Add

coconut milk, stir well. Pour the mixture into the young coconut.

Heat the steam pot until the water boils. Put the coconuts on rack of steamer. Cover and steam for 45 minutes.

65. FRESH FRUITS WITH COCONUT SYRUP (Thailand)

Ingredients:

Honeydew melon	1 cup (scooped into balls)
Cantaloupe	1 cup (scooped into balls)
Pineapple	1/2 cup (diced)
Papaya	1/2 cup (diced)
Coconut milk	1 cup
Sugar	1/2 kg.
Water	2 cups
Jasmine extract (optional)	few drops
Cracked ice	2 cups

Method of preparation:

Scoop or dice any favourite fruit into small pieces. (Honey dew, cantaloupe, papaya, pineapple).

In a large pot, dissolve sugar and water, boil for 15 minutes or until syrup is formed. If necessary, strain through cheesecloth. Cool (Drop in jasmine extract for flavouring. Stir well).

Arrange the fruit in a serving bowl. Pour syrup over it. Top with coconut milk and cracked ice. (Or serve in small individual serving dishes.)

66. COCONUT PUDDING (Thailand)

Ingredients:

Bottom layer	
water chestnuts (chopped fine)	1/2 cup
Cooked dried lotus seeds	1/4 cup
Rice flour	1/2 cup
Cornstrach	1/4 cup
Water	1 cup
Light brown sugar	1 tbsp.
Sugar	1 cup
Red food colouring (optional)	2–3 drops

Top layer

sweet coconut milk	1½ cups
Rice flour	1 tbsp.
Cornstarch	1½ tbsp.
Salt	1 tsp.
Rose petals	as required

Method of preparation:

Bottom Layer: Mix together rice flour, cornstarch, light brown sugar, 2-3 drops red food colouring and water. Strain through strainer into a saucepan. Stir over medium low heat until well cooked. Lower the heat and continue stirring, and cook for 5 minutes more. Remove from heat. Spoon into small cups or banana leaf cups. Set aside.

Top Layer: Blend rice flour and cornstarch with sweet coconut milk. Add salt and stir over medium low heat until thickened. Spoon the white mixture over the pink mixture. Cool. Garnish with rose petals.

67. STICKY RICE BALLS (Thailand)**Ingredients:**

Sticky rice	2 cups
Coconut milk	1 cup
Sugar	1 cup
Salt	1 tsp.
Food colouring	as required

Method of preparation:

Soak the sticky rice in hot water for 10 minutes and steam for 25 minutes or until done. Cool.

Into a deep pan put coconut milk, sugar and salt; cook over low heat until sugar is dissolved. Add sticky rice, stir constantly and cool until almost dry. Separate into 3 equal portions. Add to each portion a different food colouring and stir until the colour is even. Shape into small balls. Arrange on a serving plate.

Note: For brown Sticky Rice Balls, brown sugar may be used instead of regular white sugar to get the desired colour.

68. IBBUDLADA RASAYANA - MELON IN COCONUT MILK (India-Karnataka)**Ingredients:**

Muskmelon (ibbudlada)	1 small
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Thick coconut milk	3-4 cups
Jaggery (scraped)	250 g.
Cardamoms	6 (powdered)
Beaten rice (thin)	1½ cups

Method of preparation:

Skin the melon and cut it into very small pieces. Mix the coconut milk with jaggery. Add melon to the coconut milk and crush it with your hand so that the flavour spreads to the milk. Add cardamom powder. Just before serving, add thin beaten rice and serve cold.

69. KUKKUDA RASAYANA - MANGO IN COCONUT MILK (India-Karnataka)**Ingredients:**

Ripe mangoes	3 (skinned & chopped)
Thick coconut milk	3 cups
Jaggery (scraped)	250 g.
Cardamoms	6 (powdered)

Method of preparation:

Mix coconut milk, jaggery and cardamom. Mix thoroughly till the jaggery dissolves. Then add the chopped mango. Refrigerate and then serve cold.

Note: Rasayana can also be prepared with a small tin of pineapple or 6 bananas instead of mangoes.

70. KADALE BELE PAYASA - BENGAL GRAM PAYASA (India-Karnataka)**Ingredients:**

Bengal gram dal	¼ kg.
Raw rice	2 tbsp.
Jaggery	½ kg. (grated)
Thick coconut milk	3 cups
Cashewnuts	50 g.
Cardamoms	6
Raisins	50 g.
Ghee	as required

Method of preparation:

Boil Bengal gram dal with 8 cups of water. Grind the rice coarsely and mix it with the dal and boil for some time. Add jaggery and keep on stirring. Add thick coconut milk and cook it for some time. Add cashewnuts, raisins, cardamoms and serve with hot ghee.

71. SARNADDE - RICE BOONDI PAYASA (India-Karnataka)

Ingredients:

Raw rice	1/4 kg.
Thick coconut milk	1 cup
Thin coconut milk	6 cups
Jaggery	1/2 kg. (grated)
Powdered cardamom	1/2 tsp.

Method of preparation:

Soak rice in water for 1 hour. Remove from water and grind to a fine, thick paste adding very little water. Remove and keep aside.

Keep thin coconut milk (about 6 cups) for boiling. Add jaggery. Take a perforated ladle, rub the rice paste on the ladle so that the boondi falls into the boiling coconut milk. Continue until all the paste is used up. Boil on a slow fire stirring continuously until the rice boondi is cooked. Add the thick coconut milk. Simmer for 5 minutes. Add cardamom powder and remove from fire. Serve hot.

72. CASSAVA PAYASAM (India-Kerala)

Ingredients:

Cassava	250 g.
Jaggery	2 cups
Sago	2 tbsp.
Coconut	1 no.
Cashew nut	10 nos.
Cardamom	5 to 6 nos.
Dry ginger	1 piece
Ghee	3 tbsp.

Method of preparation:

Cut the cassava into pieces and cook till they are half done. Soak sago in water and cook till half done. Prepare jaggery syrup. Mix cassava and sago with the jaggery and cook for 10 minutes. Prepare two extracts of coconut milk. Add the second extract to the syrup mixture and cook well. Add the first extract, boil and remove from the fire. Fry raisins and cashewnuts in ghee and add to the payasam. Sprinkle with powdered cardamom and dry ginger.

73. CHAMPORADO (Philippines)

Ingredients:

Malagkit rice	1 cup
Thin coconut milk or water	3 cups
Sugar	1 cup
Thick coconut milk	1 cup
Cocoa	1 tbsp. or 2 squares pure chocolate
Salt	1 pinch

Method of preparation:

Wash rice well and drain. Put in pot or saucepan with 3 cups thin coconut milk or water, cover and boil for about 10 minutes, stirring once in a while to prevent scorching.

Mix the cocoa or grated chocolate with the sugar and add to mixture with the pinch of salt. Cover and allow to simmer until rice is cooked, stirring mixture once in a while. Just before removing from the heat, add the thick coconut milk. Serve hot or cold.

74. WHEAT PAYASAM (India-Konkan)

Ingredients:

Wheat	250 g.
Jaggery	1/2 kg.
Coconut gratings	2 cups
Cardamom pods	5
Salt	1 pinch

Method of preparation:

Sprinkle water all over wheat. Pound in grinding stone. Dehusk the wheat, by winnowing. Repeat the process 3-4 times. Then wash the wheat. Grind coconut gratings and collect coconut milk. Cook the washed wheat, in one litre of water, till soft. Add crushed jaggery and a pinch of salt. Pour the extracted coconut juice. When the jaggery melts and begins to boil, remove from flame. Add powdered cardamom. Stir and serve. (Note: If broken wheat sold in the bazar is used instead of whole wheat, pounding is not required. It can be straightaway washed and cooked.)

75. MADGANE (India-Konkan)

Ingredients:

Bengal gram dal	125 g.
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Rice	2 tbsp.
Jaggery	1 ball
Coconut gratings	2 cups
Cardamom pods	3
Tender cashewnuts (dried)	25
Raisins	a few

Method of preparation:

Soak tender cashew nuts in water for an hour. Peel and separate the halves. Roast bengal gram dal for a while, in frying pan. Wash and keep aside. Heat $\frac{1}{2}$ litre of water in a vessel and cook the bengal gram dal in it. Bring to boil. Then lower the flame. Grind coconut gratings and collect its thick milk in one vessel and the thin milk in another. When dal is almost cooked, add cashewnut halves. Mix crushed jaggery. When both are cooked well, grind rice and pour it into the vessel. Stir now and then, to prevent sticking to bottom. Then (after 5 minutes) add thick coconut milk (and a little thin milk too, if desired). Bring to boil and remove from flame. Add raisins, and powdered cardamom. Stir and serve.

Green gram dal payasam is also prepared by the same method, using it in place of bengal gram dal. Tender cashewnuts are not required in that case.

76. GHARAYI - JACKFRUIT PAYASAM (India-Konkan)

Ingredients:

Jack plum pieces	3 cups
Jaggery	1 ball or 200 g.
Ghee	1 tsp.
Fine soji	75 g.
Coconut milk thick	1 cup
Coconut milk thin	1 cup
Cardamom	3 pods
Raisins	a few

Method of preparation:

Roast soji with ghee. Drop jackfruit pieces in the thin coconut milk mixed with water (totally 5 cups). Cook on medium flame, till soft. Add roasted soji. When soji softens, add crushed jaggery. When jaggery melts and begins to boil, add the thick coconut milk and bring to boil again. Remove from flame. Add powdered cardamom and raisins. Stir and serve. (Note: Take care not to overboil jackfruit pieces).

77. RAVA KHEER (India-Konkan)

Ingredients:

Fine soji	200 g.
Milk	1 cup
Coconut milk	2 cups
Ghee	1 tbsp.
Almond bits	1 tsp.
Sugar	200 g.
Cardamom pods	4
Saffron	1 pinch
Raisins	1 tbsp.

Method of preparation:

Roast almond bits and raisins separately, with a little ghee. Roast rava too with ghee for a while, and transfer to a vessel. Pour $1\frac{1}{2}$ litres of water into the vessel and cook, stirring constantly for a few minutes. Then pour coconut milk. Add saffron (stirred in a little milk), sugar and powdered cardamom. Stir well. Bring to boil. Remove from flame. Add roasted almond and raisins, as well as boiled milk. Stir and serve.

78. SEMIA KHEER (India-Konkan)

Ingredients:

Wheat semia	1 handful
Jaggery	1 ball
Coconut milk	2 cups
Ghee	3 tsps.
Cardamom	3 pods
Cashewnuts	7-8
Raisins	a few

Method of preparation:

Drop semia in 3-4 cups of hot water. (if vermicelli is used, roast it for a while with a little ghee, before dropping). Roast cashewnut bits and raisins with a little ghee and keep aside. Cook semia till soft and the water boils. Add crushed jaggery. Bring to boil again. Add coconut milk. When it boils, remove from flame. Then add cashewnut bits, raisins and cardamom powder. Stir and serve.

79. RICE PAYASAM (India-Konkan)

Ingredients:

Raw rice	250 g.
Jaggery	250 g.

Coconut milk thick	1 cup
Coconut milk thin	1 cup
Cardamom pods	2
Raisins	a few

Method of preparation:

Wash raw rice. Cook with 1 litre of hot water on low flame. If water is insufficient for cooking rice, make it up by adding a little thin milk. Mix crushed jaggery with cooked rice. Boil thoroughly. Add thick coconut milk (and a little thin milk too, if necessary). Bring to boil again. Remove from flame. Add raisins and powdered cardamom. Stir and serve. Raisins could be fried in ghee and added.

80. KALAMAY HATI — MATAMIS SA BAO (Philippines)

Ingredients:

Coconut milk	5 cups
Brown sugar or panocha	2 cups
Invert sugar (glucose)	1 cup

Method of preparation:

Mix all the ingredients together in a copper vat and cook over a moderate fire. Stir constantly and cook until thick.

To extract milk from coconuts: Grate 5 regular-sized coconuts. Add 2 cups water to the meat and extract the milk. Mash well and pass through a sinamay cloth. Add another 2 cups of water for the second extraction. For the third extraction, add only 1 cup water.

81. COCONUT - LECHE FLAN (Philippines)

Ingredients:

Thick coconut milk	2 cups
Egg yolks	6
Egg whites	4
Sugar (refined)	1 cup
Brown sugar	1 cup

Method of preparation:

Dissolve brown sugar in $\frac{1}{4}$ cup water and cook over moderate heat until the sugar browns, or caramelizes. Line a suitable mold with $\frac{3}{4}$ of the caramelized syrup evenly, and set aside.

Mix egg yolks, and slightly beaten whites and beat lightly to mix thoroughly. Add sugar and lemon

rind. Then add coconut milk with caramelized syrup and mix well. Strain through a cheese cloth and pour into the mold previously lined with caramel. Cook slowly in a pan with hot water without allowing water to boil. After about 1-1 $\frac{1}{2}$ hours cooking, place a piece of plain metal sheet over the mold and over this place a few pieces of live charcoal to brown top of custard. Or slip under broiler in oven just long enough to brown.

Cool and unmold before serving.

82. SINUKMANI (Philippines)

Ingredients:

Malagkit rice	5 cups
Sugar	3 cups
Coconuts	3
Salt	1 tsp.

Method of preparation:

Grate the coconuts and squeeze out the milk without adding water. Set aside. Prepare the diluted coco milk by adding one cup hot water to the grated coconut for each extraction. Boil this (about 8 cups milk) until thick, then add the undiluted coconut milk, and boil until it begins to curdle. Add the rice, salt and sugar and continue cooking, stirring constantly, over low heat, until the rice is cooked. Line pan with banana leaves. Pour the rice mixture into pan and flatten with a spatula. Cut into 2 inches squares with a butter knife and serve hot or cold with grated coconut on top.

83. SAPIN-SAPIN (Philippines)

Ingredients:

Rice galapong	3 cups
White sugar	2-2 $\frac{1}{2}$ cups
Pure coconut milk	4 cups

Method of preparation:

Mix 2-2 $\frac{1}{2}$ cups of galapong with 1 cup coconut milk and 1-1 $\frac{1}{2}$ cups sugar. Blend well and divide into two equal parts.

Mix 3 cups of pure coconut milk with 1 cup sugar and $\frac{1}{2}$ cup galapong, blend well and divide this also into two equal parts.

Line a bamboo sapin-sapin steamer with thick muslin cloth and place over a carajay with boiling water. Pour into cloth-lined container one half of

the first mixture and steam this until firm. Pour last half of the first mixture over this and steam again until firm. Pour last half of the second mixture and continue steaming until this is set. Remove from steamer and cool. Serve sliced in 1/2 inch wedges.

84. POTO DE UBE (Philippines)

Ingredients:

- Rice 2 cups
- Water 1-1 1/2 cup
- Sugar 1 cup
- Ube (mashed) 2 cups (violet in colour)
- Rich coconut milk 1-1 1/4 cups
- Baking powder 4 tbsp.

Method of preparation:

Wash previously cleaned rice and soak in water overnight. Grind fine, using a native stone grinder or a corn meal grinder. Boil ube in enough water to cover until cooked and soft. Peel ube and mash fine.

Add sugar and mashed ube to ground rice, blend well then pass through a strainer to remove lumps. Add coconut milk and lastly, the baking powder.

Pour mixture into poto mold or spoon it into individual molds, filling each 2/3 full. Set in steamer over boiling water. Cover steamer. Steam until done. It is done when a toothpick inserted through center of poto comes out clean and dry. Remove from mold or molds and serve with grated coconut.

85. KALAMAY PINIPIG (Philippines)

Ingredients:

- Pinipig 3 cups
- Sugar 1 cup
- Rich coconut milk 4 cups
- Toasted anise a pinch

Method of preparation:

Soak the pinipig after cleaning, in one cup of the coconut milk for 30 minutes. Boil the rest of the milk with sugar. When the syrup is thick, add the pinipig and anise. Stir while cooking until thick and sticky. Pack into a pan lined with banana leaf. Slice into desired pieces. Serve with "Coconut

Toast", made as follows:

Toast one cup of the coconut from which the milk has been extracted with 2/3 cup sugar in frying pan. Stir continuously until brown and crisp.

86. STRAWBERRIES WITH COCONUT CREAM (U.S.A.)

Ingredients:

- Heavy cream 1 cup
- Sugar 3 tsp.
- Coconut (shredded, sweetened) 120 g.
- Almond extract 1/2 tsp.
- Fresh strawberries 1 pt (washed & hulled)

Method of preparation:

Gradually add the sugar to cream and whip until stiff. Fold in half the coconut and the almond extract. Place 1/3 cup of mixture in each sherbet glass; add the strawberries. Sprinkle remaining coconut on top.

87. COCONUT PUDDING (Mauritius)

Ingredients:

- Cornstarch (sifted) 1/3 cup
- Sugar 1/3 cup
- Coconut milk 3 cups
- Flaked coconut 1/4 cup

Method of preparation:

Mix the cornstarch and sugar in a saucepan, gradually stir in the coconut milk. Cook over low heat, stirring steadily, until thick. Pour into an 8 inch square buttered pan and sprinkle with the coconut. Chill. Cut into squares.

88. SAGO PUDDING OR MOULD (Sri Lanka)

Ingredients:

- Sago 125 g.
- Jaggery 180 g.
- Coconut milk 1/2 teacup
- Water 2 teacups
- Cinnamon 5 cm piece
- Salt to taste

Method of preparation:

Wash the sago well and soak it in water for about 20 minutes. Turn it into a saucepan, add the water and cinnamon and cook until the sago is boiled and very thick. Then remove the piece of cinnamon, add the jaggery, coconut milk, and a pinch of salt and stir constantly until the mixture is very thick. Pour into a wet mould and set it aside until cold and firm. When wanted, turn out and serve with thick coconut milk to which a pinch of salt must be added.

**89. VATTALAPPAM VLA (Pron. FLAH)
(MALAY PUDDING) (Sri Lanka)**

Ingredients:

Eggs	10
Jaggery	500 g.
Thick coconut milk	2 $\frac{1}{2}$ teacups
Nutmeg	1 (grated)
Powdered cinnamon	a pinch
Powdered cardamom	$\frac{1}{2}$ tsp.
Salt	a pinch

Method of preparation:

Beat the eggs, yolks and whites separately. Then beat well together; mix in the finely scraped jaggery, the coconut milk, spices and salt. Pour into a greased mould, cover with greased paper and steam for about 1 $\frac{1}{4}$ hours or until firm to the touch. Serve in the mould.

90. COCONUT MILK TOFFEE-I (Sri Lanka)

Ingredients:

Thick coconut milk	2 teacups
Jaggery syrup	$\frac{1}{2}$ teacup
Sugar	450 g.
Vanilla flavouring	to taste

Method of preparation:

Put the coconut milk, syrup and sugar into a preserving pan and stir carefully over the fire until it thickens. Add the flavouring and pour it on to a flat dish which has been rinsed out with cold water. When set, mark in squares and when nearly cold cut into pieces. Instead of putting it on to a buttered dish the mixture may be formed, with the hands, into balls or rolls and each wrapped in paper.

91. COCONUT MILK TOFFEE - II (Sri Lanka)

Ingredients:

Thick coconut milk	1 teacup
Sugar	450 g.
Flavouring	to taste
Cochineal	few drops

Method of preparation:

Put the milk and sugar into a preserving pan, place over the fire and stir until it thickens. Remove from the fire, flavour to taste, and add a few drops of cochineal to colour pink. Pour out on a flat dish which has been rinsed out with cold water. When set, mark it in small squares, and cut in to pieces when cold.

92. KALU DODOL (Sri Lanka)

Ingredients:

Rice flour	250 g.
Jaggery	1 $\frac{1}{4}$ kg.
Powdered cardamom	$\frac{1}{4}$ tsp.
Coconut milk	6 pints (the extract of 3 large coconuts)

Method of preparation:

To get the milk from the coconut add a sufficient quantity of water to the grated coconut and extract the thick milk, then add more water and extract the second quantity of milk. Then pound the refuse of the coconut in a flour pounder and add water to get a further quantity of milk. The three extracts of milk must make 6 pints. Put the milk into a large brass pan and add the flour and the jaggery which must be scraped or broken up. Keep on the fire and stir all the time. As the mixture thickens a brass or iron spoon must be used for stirring. As it proceeds to thicken, the oil formed must be removed from time to time with a spoon. Add the cardamoms about 15 minutes before taking the dodol off the fire. Much depends on the stirring, as the mixture is liable to burn. When very thick, turn it on to a flat dish. A few cashewnuts may be chopped and added to the mixture at the same time as the cardamoms. Good kitul jaggery must be used, preferably dark cakes. The above quantity will take about 2 $\frac{1}{2}$ hours to make.

93. COCONUT TOFFEE (India-Konkan)**Ingredients:**

Coconut milk (thick)	1 cup
Milk	1 cup
Sugar	1/4 cup
Cardamom pods	4
Ghee	2 tsps.

Method of preparation:

Powder cardamom. Extract thick juice by grinding coconut gratings. Mix coconut milk, milk and sugar in a vessel. Heat the mixture, stirring constantly, till the blend thickens, forming a lump. Add cardamom powder (or a little vanilla essence/cocoa) and then remove from flame. Flatten the blend on a thali smeared with ghee, evenly to about 3/4" thickness, using palm (smeared with ghee). Cut into squares/diamond shaped pieces of desired size, when warm. Separate the pieces when completely cooled. Store in a container.

94. KUEH BINGKA OR GROUND RICE CAKE (Malaysia)**Ingredients:**

Rice	1/2 cup ground
Eggs	3
Sugar	1 cup
Thick coconut milk	1 1/2 cups

Method of preparation:

Boil the ground rice in water till thick. Beat sugar and eggs together and add to the ground rice. Stir in the coconut milk, which must be thick and creamy. Pour into a buttered pie dish and bake till set.

95. COCONUT BREAD (Philippines)**Ingredients:**

Coconut cream	1/2 cup
Flour	1-2 cups
Lukewarm water	1/4 cup
Eggs	2
Yeast cake	1/2 oz.
Sugar	1 tbsp.

Method of preparation:

Dissolve the yeast in warm water. Heat the coconut cream, add the sugar and salt, and stir.

Set aside until lukewarm; then add the yeast and knead with half of the flour. Set aside for an hour. Then add the unbeaten egg yolks, and knead, adding the rest of the flour little by little, until the dough is smooth. Form into small balls and place in greased muffin pans, placing three small balls in one hole. Let it rise to double bulk (it usually takes two hours). Bake in a moderate oven until brown.

96. KUEH BANGKIT (Malaysia)**Ingredients:**

Flour	1 cup
Sago flour	1 cup
Sugar	1 cup
Coconut milk, squeezed without water	1/2 cup

Method of preparation:

Sieve the flour and dry it over the fire. Mix the sugar and coconut milk in a small pan and bring to the boil, stirring till the sugar is melted. Put to cool in a bowl of cold water, then add the eggs and beat well. Put the flour in a basin, add the egg and sugar mixture gradually, till a stiff paste is formed. Flour a pastry board, and roll out the paste. Cut into shapes with a flower-shaped cutter, making small biscuits. Place on a greased baking tin and bake 5 to 10 minutes in a moderate oven.

97. COCONUT MILK ENSAYMADA (Philippines)**Ingredients:**

Coconut cream (santan)	2/3 cup
Flour, enough to make a soft dough	
Cake yeast	1/2 oz.
Flour	2/3 cup
Eggs	3
Refined lard	1/2 cup
Brown sugar	1 tbsp.
Warm water	1/4 cup

Method of preparation:

Dissolve the yeast in warm water; add the sugar and flour, and set aside in a warm place for an hour.

Mix the sugar, coconut cream, and eggs, and add to the first dough. Knead lightly, adding flour little by little until a smooth dough is formed. Divide

into small balls; roll thin; brush with lard and form to the shape of regular "ensaymada." Set aside in a warm place until it doubles its bulk and bake in a moderate oven until light brown. Brush with lard and sprinkle with sugar. Bake again until brown.

98. BOMBONES DE ARROZ (Philippines)

Ingredients:

Boiled rice	1 cup
Eggs	2
Pure coconut milk	6 tbsps.
Salt	1/2 tsp.
Flour	1 cup
Vanilla	1 tsp.
Baking powder	2 tsp.
Oil for frying	

Method of preparation:

Boil rice (soft boiled) and set aside. Mix and sift the flour, baking powder and salt. Add the well-beaten eggs, coconut milk, then the soft boiled rice and mix thoroughly. Add the flavoring. Drop by spoonfulls into hot oil and when golden brown remove and drain. Serve hot with a thick syrup coating.

99. MANGO AND STICKY RICE (Thailand)

Ingredients:

Sticky rice	2 cups
Coconut milk	1 cup
Sugar	1/2 cup
Salt	1 tsp.
Yellow mangoes	5
Coconut milk	2 tbsps.

Method of preparation:

Cook 2 tablespoons coconut milk over low heat. Set aside. Soak the sticky rice in water for 5-8 hours. Strain, and place the sticky rice on top of a double boiler. Cover the sticky rice with water (about 1/2 inch above rice). Cook for 25 minutes or until done. In a mixing bowl dissolve sugar and salt in coconut milk. Add the cooked sticky rice and stir until well mixed. Cover and let stand for 15 minutes. Peel the mangoes off the stone and slice. Place on a serving plate. Spoon the cooked sticky rice beside the mango. Top with cooked coconut milk and serve.

100. RICE HALWA (India-Kerala)

Ingredients:

Raw rice	1/2 kg.
Coconut (grated)	12 cups
Jaggery	2 kgs.
Ghee or dalda	
(hydrogenerated oil)	1/4 kg.
Coconut cut into	
all pieces	1 cup
Powdered dry ginger	1/2 tsp.
Cumin seed, powdered	1/4 tsp.

Method of preparation:

Soak the rice for 12 hours, wash and drain. By adding water little by little grind the rice till soft. Add 4 bottles of water to it and strain through a coarse cloth. Pour 2 bottles of water to the grated coconut, take the milk and strain, and add to the above batter. Melt the jaggery with one bottle of water and strain and add this also to the mixture. Pour these into a caldron, keep it on fire and stir continuously. As it thickens add the ghee or dalda and keep on stirring. Last of all, add 2/3 of the coconut pieces, dry ginger and cumin seed powder. When halwa is ready, pour into a greased dish and spread the remaining coconut pieces on the top.

Note: One squash bottle = 4 cups of water.

101. RICE CAKE (India-Kerala)

Ingredients:

Roasted raw rice flour, passed through a fine sieve	1 cup
2nd milk taken from two cups grated coconut	2 cups
Egg	1
Ghee	2 tsp.
1/4 kilo jaggery melted & boiled to a thick consistency	1 cup
Salt	a pinch
Nutmeg powder	3 pinches
Cardamom powder	1/4 tsp.
First milk from coconut	1/2 cup
Coconut	1 tbsps. cut into small pieces
Caraway seeds	2 pinches

Method of preparation:

Put the flour in a vessel and mix with the second

milk without forming lumps. Then add beaten egg, ghee, jaggery, salt and keep on fire and stir continuously without forming lumps. When it thickens lower the flame. On another fire keep the first milk and boil for some time until it appears oily and pour into the above mixture. Stir for some time and remove from fire and add nutmeg powder, cardamom powder and last of all, cashewnuts and caraway seeds. In a greased vessel pour the above mixture with live coal on top of the lid and below, till the top part is crisp. Remove from fire and use when cool.

102. CASSAVA ACHAPPAM (Waffles) (India-Kerala)

Ingredients:

Cassava flour	1 $\frac{1}{2}$ cups
Maida	1 $\frac{3}{4}$ cups
Rice flour	$\frac{3}{4}$ cup
Coconut milk	2 $\frac{1}{2}$ cups
Sugar	$\frac{3}{4}$ cup
Oil	for frying
Salt	to taste

Method of preparation:

Prepare a slightly thick batter with cassava flour, maida, rice flour and coconut milk. Add sugar and salt. Heat oil. Dip the achappam (waffle) mould in the batter and steep it in hot oil and leave it there for a few minutes and allow the achappam to separate. Fry till golden brown.

103. COCONUT TOFFEE (India-Karnataka)

Ingredients:

Thick coconut milk	1 cup
Milk	1 cup
Sugar	2 cups
Salt	1 pinch
Butter	1 tsp.
Vanilla essence	a few drops

Method of preparation:

Mix both the milks together in a thick bottomed vessel. Keep it on fire and bring to a boil. Add sugar and salt and cook on a slow fire stirring continuously. When the mixture thickens, test it by dropping a little in cold water. If it forms a soft ball, remove the vessel from fire, add butter and

vanilla essence and again cook on a slow fire till it thickens. Pour it on a greased plate and cut into pieces.

104. RODA-KOKIS (Waffles) (Sri Lanka)

Ingredients:

Rice flour	500 g.
Coconut milk	2 teacups
Sugar	1 tbsps.
Eggs	2
Salt	to taste
Oil	for frying

Method of preparation:

Put the flour, sugar and salt into a basin, add about half of the coconut milk and mix to a smooth paste. Beat up the eggs and add them to the batter and also the rest of the milk gradually. Beat all well together until perfectly smooth. It should be thicker than a pancake batter. Have ready a deep, round-bottomed pan of boiling coconut oil. Take a kokis (waffle) mould and dip it into the oil to make it hot. Then dip it into the batter taking care not to let the batter cover more than three parts of the mould. Plunge it into the hot oil and fry for a few minutes. Then slip the kokis out of the mould by shaking it a bit and let the kokis cook a minute or two longer to brown the inside. Drain on paper. The kokis will keep crisp in an air tight tin.

N. B. : The sugar can be omitted or both sugar and eggs, in which case a little more milk will be necessary.

105. PUTO MAYA (Philippines)

Ingredients:

Malagkit (sticky rice)	3 cups
Sugar	1 cup
Coconut milk	5 cups
Coconut (grated)	1 small

Method of preparation:

Wash the malagkit and put in a two-quart saucepan or kettle, add the coconut milk and cook over high heat until the steam escapes from under the edge of the cover. Lower the heat and allow to steam until done. Mold each serving using a coffee cup and unmold into a saucer. Place sugar and grated coconut on top of each.

Fry in hot oil till light brown. (These kulkuls can be sugar-coated by dipping them in a thick sugar syrup).

Fine coconut gratings	2 cups
Butter	lump (of lime size)
Gingelly seeds	2 tbsps.

110. ROSE DE COQUE or Waffles
(India-Goa)

Ingredients:

Eggs	3
Flour	4 tbsp.
Sugar	2 tbsp.
Coconut milk	1 cup
Coconut oil	1/2 l.

Method of preparation:

Beat the eggs well and mix in nicely with flour. Add the sugar and milk and mix well. Heat half a bottle of oil in a deep pan. Dip the waffle mould in the oil and then into the mixture, place it in the oil again and fry till light brown. Remove waffle from the mould and continue till all the batter is used up.

111. MASAPODRIDA (Philippines)

Ingredients:

Coconut	2/3 cup (grated & chopped)
Sugar	1/4 cup
Flour	1/2 cup
Salt	1/8 tsp.
Egg yolk	1
Shortening	1/4 cup

Method of preparation:

Sift flour and salt and add the coconut. Mix well and work in the shortening. Beat egg yolk and add sugar. Add egg mixture to the flour and knead. Roll out 1/4 inch thick. Cut with a biscuit cutter. Brush each piece with egg yolk and sprinkle with sugar. Bake in a hot oven until brown.

112. RICE MURKU (India-Konkan)

Ingredients:

Raw rice	1 kg.
Black gram dal	500 g.
Table salt	4 tsps.
Oil	for frying
Turmeric	1 small piece

Method of preparation:

Soak rice in water for an hour. Wash. Grind coconut gratings and extract its juice. Roast black gram dal in frying pan, till brown. Powder it, sieve and keep aside. Grind rice with turmeric and coconut milk to a fine paste. Mix butter, gingelly seeds, powdered dal, salt and enough water to make a fairly stiff dough. Knead well. Press portion of the dough through a murku mould, and prepare murkus on a piece of paper in the pattern of 2-3 concentric circles. Heat oil in frying pan to smoking point. Drop murkus gently (6-8 at a time) in oil and deep fry till golden brown and crisp, turning over 2-3 times at intervals.

CURRIES

113. VEGETABLE SOUP (OR CURRY)

(Malaysia)

Ingredients:

Sweet potato	1
Cucumber (with the centre cut out)	1
String beans	6
Small green papaya	1
Pepper corns (black)	6-10
Garlic	2 cloves
Ginger	1 inch
Turmeric	1 inch
Chillies	1-2 nos.
Small onions	6-8 nos.
Coconut	1 (grated)
Fish	1/2 kati (330 g.)
Prawns	1/2 kati (330 g.)
Salt	to taste

Method of preparation:

Slice all the vegetables (the peel to remain on the cucumber). Papaya to be peeled. Put them in a bowl of water till required. Grind pepper, garlic, ginger, onions, turmeric and chillies fine.

Grate coconut and draw the milk about 3-4 cups full.

Put some dripping in an earthen pan, and fry ground ingredients. Add fish or prawns and

vegetables, salt to taste, and fry again. Then add coconut milk and simmer till the vegetables are tender.

114. CASSAVA STEW (India - Kerala)

Ingredients:

Cassava (tapioca)	250 g.
Vinegar	1 tsp.
Salt	to taste
Ghee	2 tsp.
Coconut oil	1 tbsp.
Onion (big)	1
Green chillies	6
Ginger (chopped)	1 tsp.
Garlic	6 cloves
Pepper	1/2 tsp.
Cumin seeds	1/2 tsp.
Cinnamon	2 pieces
Cardamom	2
Curry leaves	5-6
Coconut milk	1 cup (from half coconut)

Method of preparation:

Boil cassava pieces with salt. Grind cumin seed, cinnamon, garlic and cardamom well. Add to the cassava. Fry onion, green chillies and ginger in hot oil and along with the crushed pepper, ground masala and curry leaves add to the stew and cook for about 5 minutes. Add vinegar and Coconut milk and cook for 3 minutes. Add ghee and remove from fire.

115. CASSAVA (COCONUT MILK) CURRY (India - Kerala)

Ingredients:

Cassava (tapioca)	500 g.
Onions	2 cups (chopped fine)
Cumin seeds	1/2 tsp.
Mustard	1/2 tsp.
Curry leaves	4-5 leaves
Garlic	3 cloves
Chilli powder	3/4 tsp.
Turmeric powder	1/4 tsp.
Salt	to taste
Coconut milk	1/2 cup

Coconut oil for frying

Method of preparation:

Fry mustard, cumin seeds and curry leaves in hot oil. Add cassava with remaining ingredients (1, 2, 6, 7, 8 & 9) and enough water to cook. Cook till the gravy is thick. Add coconut milk and remove from fire. Serve hot with the main dish.

116. CASSAVA PACHADI (India - Kerala)

Ingredients:

Cassava	100 g.
Green chillies	2
Salt	to taste
Curry leaves	a few
Lime juice	1 tsp.
Onions	2 tbsp. (minced finely)
Mustard	1/2 tsp.
Coconut milk	1/2 cup
Gingelly oil	2 tbsp.
Turmeric powder	1/2 tsp.

Method of preparation:

Cut cassava into small pieces. Mix with salt and turmeric powder. Fry in hot oil till nearly done and remove from fire. Add thick coconut milk, onions and lime juice. Add salt and season with mustard and curry leaves. Mix well and serve.

117. BANANA BLOSSOM GUINATAAN (Philippines)

Ingredients:

Banana blossoms	2
Thick coconut milk	1 cup
Vinegar	2 tbsp.
Tomatoes	1/4 cup (sliced)
Onion	1/4 cup (sliced)
Garlic	2 cloves (crushed)
Cooking oil	1 tbsp.
Salt and pepper	to taste

Method of preparation:

Remove the tough covering of the blossoms. Slice thin crosswise add 2 tablespoons coarse salt and squeeze off bitter juice. Rinse in water and squeeze dry. Set aside. Heat oil in skillet and saute garlic until light brown. Add onion and then tomatoes.

Cook for about 3 minutes. Add banana blossoms and vinegar and bring to a boil without stirring. Simmer for another three minutes. Add salt and pepper to taste and stir. Continue cooking until banana blossom is tender. Add coconut cream and turn off heat.

118. MANGAMORU (MANGOES IN BUTTER MILK) (India - Kerala)

Ingredients:

Raw mango (not very sour, diced and ground to a paste)	1 cup
Water	2 cups
Thick coconut milk from 1 cup of grated coconut	1/4 cup
Green chillies	3
Ginger (long slices)	1 dsp.
Curry leaves	few
Turmeric powder	1/4 tsp.
Sugar	a pinch
Salt	to taste
Coconut oil or gingelly oil	1 dsp.
Mustard	1 tsp.
Dry chillies	2 quartered

Method of preparation:

Mix mango paste in water and strain. Add the coconut milk. Crush green chillies, ginger and curry leaves. Mix everything together and add turmeric powder, sugar and salt. Strain and warm it stirring on slow heat.

Fry mustard and dry chilli pieces in oil and add to the curry. Serve hot.

119. COUNTRY ONION SALAD (India - Kerala)

Ingredients:

Large onion sliced in rounds	1/2 cup
Water	1/2 cup
Salt	to taste
Cucumber - cut into thin, 1 1/2 inch strips	1/2 cup
Green chillies, green and red coloured, chopped	1 dsp.
Milk extracted from 1/2 cup of grated coconut	1/2 cup

Vinegar	1 dsp.
Salt	to taste
Red tomatoes (seeds removed and sliced)	1/4 cup

Method of preparation:

Wash onion rings in 1/2 cup of salted water. Press out water and separate. Mix all the ingredients except tomato. Arrange the salad in an attractive flat dish. Before serving, spread the tomato slices on top and decorate.

120. SAUTED SALAD (India - Kerala)

Ingredients:

Onion	1 cup (sliced thin and long)
Green chillies	1 dsp. (chopped)
Ginger chopped	1/2 tsp.
Red tomato	1/4 cup (chopped)
Coconut oil	2 dsp.
Mustard	1/2 tsp.
Dry chillies	3 (each cut into 3)
Curry leaves	few
Coconut milk from one cup of grated coconut	1/2 cup
White vinegar	1 tsp.
Salt	to taste

Method of preparation:

Fry mustard, dry chillies and curry leaves one after the other in hot oil. Add onion and saute. Add green chillies, ginger and tomato. Stir until sauted. Mix salt and remove from fire. Let it cool and then mix coconut milk and vinegar. A pinch of sugar may be added.

121. RIPE MANGO CURRY (India - Kerala)

Ingredients:

Ripe whole mangoes (small variety) or tart fleshy mangoes cut into fairly big pieces	1/2 kg.
Onion long slices	1/2 cup
Green chillies half slit	4
Chilli powder	1 tsp.
Curry leaves	few
Salt	to taste
Coconut oil	2 dsp.
Mustard	1 tsp.

Dry chilli halved	2
Coconut milk from of grated coconut	1 cup $\frac{1}{2}$ cup
Cumin seed powder	$\frac{1}{2}$ tsp.

Method of preparation:

Cook mango along with ingredients 2-6 and 1 cup of water. Fry mustard in oil and saute red chillies and add to the curry. Mix cumin powder in **coconut** milk and stir in the curry.

122. BAKED EGGPLANT IN COCONUT CREAM (Mauritius)

Ingredients:

Eggplant (Brinjal)	1 large
Dried chilli pepper	$\frac{1}{4}$ tsp.
Onions	$\frac{3}{4}$ cup (chopped)
Coconut cream	$1\frac{1}{2}$ cups
Salt	1 tsp.

Method of preparation:

Slice the egg plant thin. Arrange in a buttered pie plate. Sprinkle with the onions, salt, and chilli peppers. Pour coconut cream all over. Cover with a piece of aluminium foil. Bake in a 350° oven for 45 mins. or until brinjal is tender. Bake uncovered for an additional 5 mins.

123. GROUNDNUT SOUP OR STEW (Malaysia)

Ingredients:

Fowl	1
Onion	1 for each person
Groundnuts (roasted and pounded fine)	250 g.
Chillies	2 or 3
Hard boiled egg	1 (for each per son)
Coconut	1
Salt	to taste

Method of preparation:

Joint the fowl after cleaning, and put into cold water with the onions and chillies and simmer slowly till tender. Grate coconut, draw off thick milk about 2 cups full. Stir in slowly the nuts ground fine, (a coffee grinder would do for this). Then pour over all the coconut milk and cook slowly. Just before serving add the boiled eggs. Serve with plain boiled

rice. The soup or stew must be cooked till it is the consistency of pea soup.

124. MASAK LEMAK (Malaysia)

Ingredients:

Onion	1
Red chillies	5
Dried shrimps	1 tbsp.
Cabbage	1
Garlic	1 clove
Blachan	1 cent worth
Coconut	1 no.

Method of preparation:

Pound in a mortar the blachan and dried shrimps. Care must be taken to go over the shrimps carefully and remove any pieces of shell attached and see that they are thoroughly clean. Grate the coconut, add a cup of cold water, express the milk. Chop the cabbage, wash it. Chop the onion, garlic, cut the chilli down the centre, remove a few seeds. Strain the coconut milk into a pan, add more water to the coconut, squeeze and strain again, repeat once more. Add the blachan, chilli, garlic, bring to the boil. Add the cabbage, cook till tender. Serve with curried fish.

125. VEGETABLES IN COCONUT MILK (Canada)

Ingredients:

Carrots	as desired
Potatoes	as desired
Cabbage	as desired
Peas	as desired
Seasoning	as desired
Coconut	1

Method of preparation:

Coconut milk or santan is first obtained by grinding, pounding and squeezing coconut meat with a little water, two or three times.

Prepare the vegetables and cut into small cubes. Place in a casserole with coconut milk and seasoning and cook slowly in a moderately hot oven. Serve in the casserole.

126. VEGETABLE DISH (India)**Ingredients:**

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

Green chillies	5
Mustard seeds	1/2 tsp.
Curry leaves	1 or 2 stems
Thick coconut milk	1/2 cup
Turmeric paste or powder	1 tiny pinch
Onions	3

Method of preparation:

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 give a cracking sound in the oil). Add the vegetable with the saffron (turmeric).

The cabbage or the French beans may be taken from the fire when 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.

127. GUINATAAN TALONG (Philippines)**Ingredients:**

Young eggplants	4
Onion	1
Vinegar	1 tbsp.
Grated coconut	2 cups
Salt and pepper	to taste

Method of preparation:

Roast eggplants (brinjal) in oven or over charcoal heat. Peel and chop fine. Peel onions and slice crosswise very fine.

To grated coconut, add vinegar. Mash well and extract cream, with salt and pepper. Add coconut cream.

128. GREEN CHICKEN CURRY (Thailand)**Ingredients:**

Chicken breasts	1 cup
Coconut milk	2 cups

Green curry paste	2 tbsp.
Sweet peas (frozen)	1 cup
Chilies	2 (cut lengthwise)
Nampla (fish sauce)	2 tbsp.
Vegetable oil	2 tbsp.

Method of preparation:

In a sauce pan heat oil over medium heat. Stir-fry green curry paste for 1 minute. Add chicken and nampla. Stir-fry until chicken is done. Add coconut milk and bring to boil. Add sweet peas and green chili. Stir a few times. Remove from heat.

129. CHICKEN CURRY (Vietnam)**Ingredients:**

Chicken	1
Grated coconut	0.5 kg.
Sweet potatoes (cut into pieces)	0.5 kg.
Citronella cloves, roughly beaten and cut into 3-4 cm pieces.	5 cloves
Purple onion	200 g.
Garlic	200 g.
Curry powder	1 small sachet
Bixa (Anatto) seeds for red color	2 tbsp.

Method of preparation:

Extract coconut milk from shredded coconut meat. Put away the first extract separately. Add water and get the second and third extracts and mix them together.

Put chicken (washed and cut into 4 pieces) in a saucepan. Add purple onion and garlic (finely chopped and beaten with a pestle). Add seasonings: pepper, salt, sugar (quantity sufficient to create a good taste and flavour). Add curry powder.

Mix and leave undisturbed for two hours to marinate.

Boil Bixa seeds (*Bixa orellana*) with coconut oil and pick up the red color floating on the surface (2 teblespoons).

Put another saucepan on fire, pour coconut oil and flavour it with 2 roughly beaten garlic. Then put the above seasoned chicken into the saucepan. Pour the mixture of 2nd and 3rd coconut milk extracts. Add citronella, sweet potatoes and boil

until everything become tender. Adjust flavor and taste with more seasonings if necessary. Then add the Bixa red color and the first extracted coconut milk. Continue simmering for a while (10-15 minutes). Put the saucepan out of fire and serve hot.

130. BEEF CURRY WITH PUMPKIN

(Thailand)

Ingredients:

Beef	1 cup (sliced thin)
Coconut milk	2 cups
Pumpkin peeled and diced	1 cup
Red curry paste	2 tbsp.
Chilies	2 (cut lengthwise)
Sweet basil leaves or chili leaves	10
Nampla (fish sauce)	2 tbsp.
Vegetable oil	2 tbsp.

Method of preparation:

In a sauce pan heat oil over low heat. Stir-fry red curry paste for 3 minutes. Add sliced beef and nampla. Turn over a few times. Add coconut milk and stir until well mixed. Cover and let simmer for 20 minutes. Add pumpkin, cooking over medium heat until pumpkin is tender. Add chilies and sweet basil leaves. Remove from heat.

131. FISH CURRY SAUCE WITH NOODLES

(Thailand)

Ingredients:

Coconut milk	2 cups
Red curry paste	2 packs
Krachai	2 tbsp.
Nampla (fish sauce)	2 tbsp.
Halibut or cod	1/2 kg.
Roasted onion and garlic	1 tbsp.

Method of preparation:

Boil the fish for 10 minutes. Drain. Set aside. Wrap the chopped onion and garlic with aluminium foil, place on the stove burner and cook for 2 minutes on each side. Unwrap and pound in a mortar with Krachai and red curry paste until smooth. Add cooked fish. Continue pounding until well mixed. In a pot, dissolve fish paste in coconut milk.

Cook over medium heat to boiling point. Add nampla. Stir until well mixed. Remove from heat.

132. FISH CURRY SAUCE WITH NOODLES

(Thailand)

Ingredients:

Japanese Soman (Noodles)	1 pack
Water	3 cups
Salt	1 tsp.

Method of preparation:

Boil the Soman for 3 minutes. Add salt and continue boiling for 2 more minutes. Drain and rinse in cold water. Place on serving plate.

133. STEAMED FISH CURRY ALA

BANGKOK (Thailand)

Ingredients:

Fish	1/2 kg.
Red curry paste	2 tbsp.
Nampla (fish sauce)	2 tbsp.
Cabbage (chopped) or sweet basil leaves	1 cup
Thick coconut milk	1 cup
Egg	1
Green onion	1 tbsp.
Red chili	1 (cut into pieces)
Artichokes	5

Method of preparation:

To boil artichokes: Strip off large outside leaves. Cut off stalks and trim base neatly. Rub with lemon to prevent turning black. Snip off the top of each leaf with kitchen scissors within about one inch of the base. Remove the inner choke. Blanch head-down in fast boiling water. Let boil for 3-5 minutes. Drain and cool.

Cut fish into thin slices. Put fish into a bowl, add nampla, coconut milk, and curry paste, stirring with a wooden spoon. Add egg, and stir until mixture becomes thick. Put some cabbage or sweet basil at the bottom of artichokes. Spoon the fish mixture into the artichokes. Sprinkle top with chopped green onion and cut red chili. Steam for 30-35 minutes. Serve hot or cold.

134. MUTTON STEW (India)**Ingredients:**

Mutton cubed	1/2 kg.
Coconut milk thick and thin	1/2 from 1/2 coconut
Onions	2 (chopped)
Tomatoes	3 (chopped)
Green chillies	6 slit
Ghee	1 tbsp.
Salt	to taste
Chopped coriander leaves	1 tbsp.
Juice of	1 lime

For Masala:

Coconut (grated)	1 tbsp.
Coriander seeds	1 tbsp.
Jeera	1 pinch
Peppercorns	20
Cinnamon (dalchini)	2 piece
Cloves	4
Garlic	10 cloves
Poppy seeds (khus-khus)	1/4 tsp.

for seasoning:

Ghee	2 tbsp.
Onion	1 (chopped)

Method of preparation:

Grind all the masala ingredients together to a fine paste. Mix it with mutton then add thin coconut milk, chopped onions, tomatoes, green chillies, ghee, salt and cook till done. Add chopped coriander leaves, lime juice and thick coconut milk and bring to a boil.

Season with ghee and chopped onion. Serve with Aapam, Idli or Rice.

135. DRY CHICKEN CURRY**(India - Karnataka)****Ingredients:**

Chicken	1
Coconut	4 cups (grated)
Onion	1 (chopped finely)
Ghee	1 tbsp.
Coondapur masala powder*	3 tbsp.
Salt	to taste

Juice of lime	1 tbsp.
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For seasoning:

White butter	1 tbsp.
Coconut oil	1 tbsp.
Onion	1 (chopped fine)
Garlic,	4-5 cloves, (chopped fine)

Method of preparation:

Take out thick and thin milk, not more than 2 1/2 cups from 3 cups of grated coconut. Grind 1 cup coconut to rough paste. Clean and cut chicken, add thin milk, 1 onion chopped, ghee, masala powder, roughly ground coconut, salt and boil till cooked. Add the thick coconut milk, lime juice and boil till dry.

Keep white butter and coconut oil in a vessel, add 1 chopped onion and garlic flakes. Fry until brown and pour the curry over it. Cover and remove from fire.

136. CHICKEN CURRY WITH COCONUT MILK KORI GASI (India - Karnataka)**Ingredients:**

Chicken (cleaned and cut)	1 kg.
Grated coconuts (for milk)	5 cups
Grated coconut (for masala)	1 1/2 cups
Chillies	20
Coriander seeds	2 tbsp.
Jeera (cumin)	1 tsp.
Methi (fenugreek)	1/2 tsp.
Peppercorns	1 tsp.
Ghee for frying	
Onion, chopped	2 tbsp.
Turmeric powder	1/4 tsp.
Garlic	10 cloves
Onion, chopped	2 tbsp.
Butter	1 tbsp.
Salt	to taste
Juice of lemon	1 tbsp.

For Seasoning:

Ghee	2 tsp.
Onion, chopped	2 tbsp.
Garam masala (elaichi, dalchini, lavang)	1/2 tsp.

Method of preparation:

Grind finely 5 cups of coconut with 2 cups hot water. Squeeze out thick coconut milk and keep aside. Add 3 cups of hot water to the residue and take out thin milk.

Roast 1½ cup grated coconut till light brown. Fry ingredients from 4 to 8 in a little ghee. Fry the chopped onion till light brown in ghee. Grind all these together with turmeric powder and garlic flakes with a little of the thin coconut milk till very fine.

Remove the masala. Wash the stone (blender) with 2 to 3 cups of water and mix it with the masala, remaining thin coconut milk, cleaned and cut chicken, 2 tbsp. chopped onion, 1 tbsp. butter, salt to taste, and boil in a cooker for 5 minutes under pressure. Cool and remove the lid and add thick coconut milk, lemon juice and bring to a boil, then simmer for a few minutes.

Keep 2 tsp. ghee in a flat vessel on the fire. Add chopped onion and fry till brown. Add garam masala powder (lavang, elaichi, dalchini) and pour the curry over the seasoning, cover and remove from fire. Serve with *Roti, Idli, Neer Dosa, Aapam.

*Roti - a crisp rice flakes preparation.

137. SQUASH WITH COCONUT MILK**(Philippines)****Ingredients:**

Small squash	1 cubed
Garlic	3 cloves (crushed)
Shrimps	1 cup (peeled)
Shrimp juice from heads	1 cup
Salt and pepper	to taste
Coconut milk	1 cup

Method of preparation:

Brown the garlic in fat. Add the shrimps and then the shrimp juice and simmer for ten minutes stirring constantly. Add squash and cook until almost done. Season with salt and pepper. Just before removing from fire add coconut milk and continue simmering for a few minutes, stirring well. Correct seasoning.

138. SINANGLAY (Philippines)**Ingredients:**

Small hito (fish)	4
Thick coconut cream	4 cups
Tomatoes (sliced)	½ cup
Fresh ginger (minced)	1 tsp.
Onions (sliced)	½ cup
Bagoong (salted and fermented shrimps)	¼ cup
Green hot pepper (strips)	1 tsp.
Gabi (Taro) leaves	as required

Method of preparation:

Clean hito very well. Mix onion, tomato and ginger and stuff hito. Wrap each in gabi leaves. Arrange wrapped fish in deep saucepan. Add coconut cream and bagoong. Bring to a boil and then lower heat and allow to simmer. Add pepper and continue simmering until gabi (Taro) leaves are cooked.

139. PINAIS (Philippines)**Ingredients:**

Small young coconuts	2
Thick coconut milk	1 cup
Peeled and deveined shrimps	2 cups
Small onion	1
Hot pepper (sili labuyo)	to taste
Salt	to taste
Wilted gabi (taro) leaves	as required

Method of preparation:

Chop shrimp fine. Grate coconut and chop onion. Mix shrimp, coconut and onion and add salt and pepper to taste.

Wrap by tablespoons in gabi leaves. Arrange in earthenware pot (balanga). Pour over wrapped mixture, the thin coconut milk, cover and simmer over low heat. Shake pot once in a while to avoid burning the bottom layer. When almost cooked, add the thick coconut milk and hot pepper. Continue cooking until the sauce has thickened and the wrapped mixture is cooked.

140. KINUNOT (Philippines)**Ingredients:**

Santol (chopped)	2 cups
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Bagoong	to taste
Pork (cut in small pieces)	1/2 cup
Hot pepper (labuyo)	to taste
Coconut milk	2 cups

Method of preparation:

Chop peeled santol meat, fine. Cook with the rest of the ingredients until most of the coconut milk has evaporated leaving the mixture almost dry.

141. HITO WITH COCONUT MILK (Philippines)

Ingredients:

Medium-sized hito fish	3
Coconut milk	1 ¹ / ₂ cups
Onion	1 ¹ / ₂ cup (sliced)
Salt	to taste
Cooking oil	3 tbsp.
Garlic (chopped)	5 clovers

Method of preparation:

Clean the fish (hito) very well and cut to desired pieces. Set aside. Brown garlic in oil, add onions. When onions are transparent, add coconut milk and bring to boil. Add the fish and salt. Cover and simmer until coconut milk turns oily.

142. CHICKEN CURRY (Philippines)

Ingredients:

Spring chicken	1
Curry powder	1 ¹ / ₂ tsp.
Thick coconut milk	1 ¹ / ₂ cup
Fat	2 tbsp.
Thin coconut milk	2 ¹ / ₂ cups
Onion	1
Salt and pepper	to taste

Method of preparation:

Disjoint the chicken. Season with salt. Chop the onion fine. Fry the chicken and set aside. Saute the onion, add the chicken and the thin coconut milk and curry powder and cook until sauce is thick, using a little flour for thickening if necessary. When almost dry, add pure coconut milk. Add pepper and salt to taste.

143. CHICKEN CURRY - 2 (Philippines)

Ingredients:

Chicken (cut into serving pieces)	1
Coconut milk with turmeric	1 cup
Vinegar	1 ¹ / ₂ cup
Lard	2 tbsp.
Green pepper (cut lengthwise)	1 ¹ / ₂ cup
Onion (cut lengthwise)	1 ¹ / ₂ cup
Garlic (crushed)	1 tbsp.
Salt	1 tsp.

Method of preparation:

Put chicken in saucepan, add vinegar, salt and one half of the garlic. Simmer until tender, adding water if necessary. When tender, remove chicken from saucepan. Heat lard in saucepan, saute garlic until golden brown, add onions and pepper and then the chicken. Cover and cook for about two minutes. Add coconut milk, season with salt, if necessary, cover and cook until sauce is reduced to one half. Serve garnished with green pepper.

To prepare coconut milk, pound about one cup grated coconut with 1 inch cube peeled, yellow ginger (turmeric). Add to the rest of the grated coconut and extract one cup of thick milk.

144. BALAO-BALAO (Philippines)

Ingredients:

Small shrimps (bigger than alamang)	1 cup
Big tomato (sliced)	1
Hot pepper (labuyo)	to taste
Salt and pepper	to taste
Coconut milk	1 cup
Fat	1 tbsp.

Method of preparation:

Chop shrimps, (peeling included) till fine. Saute and cook with tomato. Season with salt and peppers. Add coconut milk and cook till almost dry.

145. FISH PAPPAAS (With Sauted Masala)**(India - Kerala)****Ingredients:**

Fish (cleaned and sliced)	1/2 kilo
Coriander powder	1 tbsp.
Chilli powder	1/2 tsp.
Turmeric powder	1/4 tsp.
Pepper powder	2 pinches
Refined oil	2 tbsp.
Mustard	1 tsp.
Fenugreek	2 pinches
Onion long slices	1/2 cup
Ginger long slices	1 tsp.
Garlic small variety	12 cloves
Green chillies half slit	3
Curry leaves	a handful
Water	1 1/2 cups
Fish tamarind (Gareinoa)	4 pieces
Salt to taste	
Coconut milk from one cup of grated coconut	1/2 cup

Method of preparation:

Grind the ingredients 2-5 together. Splutter mustard in hot refined oil. Add onion, ginger, garlic, green chillies and curry leaves and saute. Add the ground masala and fry over slow fire. Mix water and tamarind. When it boils add the fish. After a few minutes add salt and mix by tilting the pan. When gravy thickens add the coconut milk. Bring to boil and remove from fire. Serve hot.

146. FRIED FISH IN COCONUT MILK**(India - Kerala)****Ingredients:**

Fish	1/2 kilo
Chilli powder	1 tsp.
Pepper powder	1/2 tsp.
Turmeric powder	1/4 tsp.
Oil	1/4 cup
Mustard	1 tsp.
Onion thin, long slices	1/4 cup
Ginger long slices	1 tsp.
Green chillies half slit	6
Garlic flakes	6
Curry leaves	few
Thick coconut milk from	2 cups of grated

coconut	1/2 cup
Thin coconut milk	1 1/2 cups
Vinegar	1 tbsp.
Salt	to taste

Method of preparation:

Clean the fish, slice and slash. Grind ingredients 2-5 together and smear on the fish slices. Keep aside for half an hour.

Heat 1/4 cup of oil in a heavy bottomed skillet and fry the fish lightly on both sides and keep in a strainer to drain. In a tbsp. of the remaining oil fry mustard and saute the green masala. Add the thin coconut milk. Tilt the pan and carefully mix the ingredients. Remove from fire. If a thicker gravy is desired mix 1 tea spoon fine rice flour in the thick coconut milk.

Note: 1. Tomatoes may be added.

2. Lobsters & Prawns can also be prepared in a similar fashion.

147. FISH IN COCONUT MILK**(India - Kerala)****Ingredients:**

Fish slices	1/2 kilo
Oil	2 tbsp.
Onion long slices	1/2 cup
Ginger sliced	1 tbsp.
Green chillies half-slit	3
Coriander powder	2 tsp.
Chilli powder	1 tsp.
Mustard	1/4 tsp.
Turmeric powder	1/2 tsp.
Pepper powder	1/4 tsp.
Curry leaves	few
Garlic (small variety)	12 cloves
Vinegar, salt	to taste
Grated coconut	1 cup
(Take 1/2 cup of thick coconut milk or 1 tsp. of wheat flour or white flour (maida) mixed in 1/4 cup of cow's milk)	

Method of preparation:

Grind the ingredients 6-10 to a paste. Heat oil and saute onion slices first and then ginger. Add green chillies and saute. Add the masala paste & fry. Put curry leaves and garlic. When sauted, add fish pieces, vinegar and salt. Pour sufficient water

and cook with the pan covered. When the gravy is half-reduced, stir in the coconut milk or cow's milk in which flour is mixed. Keep the pan open and let the curry simmer on slow fire. Tilt the pan now and then to mix the curry and to prevent the coconut milk from curdling.

Note: Green peas and carrots can be added along with the fish.

148. CHILLI CURRY (Sri Lanka)

Ingredients:

Large green chillies	25
Maldive fish (pounded)	75 g.
Rampa (pandanus)	2 inch piece
Juice of	half a lime
Lemon grass	1/4 stem
Red onions (sliced)	2 oz.
Turmeric (ground)	a pinch
Coconut milk	2 cups
Salt	to taste
Coconut oil	for frying

Method of preparation:

Cut a small slit in the chilli, lengthwise, and remove the seeds. For the stuffing, mix together three fourths of the Maldive fish and three-fourths of the onions, add salt to taste and moisten with a little lime juice. Fill the chillies with this mixture, tie them round with pieces of thread and fry them in oil. Next, prepare the gravy. Put the coconut milk into a chatty with the remainder of the Maldive fish and onions, the turmeric, rampa, lemon-grass, curry-leaves and salt, and boil until the gravy is thick. Then put in the stuffed chillies, add the lime juice and keep on a slow fire for a few minutes longer.

149. DAL CURRY (Sri Lanka)

Ingredients:

Dal (pulse)	125 g.
Red onions (sliced)	1 tbsp.
Maldive fish (pounded)	1 cup
Turmeric (ground)	a pinch
Green chilli (sliced)	1
Cinnamon	2.5 cm. piece
Rampa (pandanus)	2.5 cm. piece
Lemon-grass	1/4 stem
Curry-leaves	a small sprig
Salt	to taste

Thick coconut milk	1/2 cup
Second extract of coconut milk	1 1/2 cups
Ghee	1 tsp.

Method of preparation:

Wash the dal well in several changes of water removing any discoloured ones which float on top of the water. Put the dal into a chatty with the second extract of milk, the Maldive fish, turmeric, chilli, cinnamon and half each of the onions, rampa, lemon-grass and curry-leaves. Simmer slowly until the dal is cooked, then add the thick milk and the salt and stir for a couple of minutes. Heat the ghee in another chatty and fry the remainder of the onions, the rampa, lemon-grass and curry-leaves, turn in the curry and keep on a slow fire for a few minutes longer.

150. PINEAPPLE CURRY (Sri Lanka)

Ingredients:

Medium-sized well seasoned pineapple	1
Maldive fish (pounded)	1 tbsp
Dry chillies (ground)	6
Mustard seed (ground)	1 tsp.
Sweet cumin seed (lightly roasted and powdered)	1/2 tsp.
Saffron (ground)	a pinch
Rampa (flavouring Pandanus)	5 cm piece
Lemon-grass	1/4 stem
Curry-leaves	a small sprig
Cinnamon	5 cm piece
Salt	to taste
Coconut milk	1 cup
Dripping	1 tbsp.

Method of preparation:

Pare the pineapple and cut it in small dice. Heat the dripping in a chatty and fry half the onions together with a small piece each of the rampa, lemon-grass and a few curry leaves, then add the coconut milk and the rest of the ingredients except the cumin. Let it simmer until the ingredients are cooked, then sprinkle in the cumin and let it simmer for 10 minutes longer.

151. BRINJAL CURRY (Sri Lanka)**Ingredients:**

Medium-sized brinjals	4
Mustard seed (ground)	1 tbsp.
Dry chillies (roasted and ground)	8
Maldive fish (pounded)	1 tbsp.
Red onions (sliced)	1 tbsp
Salt	to taste
Garlic (chopped)	3 cloves
Green ginger (chopped)	2 slices
Rampa (flavoring)	
Pandanus)	2 inch piece
Lemon-grass	1/4 stem
Cinnamon	2 inch piece
Fenugreek	1/4 tsp.
Vinegar	1/2 wineglass
Coconut oil	for frying
Coconut milk	1 1/2 cups

Method of preparation:

Cut the brinjals in slices lengthwise, rub over with salt and turmeric, and fry in oil. Then prepare the gravy. Put the coconut milk into a chatty, add the rest of the ingredients, and boil until the gravy is very thick. Then add the fried brinjal and let it simmer for a few minutes longer.

152. PLANTAIN CURRY (Sri Lanka)**Ingredients:**

Ash plantains	4
Red onions	1 tbsp. (sliced)
Green chillies	2 (sliced)
Maldive fish (pounded)	1 tbsp.
Fenugreek	1/4 tsp.
Turmeric (ground)	a pinch
Cinnamon	2 inch piece
Rampa (flavoring)	
Pandanus)	2 inch piece
Curry-leaves	a small sprig
Fennel	a few sprigs
Salt	to taste
Coconut oil	for frying
Coconut milk (the extract of half a coconut)	2 1/2 cups

Method of preparation:

Skin the plantains, cut them in two across and slice them lengthwise; rub over with salt and saffron

(turmeric) and fry them in oil. To make the gravy, put the coconut milk into a chatty with the rest of the ingredients, and boil until the ingredients are cooked, then put in the plantain and let it simmer until the gravy is thick.

153. CRAB CURRY (Sri Lanka)**Ingredients:**

Medium-sized crabs	4
Dry chillies (ground)	30
Saffron (turmeric ground)	a pinch
Red onions (sliced)	1 tbsp.
Garlic (chopped)	4 cloves
Green ginger (chopped)	2 slices
Fenugreek	1/4 tsp.
Scraped coconut	2 tbsp.
Raw-rice (ground together)	1 tsp.
Cinnamon	.5 cm. piece
"Drum-stick" leaves	2 handfuls
Salt	to taste
Juice of	1 1/2 limes
Thick coconut milk	3 cups
Second extract of coconut milk	1/2 cup

Method of preparation:

Break the crabs into pieces and put them in a chatty with the rest of the ingredients, except the thick milk, the ground coconut and rice and the lime juice, and let it boil until the gravy is all absorbed. Then add the thick milk mixed with the ground coconut and rice, and the lime juice. Let it simmer slowly for about 10 minutes longer.

154. CHICKEN WHITE CURRY (Sri Lanka)**Ingredients:**

Chicken	1
Red onions (sliced)	1 tbsp.
Fennel	a few sprigs
Garlic	2 cloves
Green ginger (chopped)	2 slices
Saffron (ground)	a pinch
Dry chillies (ground)	10
Coriander seed	1 1/2 tbsp.
White cumin seed	1 tsp.
Sweet cumin seed (ground together)	1/2 tsp.
Fenugreek	1/4 tsp.

Ghee	2 tbsp.
Cinnamon	2.5 cm. piece
Rampa (flavoring Pandanus)	5 cm. piece
Lemon-grass	1/4 stem
Curry-leaves	a small sprig
Juice	half a lime
Thick coconut milk	1 cup
Second extract of coconut milk	1 1/2 cups

Method of preparation:

Cut the chicken in joints and put them into a chatty with the second extract of coconut milk, the fennel, garlic, ginger, saffron (turmeric), ground chillies, fenugreek, cinnamon and salt and half each of the onions, rampa, lemon-grass and curry leaves. Cook until the chicken is half done. Add the thick coconut milk mixed with the coriander and cumins, and also lime juice. Cook until the chicken is tender. Heat the ghee in a chatty and fry the remainder of the ingredients, turn in the chicken preparation and allow to simmer a few minutes longer.

155. BEEF SMOORE (Sri Lanka)**Ingredients:**

Beef	500 g.
Red onions (sliced)	1 tbsp.
Garlic (chopped)	6 cloves
Green ginger (chopped)	6 slices
Cinnamon	5 cm. piece
Rampa (flavoring Pandanus)	10 cm. piece
Lemon-grass	1/2 stem
Curry-leaves	a small sprig
Coriander seed	1 1/2 tbsp.
White cumin seed	1 1/2 tsp.
Sweet cumin seed (roasted and ground together)	1 tsp.
Fenugreek	1/2 tsp.
Vinegar	1 1/2 wineglasses
Pickled lime	1/2
Ghee	2 tbsp.
Thick coconut milk	1 cup
Salt	to taste
Saffron (turmeric ground)	a pinch
Dry chillies (roasted and ground)	20

Method of preparation:

Wash the meat, prick it over with a steel skewer or fork and put it into a chatty with 3 cups of water and all the ingredients, except the coconut milk and ghee, and boil gently until the meat is tender. Then add the coconut milk and boil for 15 minutes longer. Remove the gravy, put in the ghee and fry the meat. Pour back the gravy and stir for a couple of minutes.

156. BEEF CURRY (Sri Lanka)**Ingredients:**

Beef	1 kg.
Dry chillies (ground)	15
Saffron (turmeric ground)	a pinch
Red onions (sliced)	2 tbsp.
Garlic (chopped)	3 cloves
Green ginger (chopped)	2 slices
Fenugreek	1/4 tsp.
Rampa (flavoring Pandanus)	5 cm. piece
Lemon-grass	1/2 stem
Curry-leaves	a small sprig
Cinnamon	5 cm. piece
Juice	half a lime
Ghee or dripping	2 tbsp.
Salt	to taste
Thick coconut milk	1 cup
Second extract of coconut milk	3 cups

Method of preparation:

Wash and cut the meat into small pieces and put into a chatty with the second extract of milk, the chilli, saffron (turmeric), garlic, ginger and salt and half each of the onions, rampa, lemon-grass, curry leaves, cinnamon and fenugreek and boil until the meat is tender. Then add the thick milk and the lime juice, and let it boil for 10 minutes. Heat the ghee in a chatty and fry the remainder of the ingredients, then turn in the meat mixture and let it simmer for 10 minutes longer.

157. LIVER CURRY (Sri Lanka)**Ingredients:**

Liver	1/2 kg.
Dry chillies (roasted and ground)	10

White cumin seed (ground)	1 tbsp.
Green ginger (chopped)	2 slices
Rampa (flavoring Pandanus)	5 cm. piece
Lemon-grass	1 stem
Curry-leaves	a small sprig
Aromatic ginger (powdered)	2 pieces
Turmeric	a pinch
Red onions (sliced)	1 tbsp.
Salt	to taste
Garlic (chopped)	3 cloves
Cardamom (powdered)	10 pods
Fenugreek	1/4 tsp.
Vinegar	1/2 wineglass
Ghee or dripping	2 tbsp.
Thick coconut milk	1 cup

Method of preparation:

Wash and boil the liver, and cut it into thin slices and then into fine strips about half an inch long. Put the liver into a chatty, add the coconut milk and all the ingredients and boil until the ingredients are cooked. Then remove the gravy, put in the ghee, and fry the liver; pour back the gravy and stir for a couple of minutes.

158. FISH SMOORE (Sri Lanka)**Ingredients:**

Seer or para fish	1 kg.
Pepper	to taste
Salt	to taste
Saffron (turmeric ground)	a pinch
Ghee	1 tbsp.
Red onions (sliced)	1 tbsp.
Garlic	4 cloves
Green ginger (chopped)	4 slices
Cinnamon	5 cm. piece
Lemon-grass	1/4 stem
Curry-leaves	a small sprig
Coriander	1 tbsp.
White cumin seed	1 tsp.
Cumin seed (roasted and ground together)	1/2 tsp.
Dry chillies (roasted and ground)	15
Fenugreek	1/4 tsp.
Vinegar	1 wineglass
Coconut milk	1 1/2 cups

Method of preparation:

Wash the fish and rub it over with pepper, salt and saffron, and fry to a light brown in ghee. Then add all the ingredients and allow to simmer until the ingredients are cooked.

159. SALMON CURRY (Sri Lanka)**Ingredients:**

Salmon	1 tin
Red onions (sliced)	1 tbsp.
Dry chillies (ground)	15
Garlic	2 cloves
Green ginger (chopped)	2 slices
Cinnamon	5 cm. piece
Rampa (flavoring Pandanus) piece	5 cm.
Lemon-grass	1/4 stem
Curry-leaves	3 small sprigs
Fennel	a few sprigs
Fenugreek	1/4 teaspoon
Juice	half a lime
Dripping	1 tbsp.
Coconut milk	1 cup
Salt	to taste

Method of preparation:

Heat the dripping in a chatty and fry half the onions, a small piece each of the rampa and lemon-grass and a few curry-leaves. Then add the gravy from the tinned fish, the coconut milk and the rest of the ingredients. When the gravy boils up add the salmon and keep on a slow fire for a few minutes longer.

160. DUCK PADRE CURRY (Sri Lanka)**Ingredients:**

Ducks	2
Dry chillies	15 g.
Coriander seed	20 g.
White cumin seed	7 g.
Cinnamon	7.5 cm. piece
Rampa (flavoring Pandanus)	5 cm. piece
Lemon-grass	1/2 stem
Curry-leaves	a small sprig
Sugar	1 tbsp.
Vinegar	3 tbsp.
Sweet cumin seed	1/2 oz.

Red onions (sliced)	1 tbsp.
Garlic	6 cloves
Green ginger	6 slices
Arrack or whisky	1 wineglass
Dripping	1 tbsp.
Pepper	to taste
Salt	to taste
Coconut milk (the extract of one coconut)	

Method of preparation:

Roast, pound, and sieve the chillies, coriander and cumins, each separately. Cut the ducks into neat joints and put them into a saucepan or chatty with sufficient coconut milk to cover. Mix in the powdered ingredients, add the onions, garlic, ginger, cinnamon, pepper, salt, rampa, lemon-grass, curry-leaves and vinegar, and boil for half an hour. Then add the sugar and arrack and let it simmer gently until the duck is tender. Heat the dripping in a saucepan or chatty and fry the pieces of duck, then add the gravy and stir for a couple of minutes. Serve the curry neatly in a dish, and cover the top with fried potatoes.

161. DRY FISH CURRY (Sri Lanka)**Ingredients:**

Dry fish	500 g.
Tamarin	55 g.
White cumin seed	2 tsp.
Sweet cumin seed (lightly roasted and ground together)	1 tsp.
Dry chillies (lightly roasted and ground)	20 nos.
Saffron (turmeric ground)	a pinch
Vinegar	2½ wineglasses
Coriander seed	1 tbsp.
Rampa (flavoring)	
Pandanus	5 cm. piece
Lemon-grass	¼ stem
Curry-leaves	a small sprig
Cinnamon	5 cm. piece
Sugar	1 tbsp.
Thick coconut milk	½ cup
Coconut oil	as required

Method of preparation:

Wash and cut the dry fish into convenient sized pieces. Squeeze the tamarind in the vinegar and mix with the ground coriander, cumins, chillies and

saffron, and add the rampa, lemon-grass, curry-leaves and cinnamon. Mix all together and put the dry fish into this mixture. Let it remain for about an hour or so. Then take the dry fish out of the gravy and fry it in oil. Mix the coconut milk with the gravy and pour it over the fried dry fish and stir over the fire until the ingredients are cooked. Just before taking it off the fire, mix in the sugar.

162. EGG CURRY (Sri Lanka)**Ingredients:**

Hard-boiled eggs (cut in halves lengthwise)	4
Maldive fish	1 tsp.
Red onions (sliced)	1 tbsp.
Ripe or green chilli (cut lengthwise)	1 tbsp.
Fennel	Few sprigs
Saffron (turmeric ground)	a pinch
Green ginger (chopped)	a slice
Garlic (chopped)	1 clove
Curry-leave	a few
Fenugreek	¼ tsp.
Cinnamon	a small piece
Juice	half a lime
Salt	to taste
Thick coconut milk	½ cup
Second extract of coconut milk	1½ cups

Method of preparation:

Put all the ingredients, except the thick milk and the lime juice, into a chatty and boil until the ingredients are cooked. Then add the thick milk and the lime juice and stir well or it will curdle. Add the eggs, stir for a few minutes, take it off the fire and continue stirring for a couple of minutes longer.

N.B.:— The gravy by itself is known as coconut soup or anang.

163. FOWL BADUN (Sri Lanka)**Ingredients:**

Fowl	1
Red onions (sliced)	1 tbsp.
Garlic (chopped)	4 cloves
Green ginger (chopped)	2 slices
Saffron (turmeric ground)	a pinch

Dry chillies (roasted and ground)	20
Fenugreek	1/4 tsp.
Coriander seed	1 tbsp.
Sweet cumin seed (roasted and ground together)	1 tsp.
Ghee	1 tbsp.
Salt	to taste
Cinnamon	5 cm. piece
Rampa (flavoring)	
Pandanus)	5 cm. piece
Lemon-grass	1/4 stem
Curry-leaves	a small sprig
Vinegar	1 wineglass
Coconut milk (extract of one coconut)	

Method of preparation:

Cut the fowl into neat joints, and put it into a chatty with the coconut milk and the rest of the ingredients, excepting the ghee and boil until the fowl is tender and the gravy reduced to very little. Then remove the fowl from the gravy and fry it in ghee, pour back the gravy and keep on a slow fire for a couple of minutes longer.

164. FISH PUDICHCHI (Sri Lanka)**Ingredients:**

Seer fish	2 slices
Dry chillies (ground)	15
Saffron (turmeric ground)	a pinch
Red onions (sliced)	3 tbsp.
Garlic (chopped)	2 cloves
Green ginger (chopped)	2 slices
Cinnamon	5 cm piece
Rampa (flavoring)	
Pandanus)	5 cm. piece
Lemon-grass	1/4 stem
Curry leaves	a small sprig
Fenugreek	1/4 tsp.
Juice	half a lime
Coconut milk	1 1/2 cups
Salt	to taste

Method of preparation:

Wash the fish, cut each slice in four and put into a chatty. Add all the ingredients except the lime juice, and boil until the fish is cooked, adding the lime juice when the curry is half-cooked.

165. MANGO CURRY (Sri Lanka)**Ingredients:**

Well seasoned mangoes	2
Red onions (sliced)	1 tbsp.
Maldive fish (pounded)	1 tbsp.
Dry chillies (ground)	6
Saffron (turmeric ground)	a pinch
Rampa (flavoring)	
Pandanus)	5 cm. piece
Lemon-grass	1/4 stem
Curry-leaves	a small sprig
Cinnamon	5 cm. piece
Salt	to taste
Coconut milk	1 cup
Dripping	1 tbsp.

Method of preparation:

Peel and cut the mango in small slices. Heat the dripping in a chatty and fry half the onions together with a small piece each of the rampa and lemon-grass and a few curry leaves. Mix the rest of the ingredients together and when the onions are browned, turn in the whole mixture and let it boil stirring occasionally until the ingredients are cooked.

166. CURRY MINANGKABAU (Sumatra - Indonesia)**Ingredients:**

Fresh chillies	6
Blachan	1 tsp.
Onions	a few
Turmeric	1 small piece
Oil	for frying
Water	3 cups
Belimbings	a few
Buah kras	4
Garlic	2 cloves
Serai	a few slices
Langkuas	a few
Coconut cream	1 1/2 cups

Method of preparation:

Ribs of beef (kerbau) are used for this curry, although mutton might be used. Grind the above to make the curry mixture.

Fry the curry stuffs together, and having cut the meat from the bones into 1 inch lengths, put

into the pot with water and coconut milk and stew gently. When nearly done, throw in the belimbings (fruits of Averrhoa bilimbi) cut lengthways and simmer a few minutes longer.

(Belimbing is a small sour Malay fruit)

167. DEVILLED HEN (India)

Ingredients:

Fowl	1 of 2 or 3 katties
Dry red chillies	10
Peppercorns	5
Cloves	4
Turmeric	1/2 inch
Jeera (jintan manis)	1 tsp.
Cinnamon (2 inch size)	1 piece
Etchi pod (cardamom)	1
Garlic	1 clove
Ginger	1 inch
Onion	1 large
Vinegar	1 dsp.
Tamarind	1 1/2 oz.
Salt	to taste
Thick and thin milk of	1/2 coconut
Butter or lard	2 tbsp.

Method of preparation:

Clean and cut the fowl in pieces, wash and sprinkle with a little salt. Grind together the next seven ingredients. Fry the minced onion in the fat. When nicely brown, add the sliced ginger and garlic and fry for a minute or two. Add the ground ingredients and fry for another 2 minutes before adding the fowl, after doing which close the vessel and let it cook some minutes, stirring occasionally. After about 15 minutes, add the thin coconut milk. Close the vessel and cook another for 15 minutes. Then add the tamarind juice. Half an hour later, when nearly cooked, add the thick coconut milk and boil for 10 minutes, keeping the vessel open. Add the vinegar and let it boil another 15 minutes on a slow fire; vinegar is necessary here as the tamarind juice is not strong enough to penetrate the flesh and render it soft. Old fowls will require longer cooking. They should be killed 6 or 8 hours before cooking, and may be improved by keeping the cut-up pieces immersed in water in which a papaya cut in pieces has been added.

168. CHICKEN CURRY (Sri Lanka)

Ingredients :

Chicken	1
Red onions	6 sliced
Garlic (chopped)	4 cloves
Dry chillies (roasted and ground)	6
Cinnamon	2 inch piece
Lemon grass	1/2 stem
Coriander seed	1 tbsp.
White cumin seed	1 tsp.
Sweet cumin seed	1/2 tsp.
Coconut milk	3 teacups
Vinegar	1 wine glass
Green ginger (chopped)	2 slices
Fenugreek	1/4 tsp.
Ghee	1 tbsp.
Rempah	2 inch piece
Curry leaves (Roasted and ground together)	small sprig
Salt	to taste

Method of preparation:

Cut the chicken into neat joints and put them into a chatty with the coconut milk and the rest of the ingredients except the ghee. Boil until the chicken is tender and the gravy reduced to a very little. Remove the chicken from the gravy and fry in ghee or coconut oil. Pour back the gravy onto the chicken and cook on slow fire 2 minutes longer.

169. MUTTON KURMAH (India)

Ingredients:

Mutton	1 kg.
Butter or ghee	6 tbsp.
Onions (sliced)	2
Salt	to taste
Cloves	5
Cardamoms	6
Peppercorns	10
Garlic	5 cloves
Turmeric	1 piece
Green ginger (size of a thumb)	1 piece
"Santan" or milk of	1 coconut
Juice of	6 limes

Method of preparation:

Slice the meat into convenient pieces, grind

the ginger, and mix with a little butter and salt and rub on the meat. Melt the rest of the butter and brown the onions. Then put in the meat, and fry well, adding the garlic ground with a little water, the cloves, cardamom seeds and pepper-all ground. When the meat is quite tender, put in the santan and lastly the turmeric and the lime juice. Simmer gently for another 20 minutes.

170. CHICKEN CURRY (India)

Ingredients:

Chicken	1
Onions (sliced)	2
Butter or dripping	4 tbsp.
Thick and thin milk of	1 coconut
Tamarind	1½ oz.
Dry red chillies	6
Green chillies	2
Salt	1 tsp.

Method of preparation:

Clean and cut the chicken into pieces, wash it, mix the salt well with it and keep aside. Next fry the onions in the butter or dripping till nice and brown and then add the chicken pieces. Mix it well with the dripping and keep it on a slow fire for ¼ hour with the vessel closed. Mix the tamarind in the thin milk of the coconut, strain it and add to the chicken. Now add the ground red chillies and the minced green ones. Stir the whole contents of the saucepan to mix thoroughly and allow to boil. After 15 minutes add the thick milk and more salt if necessary. Let it boil for another 10 minutes. Serve hot.

171. CHICKEN CURRY (India)

Ingredients:

Chicken (cut into moderately big pieces)	1
Dry red chillies	6
Onion	1 (big)
Turmeric (the size of an almond)	a small piece
Coconut cream (santan) of	1 coconut
Coriander seeds	1 tbsp.

Method of preparation:

Grind the chillies and saffron and coriander

well. Mix with the meat and pour in the coconut milk, add salt and boil well till the curry is dry. Add 1 big tablespoonful of ghee or butter, put in the sliced onion and stir well till the onions have turned brown. Serve hot, plain or with rice.

The scraped coconut may be squeezed twice with water, first ½ a cup of water, and second, 2 cups of water.

(In Ceylon, coconut oil is generally substituted for ghee or butter)

172. FISH CURRY (Ceylon)

Ingredients:

lkan selangin	1 kati
Shallots	2
Lemon grass	1 piece
Fenugreek	¼ tsp.
Curry leaves	1 sprig
Maldiv fish	2 tbsp.
Coconut	1
Chillies	6
Ginger	1 piece
Rampa (flavouring)	
Pandanus	2 inch piece
Cinnamon	2 inch

Method of preparation:

Grate, pound and squeeze the coconut meat three times with water to obtain the milk.

Put all the ingredients into the chatty. Add the 2nd and 3rd milk and cook; then add the first milk. Heat again and serve.

(Selangin is a Malay fish, but any fish suitable for boiling would serve.)

173. BRAISEU FISH CURRY (Malaysia)

Ingredients:

Dried red chillies	½ oz.
Ginger	a small bit
Grind these four to a paste :	
Fish	1 lb.
Ghee	2 ozs.
Curry leaves	1 dsp.
Garlic	1 clove
Coriander	1 oz.
Green chillies	6
Small onions	4

Thick coconut milk	
Vinegar	as required
Salt	to taste

Method of preparation:

Slice the fish and wash thoroughly. Put the oil in a chatty on the fire and when hot, throw into it the onions and green chillies, sliced together and the curry leaves and fry for a while. Then add to it the ground curry stuff and fry for some time. Next add the coconut milk and vinegar and mix well, lastly the slices of fish with a little salt. Cover the vessel by putting another on top, with glowing coals in it, and let the curry simmer and boil as if it were in an oven. This method is braising. The coconut milk added should be sufficient to boil the fish and leave the gravy nice and thick; then take off the fire and serve. The vinegar added should only be a little, to give it a slight acid taste, not more.

174. FISH ("SINGAN") (Malaysia)**Ingredients:**

Fish	1 lb.
Coconut	1 big
Curry leaves	2 stems
Ginger (size of your thumb)	1 piece
Garlic (whole)	1 pod
Turmeric (almond size)	a small piece
Lime	1
Salt	to taste
Green chillies	5

Method of preparation:

Scrape the coconut and take out the milk, in 2 grades, (thick and thin).

(1) Pour one cup of water and squeeze the milk out into it and keep it by. Then pour in.

(2) Then pour in 3 cups of water and get the rest of the milk.

Slice the onions and cut the chillies into 4 long pieces. Grind the saffron well.

Pour a big tablespoon of coconut or any vegetable oil into the cooking pot and put in the sliced onion and the ground turmeric. Stir well. Add the curry leaves. Cut chillies, and pour in the thin coconut milk. Add salt and stir well, for 7 or 8 minutes. Close the pot and let it bubble for about

5 minutes. Now add the thick milk and repeat the process. Then put in the fish and boil. After the fish is boiled, sprinkle the juice of one lime and serve.

175. COCONUT MILK CURRY OF FISH (Malaysia)**Ingredients:**

Dry chillies	12
Dry turmeric	size of a (green) peas)
Red onions (small)	5-6
Green chillies	2
Fresh ginger	size of 2 green peas
Garlic	2 segments
Curry leaves	10
Cinnamon bark	1/2 in. by 1 in. piece
Coconut milk	3 cups
Lemon juice	1 tbsp.

Method of preparation:

The dry chillies and the turmeric should be ground into a paste with water. The onions, green chillies, ginger and garlic are sliced as for the hot curry.

The fish should be cut into steaks or pieces and washed well and put into a saucepan ("belanga") along with the various ingredients and coconut milk and cooked. Juice of a lime is added, when the cooking is over.

176. GUINATAAN HIPON (Philippines)**Ingredients:**

Live shrimps	1 cup
Thick coconut milk	1 cup
Sili (chilli) leaves	1/2 cup
Salt and pepper	to taste

Method of preparation:

Trim heads of shrimps and wash well.

Boil thick coconut milk. Add shrimp and seasoning and simmer for 2 minutes. Add sili leaves and remove from heat. Serve hot.

177. NANGKA (JACKFRUIT) SALAD (Philippines)

Ingredients:

Unripe nangka, peeled	4 cups
Red onions (Sibuyas tagalog)	$\frac{1}{2}$ cup
Shrimp, fresh	$\frac{1}{2}$ kg.
Tomatoes	$\frac{1}{2}$ cup
Coconuts	2
Vinegar	1 tbsp.
Salt and pepper	to taste

Method of preparation:

Extract pure cream from coconut. Boil nangka until tender. Squeeze off water. Cook shrimp, and peel. Mix nangka, shrimp, tomatoes, onion and coconut cream. Add vinegar, salt and pepper.

DRINKS

178. COCONUT SHERBET (Mauritius)

Ingredients:

Sugar	$1\frac{1}{4}$ cups
Water	$\frac{1}{2}$ cup
Almond extract	$\frac{1}{8}$ tsp.
Coconut milk	$3\frac{1}{2}$ cups
Coconut (flaked)	$\frac{1}{2}$ cup

Method of preparation:

Cook the sugar and water until sugar melts; let cool. Stir the sugar syrup into the coconut milk, add the almond extract. Pour into freezing tray. Freeze, with freezer or freezing compartment set at coldest point, until sides are mushy. Remove from trays and beat with an electric mixer or rotary beater until frothy. Return to trays and freeze. Serve with the grated coconut on top.

179. GULAMAN IN COCONUT MILK (Philippines)

Boil agar-agar (gulaman) in enough water after washing off all particles of dust. Strain well when gulaman has dissolved in boiling water and set aside to cool and set.

Pass gulaman chunks through papaya grater or chop into small cubes. Serve in glasses filled with iced coconut milk with sugar to taste.

180. ICED BUKO (Philippines)

Ingredients:

Young coconuts	5 nos.
Sugar	to taste

Method of preparation:

Remove water from young coconuts and set aside. Scrape off coconut meat from shell, using spoon or macapuno scraper. Add meat to coconut water and add sugar to taste. Chill.

181. SWEETENED COCONUT MILK

Ingredients:

Coconut milk	2 cups
Water	2 cups
Jaggery	to taste
Cardamom powder	a pinch

Method of preparation:

To the coconut milk add jaggery and cardmom and stir well. Goes well with a appam, idiappam etc.

MEDICINE AND OTHERS

182. SHUNTI ADTHINA *GINGER HALWA (India - Karnataka)

Ingredients:

Ginger	$\frac{1}{2}$ kg.
Onions	1 kg.
Coconut (extract milk)	3 cups
Jaggery	$\frac{1}{2}$ kg.
Ghee (clarified butter)	1 cup

Method of preparation:

Grind the ginger fine; add 12 glasses of water, stir well and remove the residue. Cut the onions in thin long strips and boil in ginger water. When it starts boiling, keep adding coconut milk little by little. Add powdered jaggery. Cooktill it becomes a thick sticky syrup. Add the ghee and cook till it becomes a sticky mass. Remove.

* Medicine taken for digestion

183. BELLULI ADTHINA *GARLIC HALWA

(India - Karnataka)

Ingredients:

Garlic	1 kg.
Coconuts milk	6 cups
Jaggery	1 kg. (grated)
Ghee	1 cup

Method of preparation:

Skin the garlic and cook it in a pressure cooker with 6 cups of coconut milk until soft. Then pour the mixture into a thick-bottomed vessel and add the jaggery. Stir continuously on fire until it becomes thick. Add 1 cup ghee and go on stirring till it becomes sticky and forms into a solid mass. Remove and store.

* A medicine give to women after child-birth.

184. NEERULLI ADTHINA - ONION HALWA

(India - Karnataka)

Ingredients:

Onions	2 kg.
Coconut milk	1 litre
Jaggery	1 kg. (grated)
Ghee	1 cup
Beaten rice (roasted)	1/4 kg.

Method of preparation:

Cut the onions into long thin slices and cook it with the coconut milk in a pressure cooker. When onion is cooked, pour the mixture into a thick-bottomed vessel and add jaggery and ghee. Cook it stirring continuously until it becomes thick. Then add beaten rice and mix well. Remove.

**RECIPES WITH FRESH
COCONUT KERNEL**

Fresh Kernel



Puttu with Kadalai Curry



Ingredients for Fish Curry



Tender Nut Souffle



Ingredients for Chick en Curry

MAIN DISHES

185. CASSAVA BIBINGKA ESPECIAL

(Philippines)

Ingredients:

Fresh cassava	1 cup (grated)
Coconut kernel	1/2 cup (scraped)
Eggs	2
Melted shortening	3 tbsp.
Cheese (grated)	4 tbsp.
Sugar	3/4 cups.
Coconut milk	3/4 cup
Butter	1 tbsp.

Method of preparation:

Beat eggs and sugar, melted shortening and coconut milk. Mix with cassava and scraped coconut kernel. Add 2 tablespoons grated cheese and mix well. Line a round pan with banana leaves and pour in the mixture. Bake in moderate oven. When almost done, brush with butter, and sprinkle top with a little sugar and the remaining cheese. Continue baking until golden brown.

186. BEATEN RICE USLI (India)

Ingredients:

Beaten rice (thin)	500g.
Green chillies	4 or 5
Sugar	2 tsp.
Table salt	3/4 tsp.
Black gram dal	1 tsp.
Coconut gratings	1/2 cup
Ghee/Oil	6 tsp.
Mustard seeds	1/2 tsp.
Curry leaves	1 sprig

Method of preparation:

Wash beaten rice in water. Quickly squeeze out the water. If lumps are formed, gently break them. Mix sugar with salt, and keep aside. Heat ghee (or oil plus ghee) in frying pan. Add mustard. When it splutters, drop split green chillies, black gram dal and curry leaves in the seasoning. Stir. Then add the washed beaten rice along with sugar - salt mixture. Turn over well. Cook on a low flame, under cover, for 5 minutes. (Note : Open once or twice and turn over, to prevent sticking to bottom). Remove from flame. Garnish with coconut gratings.

Batat phov is also prepared by the above method. However, while adding beaten rice to the

seasoning, add a pinch of turmeric powder, chopped onion and small cubes of 2 boiled and peeled potatoes also. Further, add chopped coriander leaves (in addition to coconut gratings) after removing from flame.

187. SAKKARAI PONGAL

(India - Tamil Nadu)

Ingredients:

Raw rice	1/2 cup
Green gram dal	1 tbsp.
Sugar	1 cup
Cashewnuts	8 whole (broken to bits)
Cardamom (powdered)	3 pods
Saffron	a little
Ghee	5 tbsp.
Refined camphor (edible)	1 pinch
Nutmeg powder	a few pinches
Kishmish (raisins)	8 or 10
Milk	1 cup
Coconut gratings	1/2 cup

Method of preparation:

Roast green gram dal lightly, till it smells. Soak in water with rice for 15 minutes. Add 2 cups of diluted milk and 1 tbsp ghee to the soaked rice-cum-dal mix. Pressure cook for 8 minutes. Roast cashewnut bits with 4 tbsps ghee in frying pan, on a low flame. Add kishmish and stir. Add coconut gratings and roast till golden yellow. Make sugar syrup of thread consistency in a vessel. Mix the cooked rice plus dal with it, and cook for 2 or 3 minutes on medium flame. Add the cashewnut and coconut mixture. Then add camphor (edible), jathikai (nutmeg), cardamom and saffron. Turn over thoroughly, and serve. (Note : If jaggery is used in place of sugar, no saffron is required. Soak jaggery in 1 cup water, strain to remove dirt, and then prepare its syrup.

188. CASSAVA SUMAN (Philippines)

Ingredients:

Cassava	1 cup (grated)
Coconut (finely grated)	1/2 cup
Sugar	3/4 cup
Banana leaves	4

Method of preparations:

Mix all ingredients and wrap mixture in 2 layers

of wilted banana leaf in size desired. Tie by twos with string. Boil in water until done.

189. CASSAVA "SINALUDSOD"

(Malaysia)

Ingredients:

Tapioca starch or flour	1 kg.
Wheat flour	1/2 kg.
Refined sugar	1 kg.
Coconut	2
Lard	1/4 kg
Baking powder	2 tbsp.

Method of preparation:

Sift the tapioca starch or flour, the baking powder, and the wheat flour together. Shred the coconuts and mix the ingredients thoroughly, except the lard, in a clean basin. Add about three glasses of water.

Heat the frying pan and put a small amount of lard in it. Draw about one-third cupful of the batter after stirring thoroughly and spread it thinly in the hot pan. Turn it once or twice. The cake is cooked when it becomes very light brown. It is then removed from the pan and the process repeated until all the batter is cooked. Cake should be eaten while it is hot.

190. CUCUMBER DOSA - (India - Karnataka)

Ingredients:

Large cucumbers (grated)	2
Rice	2 cups.
Coconut	1/2 cup (grated)
Jaggery	to taste
Salt	1tsp.
Cardamom powder	1tsp.
Ghee	for frying

Method of preparation:

Soak rice for 2 hours. Grind rice, coconut and cucumber to a fine paste. Then add jaggery, salt and cardamom powder. The batter should be thin. Place the tava (frying pan) on the fire and smear it with a little ghee. Pour a ladleful of the batter and spread it evenly. Then sprinkle a little ghee on top of the dosa and turn it over. Let it brown. Remove and serve with white butter.

191. MAQUILING CASSAVA "BIBINGKA"

(Philippines)

Ingredients:

Fresh tapioca	6 cups (grated)
Coconut	1 half
Eggs	3
Milk	1/2 cup
Butter	1/4 cup
Cheese	2 tbsp.
Sugar	1 1/2 cups

Method of preparation:

Peel the tapioca and grate with a papaya grater. Shred or grate the young coconut. Beat the eggs well and stir in milk, sugar & melted butter. Then add coconut and tapioca, and mix thoroughly.

Line a cake pan with wilted banana leaf and fill it three quarters of its capacity with the mixture. Bake in moderate oven. When half done, brush top with an egg yolk beaten with a little water, and sprinkle the grated cheese over top. Continue baking until cheese is melted and browned.

192. PAALAPPAM (India - Kerala)

Ingredients:

Raw rice	4 cups
Cooked rice	2 cups
Coconut gratings	3 cups
Curd	1 1/2 tbsp.
Sugar	1 tbsp.
Salt	to taste

Method of preparation:

Soak raw rice in water for 6 hours and wash. Grind with cooked rice and coconut gratings to a fine paste. Dissolve sugar in lukewarm water, add curd and keep aside for half an hour. Then mix the water with the ground paste. Keep aside under cover, for 6-8 hours. stir in salt and sugar to taste. Rest of the method is same as for dosa. (Note : By adding a little more water to the above batter, the appam can be made softer and tastier).

193. SWEET IDLI (India - Konkan)

Ingredients:

Rice	250 g.
Coconut gratings	1 cup
Jaggery	100 g.

Beaten rice	250 g.
Table salt	1/2 tsp.
Cardamom	3 pods
Cashewnuts	7 - 8
Raisins	a few
Buttermilk	1 cup
Ghee/oil	sufficient for greasing

Method of preparation:

Grind beaten rice with coconut gratings and buttermilk smoothly. Add crushed jaggery and cardamom and grind for another few minutes. Transfer to a vessel. Wash rice and grind it a bit coarsely (sooji consistency). Mix with the paste kept aside, along with cashewnut bits, raisins and salt. Keep this batter aside for 4-5 hours before preparing idlies with this.

194. DUDISANNAN (India - Konkan)**Ingredients:**

Raw rice	250 g.
Popped rice	1 kg.
Jaggery	150 g.
Cardamom	4 pods
Cashewnuts	8 or 10
Coconut gratings	2 cups
Milk	4 tbsp.
Buttermilk	2 drops
Raisins	few
Salt	1 pinch

Method of preparation:

Wash rice. Dry it by spreading on a piece of cloth for sometime. Then powder it in mixie to sooji consistency. Grind coconut gratings with cleaned popped rice smoothly. While taking out, add crushed jaggery and a pinch of salt and grind for 1-2 minutes more. Mix rice powder, raisins, powdered cardamom and cashewnut bits with the paste and bring it to the consistency of idli batter. Pour milk and 2 drops of buttermilk over it and keep aside overnight, under cover. Next day, beat the batter well and prepare dudisannan by filling greased idli cups and steam cooking them till done.

195. KANOM TOM KANOM NIEW (GLUTINOUS RICE FLOUR BALLS WITH COCONUT FILLING) (Thailnad)**Ingredients:**

Flaked coconut	1/2 cup
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Brown sugar	2 tbsp.
Salt	1 tsp.
Grated coconut	1 1/2 cup
Glutinous rice flour	2 cups
Water	1 cup
Green food colour	2 drops
Yellow food coloring	1 drop
Rice crispy	2 tbsp.
Maple honey syrup	1/4 cup

Method of preparation:

In a pan, mix together coconut flakes and brown sugar and cook over low heat. Stir constantly until almost dry. Cool, shape into small balls of 1/2" diameter. Make 30 balls.

Steam grated coconut, mix with a little salt to prevent the coconut from going sour. Set aside.

Put glutinous rice flour in a bowl. Add water, food coloring and mix well. Take a small lump of dough, about one inch diameter, flatten it, put a coconut ball in the middle and roll into a ball. Repeat until all coconut balls are used up. Boil a pot of water. Drop glutinous rice balls into boiling water. Remove when they rise to the surface. Drain and roll in steamed grated coconut. Cut the leftover dough into small strips, then drop into boiling water. Remove when they rise to the surface. Drain and roll in the steamed grated coconut. Arrange onto serving plate, top with rice crispy and maple honey syrup.

NOTE : To make rice crispy, clean the rice and brown in the frying pan without oil until light brown.

196. SOORNALLI DOSA - India (Karnataka)**Ingredients:**

Rice (raw)	3 cups
Poha (beaten rice)	1 cup
Butter-milk	1/4 cup
Grated coconut	1 cup
Jaggery	(size of 1 lime)
Fenugreek seeds	1/2 tsp.
Salt	to taste
Green chillies,	4-6 (chopped fine)
Oil	sufficient for frying

Method of preparation:

Wash and soak rice for 5 to 6 hours. Soak poha just before grinding. Grind together buttermilk, rice, poha, grated coconut, jaggery, fenugreek

and salt until fine. Keep the batter covered for 8 to 10 hours. Add green chillies to the batter. Heat the tava and spread oil on it. Pour 1 ladleful of batter on it and keep it covered. Cook on slow fire until the bottom of the Soornalli is brown. Repeat till all batter is used. Serve hot with butter.

NOTE : The batter should be able to spread by itself. It should not be spread with a ladle.

197. PAAN PATHOLI (India - Konkan)

Ingredients :

Raw rice	250 g
Popped rice	250 g.
Coconut gratings	2 cups
Cardamom	2 pods
Salt	1 pinch
Jaggery	200 g.
Popped rice powder	1 handful
Turmeric leaves	50

Method of preparation:

Soak raw rice in water for an hour. Wash. Grind 2 tbsps of coconut gratings, for a few minutes, till fairly smooth. Add popped rice and grind to a fine paste. While taking out, add a pinch of salt and a small piece of jaggery, and grind for another 2 minutes. Prepare a blend of crushed jaggery, coconut gratings and powdered popped rice. Spread about 2 tps of the ground paste on each turmeric leaf thinly. Place a small quantity of the blend on the paste. Fold the leaf lengthwise. Finish thus with all the paste and blend. Place the patholis, side by side, on the perforated sheet of idle vessel. Steam, under cover, till cooked. Remove from flame. Take out the patholis and separate them from leaves, when cool. Serve with ghee or honey. (Note : If turmeric leaves are not available (or not desired) plantain leaf pieces can be used instead).

198. KOZHUKATTA-I (Sweet Rolls)

(India - Kerala)

Ingredients:

Rice flour (fine)	1 cup
Water	2 cups
Salt	to taste
Refined groundnut oil	1 tbsp.
Grated coconut	1 cup
Grated jaggery	$\frac{1}{4}$ cup

Method of preparation:

Boil water in a covered vessel with salt and oil. Lower the flame and slowly add the flour and mix without forming lumps. Remove from fire and knead with pressure. Divide this dough into 9 balls. Spread each ball on the palm of hand into a thin circle and place a small quantity of coconut and jaggery and cover up into a crescent shape and press the end with the end of a key or with a fork for decoration. Steam in a steam cooker.

199. RAGI ELAYAPPAM - India (Kerala)

Ingredients:

Ragi powder	1 cup
Rice flour	$\frac{1}{4}$ cup
Water	1 cup
Oil	2 tsp.
Salt	to taste
Grated Coconut	2 cups
Grated jaggery	$\frac{1}{2}$ cup

Method of preparation:

When the water boils add the oil and salt and reduce the flame. Then add both the sieved flour and mix without forming lumps. Knead till soft. Mix jaggery and coconut. Make the dough into 8 balls. On a plantain leaf spread the flour balls and keep the mixture of jaggery and coconut in the middle and fold it and steam in a steam cooker. In a hot skillet keep one or two of these elayappams and cover with the lid of the steam cooker. By sprinkling water on the folded leaves the cooking is hastened and the product made softer.

200. YEAST VATTAYAPPAM - India (Kerala)

Ingredients:

Rice flour (finely sieved)	$\frac{1}{4}$ kg.
Fresh yeast	$\frac{1}{2}$ tsp.
Sugar	1 tsp.
Warm water	$\frac{3}{4}$ cup
Coarse flour or Bombay rava	$1\frac{1}{2}$ cups
Water	$1\frac{1}{2}$ cups
Thick milk taken from 2 cups grated coconut	$\frac{1}{2}$ cup
Sugar	8 tbsps. (if necessary add more)
Salt	to taste

Method of preparation:

In a bottle mix yeast and sugar in warm water. After 20 minutes it will rise. Make a gruel with the rava or coarse flour and cool it. Mix flour, yeast and gruel with sugar dissolved in coconut milk. Grind the coconut residue left after the milk is extracted coarsely and mix with the dough adding salt. If necessary add more sugar and steam in a steam cooker in a well greased flat vessel, after the dough has risen properly.

201. MASHED TAPIOCA - India (Kerala)**Ingredients:**

Tapioca - Peeled & chopped	1 kg.
Salt	to taste
Chilli powder	1/2 tsp.
Turmeric powder	1/4 tsp.
Grated coconut	1 cup
Button onions	2
Cumin seed	1 pinch
Oil	1 tbsp.
Mustard	1/2 tsp.
Onion chopped	2 tbsp.
Curry leaves	2 tbsp.
Curry leaves	a handful
Dry chillies each halved	2
Grated coconut	2 tbsp.

Method of preparation:

Cook tapioca in water, drain and mash. Grind the ingredients, 3, 4, 6 & 7. Crush the grated coconut (5) and mix with the ground masala. Place this paste in the middle of the mashed tapioca and sprinkle salt. Cook over slow fire. When masala is cooked, mix well.

Heat oil, fry mustard, onion, curry leaves, dry chillies and grated coconut (13). When the seasoning is well browned, add it to the mashed tapioca and mix. Serve hot.

NOTE : Yam, colocasia (chembu), plantain, banana, purple yam (kaachil) etc. can be cooked similarly. These should be cooked in just enough water and no water should be drained off from them after cooking.

202. MASHED JACKFRUIT**Ingredients:**

Jackfruit seeds - sliced	6 cups (packed)
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Salt	to taste
Chilli powder	1/2 tsp.
Turmeric powder	1/4 tsp.
Grated coconut	1 cup
Button onions	2
Cumin seed	1 pinch
Oil	2 tbsp.
Mustard	1/2 tsp.
Button or large onions chopped fine	2 tbsp.
Curry leaves	a handful
Dry chillies each halved	2
Grated coconut	2 tbsp.

Method of preparation:

Cook jackfruit with sufficient water and salt and mash it with a laddle.

Grind together chilli powder, turmeric powder, button onion and cumin seed. Crush the grated coconut and mix the masala.

Place the masala in the centre of the mashed jackfruit and cover up with little of the jackfruit. Cover the pan and cook the masala. When done, mix everything together.

Heat oil, fry mustard, onion, curry leaves, chilli pieces and grated coconut. When the smell of the fried coconut comes remove from fire and mix in the mashed jackfruit.

203. UPMA (India - Konkan)**Ingredients:**

Sooji	250 g.
Green chillies	4 - 5
Mustard seeds	1/2 tsp.
Grated coconut	2 tbsp.
Ghee/oil	2 tbsp.
Table salt	1 tsp.
Sugar	2 tsp.
Black gram dal	1 tsp.
Curry leaves	1 sprig

Method of preparation:

Heat ghee (or ghee plus oil) in frying pan. Drop mustard in it. When mustard splutters, add split green chillies, black gram dal and curry leaves (in the same sequence). To the seasoning add sooji and stir well for 2-3 minutes. Pour about 2 cups of hot water. Add sugar and salt. Turn over. Cook on low flame, under cover, till water evaporates. (Note : Open once or twice and turn over, to prevent

it sticking to bottom). Remove from flame. Garnish with coconut gratings. Chopped onion and ginger can be added to the seasoning, if desired. Cashewnut bits or peanut halves can also be added (optional).

204. CHITRANNA (India - Konkan)

Ingredients:

Green gram dal	125 g.
Raw rice	125 g.
Oil	7-8 tsp.
Mustard seeds	1/2 tsp.
Lime juice	1 tbsp.
Green chillies	6
Ginger	1 small piece
Cumin seeds	1/2 tsp.
Grated coconut	3 tbsp.
Turmeric powder	1 pinch
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Wash green gram dal plus rice thoroughly. Chop green chillies. Mince ginger. Prepare seasoning, in frying pan, with mustard and curry leaves in oil. Drop chopped green chillies, minced ginger and turmeric powder in pan and pour 3 cups of water. Add 1 tsp. table salt. Bring to boil. Drop rice and green gram dal. Boil. Cover pan. Cook on low flame. Turn over occasionally to prevent sticking to bottom. When all the water evaporates and rice is sufficiently cooked, remove from flame. (Add some more water and turn over, if necessary). Garnish with coconut gratings and add juice of lime.

205. BISIBELE BHATH (India - Konkan)

Ingredients:

Thur dal (Pigeon pea)	1 cup
Raw rice	2 cups
Red chillies	6
Beans	1 cup (pieces)
Cumin seeds	1 pinch
Fenugreek seeds	1 pinch
Tamarind lump	size of marble
Turmeric	1 small piece
Salt	3 tsp.
Coriander seeds	3 tsp.
Cloves	4
Cinnamon	2 pieces, each a cm. long

Maratamoggu	2
Black gram dal	4 tsp.
Bengal gram dal	2 tsp.
Grated coconut	1/2 cup
Pepper corns	1/2 tsp.

For seasoning :

Oil	4 tpsps.
Ghee	2 tpsps.
Mustard seeds	1/2 tsp.
Green chillies	4
Bengal gram dal	1 tsp.
Cashewnut bits	1/2 cup
Curry leaves	3 sprigs

Method of preparation:

First, roast red chillies in frying pan, with a little oil. Then roast coriander, turmeric, cumin, fenugreek, pepper, cloves, cinnamon, maratamoggu, black gram dal and bengal gram dal, one by one, without oil. Roast coconut gratings separately. Powder all the roasted ingredients together and keep aside. Squeeze tamarind in water and collect its juice in a ladle. Heat about 2 litres of water in a vessel. Drop thur dal into it. When half cooked, add rice. When rice is sufficiently cooked, add pieces of beans. When done, mix juice of tamarind, table salt and the roasted powder mix. Turn over thoroughly. Remove from flame. Prepare seasoning, in frying pan, with chopped green chillies, mustard, black gram and bengal gram dals, cashewnut bits and curry leaves, in an oil-ghee mixture. Drop the cooked and ready dal-cum-rice mix into the seasoning. Turn over well. Remove from flame. Serve with ghee, when hot.

206. ALU PARATHA (India - Konkan)

Ingredients:

Potatoes	5
Green chillies	6
Grated coconut	1 tbsp.
Coriander leaves	1/4 bunch
Salt & Asafoetda	to taste
Wheat flour	as required

Method of preparation:

Boil potato in water. Peel and keep aside. Chop coriander leaves and green chillies. Drop coconut gratings in a container. Blend with salt, chopped chilli and coriander leaves and asafoetida water. Mash the boiled potato with the blend. Make

pellets of the potato mix and keep aside. Prepare an equal number of 'puris' of desired size with the wheat flour. Place a pellet of the potato mix on each puri. Cover it up fully by gathering up the edge on all sides. Dust the ball with wheat flour and roll into chapati of big size. Cook on hot tawa, smeared with ghee, on both sides moderately. Repeat the process till all the parathas are prepared.

207. CASSAVA PUTTU - (India - Kerala)

Ingredients:

Cassava flour	1 ³ / ₄ cup
Rice flour	1 cup
Grated coconut	1 cup
Salt	to taste

Method of preparation:

Mix the flour well with required quantity of water and salt without lumps. Fill the mixture in the special container used for this preparation with the coconut scrapings in between. Steam for 10 minutes.

208. SEASONED CASSAVA (India - Kerala)

Ingredients:

Cassava	500 g
Grated coconut	2 cups
Mustard	1 tsp.
Dry chillies	2-3
Blackgram	1 tsp.
Oil	2 tbsp.
Salt	to taste

Method of preparation:

Cut cassava into small pieces and cook. Fry mustard, dry chillies and blackgram in hot oil and add to the cooked cassava. Add coconut gratings. Mix well and serve hot.

209. CASSAVA PUZHUKKU (India - Kerala)

Ingredients:

Cassava	500 g
Cow pea or pigeon pea or horse gram	1 ¹ / ₄ cups
Banana (raw)	2
Grated coconut	1 cup
Dry chillies	10 to 12
Coconut oil	2 tbsp.

Curry leaves

4-5

Method of preparation:

Chop cassava into small irregular pieces and cook in boiling water. Cowpea or pigeon pea or horse gram and the plantain pieces are cooked in adequate water with turmeric and salt and added to the cassava pieces. Grind coconut and red chillies coarsely into a paste and add to the above mixture. Boil the Puzhukku for 10 minutes and remove from fire. Add coconut oil and curry leaves. Serve with rice gruel or tea/coffee.

210. COCONUT RICE (India - Goa)

Ingredients:

Basmati or any fine rice	3 cups.
Grated coconut	4 cups
Ghee	3 tbsp.
Onion (finely sliced)	1 ¹ / ₂ cup
Peppercorns	1 ¹ / ₂ tsp.
Turmeric powder	2 tsp.
Salt	1 tsp.

Method of preparation:

Grate the coconut, soak in three cups boiling water, and when lukewarm, pass through a blender and strain the juice.

Soak the rice for half an hour. Heat ghee and fry the onion till brown. Drain and set aside. In the same ghee, add the peppercorns, rice and turmeric. Fry for 5 minutes. Add the coconut milk and enough water so that it stands 1" above the rice. Add salt. Bring this to a boil, reduce the heat and cook till the rice is tender. Garnish with the fried onions. Serves 6.

211. RICE DUMPLINGS (India - Karnataka)

Ingredients:

Boiled rice	1 ¹ / ₂ kg.
Grated coconut	1 ¹ / ₂ cup
Salt	to taste

Method of preparation:

Wash and soak rice in water for 3 hours. Grind it to a fine paste with just enough water along with coconut and salt. Remove and cook this mixture over a medium flame, stirring continuously till solid enough to be rolled into balls. Make small lemon-sized balls. Steam till cooked. Jaggery could be added to sweeten this.

212. AREPUDA-ADYE (India - Karnataka)**Ingredients:****Prawn curry**

Prawns, (cleaned and washed)	2 cups
Coconut (grated)	3 cups
Red chillies	15-16
Coriander seeds	2 tsp.
Jeera	1/2 tsp.
Methi and oama seeds	(a pinch of each)
Peppercorns	5-6
Oil	for frying
Turmeric powder	1/4 tsp.
Garlic	2 flakes
Tamarind	(size of a small lemon)
Onions, chopped	1 cup
Salt	to taste

Method of preparation:

Fry ingredients from 3 to 7 in a little oil. Then grind fried ingredients along with coconut, turmeric, garlic and tamarind to a fine paste. Remove the masala, add it to the cleaned prawns along with 2 chopped onions, salt to taste and cook it till done. Season with 2 tbsp. oil and 1 onion.

To this curry add prepared rice dumplings. Simmer for 1 minute, remove from fire and serve.

213. ROTI (Sri Lanka)**Ingredients:**

Rice flour (slightly roasted)	1 kg.
Grated coconut	1/2 kg.
Salt	to taste
Boiling water	if necessary

Method of preparation:

Put the flour and coconut into a basin, add salt to taste and mix well with the hand adding a little boiling water, if the paste is too dry. Form the paste into balls and flatten out on plantain leaves. Bake the rotties in an open rotty-chatty or pan over the fire. When one side is done turn over and bake the other side.

214. QUICK RICE DOSA (India - Karnataka)**Ingredients:**

Raw rice	1 cup
Coconut	1/2 (grated)

Cooked rice	handful
Salt	to taste
Oil	sufficient for frying

Method of preparation:

Wash the raw rice and grind it with grated coconut and cooked rice to a fine paste. The batter should be fairly thick. Add salt to taste. Keep the chapati-tava on the fire and rub it with a little oil. Pour ladleful of batter. Cover it with a lid and cook until done.

215. COCONUT DOSA (India - Karnataka)**Ingredients:**

Raw rice	2 cups
Urad dal (black gram)	1/2 cup
Coconut (grated)	1/2
Salt	to taste

Method of preparation:

Wash and soak rice and dal together for 3 to 4 hours. Drain completely. Grind it into a fine paste along with coconut and salt. Remove and keep aside for 8 hours. Spread one laddle farl on a heated greased tava. Cover & cook for 2-3 minutes or till cooked. Remove from tava carefully and serve hot.

216. APPAM (1) (India - Karnataka)**Ingredients:**

Raw rice	2 cups
Tender coconut	2
Half-cooked rice	1/2 cup
Yeast	1 1/2 tsp.
Salt	to taste
Oil	for frying

Method of preparation:

Wash and soak the raw rice for 6 hours. Then grind raw rice, tender coconut and half-cooked rice finely. Remove from grinder and add diluted yeast and salt and beat well. The batter should be of dropping consistency. Cover and keep overnight.

Keep the chapati tava on the fire and rub with a little oil. Appam should be prepared in a deep tava. Pour 1 ladleful of batter and slowly shake the tava round so that a thin layer forms on the sides and the middle part remains thick. Cover and cook till done. The middle part will be fluffy and sides thin and crisp. Remove and serve.

217. CASSAVA IDIAPPAM (India - Kerala)**Ingredients:**

Cassava flour	1½ cups
Salt	to taste
Grated coconut	¾ cup

Method of preparation:

Add salt and just boiled water to the cassava flour and make into a soft dough. Use an idiappam mould and press out the dough. Spread the coconut scrapings over it. Steam it for 10 minutes. Remove and serve hot or cold with sweet coconut milk, chutneys or curries.

218. MAIDA DOSAI (India - Konkan)**Ingredients:**

Maida (flour)	3 cups
Green chillies	3
Table salt	1 tsp.
Grated coconut	1 cup
Cumin seeds	½ tsp.
Mustard seeds	½ tsp.
Ghee	4 tsp.
Curry leaves	1 sprig
Oil	for frying

Method of preparation:

Sieve maida. Chop green chillies. Mix coconut gratings, salt and green chillies together in a vessel. Pour 2 cups of water in it, and mix the maida, not allowing to form lumps. Add some water to dilute the batter. Season with cumin, mustard and curry leaves in ghee. Place dosa-pan on flame. Smear it with oil. Spread batter thinly on pan, when hot. Fry dosai on both sides (Note : If 2 tbsps of wheat rava is added to the batter, simple 'rava dosai' is obtained)

**219. IDIAPPAM (RICE SEMIA or NOODLE)
(India - Konkan)****Ingredients:**

Raw rice	750 g.
Grated coconut	2 cups
Oil (for greasing)	a little
Salt	to taste

Method of preparation:

Soak raw rice in water for 3 hours. Wash. Choose a slightly tender coconut and grate the

kernel. Grind the coconut gratings with rice to a wide-mouthed deep vessel fine paste. Add salt. Transfer the paste to a degchi*. (Note: Grease the bottom of the degchi with a little oil beforehand). Dilute the paste with some water used for washing the grinder. Place it on flame. Go on stirring till the paste becomes stiff enough to be shaped into balls. Then remove from flame. Grease the semia-mould with a little oil. Shape the balls in oval form, when still warm. Make a small depression in each, with moistened fingers. Spread a plantain leaf on the perforated sheet of an idli-vessel. Place the oval shaped balls vertically on it. Steam, under cover, for 15 minutes (i.e. till the balls are cooked properly). Then open the lid, take out the balls one by one, with a pair of tongs, insert it in semia mould, press the ball and collect the emerging semia on a plate held underneath. Spread a clean wet cloth on a wooden board, and lay the semias on it, without touching each other. When cool, transfer the semias to a basin and keep aside covered with cloth.

* Wide-mouthed deep vessel.

220. SOORNALI (India - Konkan)**Ingredients:**

Raw rice	500 g.
Grated coconut	1 cup
Beaten rice	250 g.
Turmeric	1 small piece
Milk	½ cup
Fenugreek seeds	1 tsp.
Salt	to taste
Oil	for frying
Buttermilk	2 tsp.

Method of preparation:

Soak raw rice and fenugreek together, in water for 2 hours. Wash. Grind with coconut gratings and turmeric. When half done, add beaten rice (previously washed) and grind to a fine paste. Before taking out, add salt and grind for a while. Transfer the batter to a vessel. Pour milk and buttermilk over it and keep aside, under cover, overnight. Next day, dilute the batter a little with water, if necessary. Spread the batter evenly (one ladleful) on hot dosa-pan smeared with oil, and fry under cover, one side only, and then lift it from the pan. (Note: If a cup of buttermilk is added while grinding itself, there is no need to pour milk and buttermilk over the batter later).

Sweet Soornali:

Crushed jaggery (to taste) is added to the batter before taking out the paste, and ground for a while.

Coconut water Soornali:

Add coconut water (instead of fresh water) while grinding. There is no need to add buttermilk.

Cucumber/ash-gourd soornali:

Add pieces of half cucumber/ash-gourd core (seeds removed) while grinding, and follow the same method as above.

221. UNDI (India - Konkan)**Ingredients:**

Rice	1/2 kg.
Grated coconut	1 cup
Fenugreek seeds	1/2 tsp.
Oil	4 tsp.
Mustard seed	1/2 tsp.
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Soak rice in water for 2 hours. Wash. Grind with coconut gratings a bit coarsely (i.e., to fine sooji consistency). Add salt. Transfer the paste to a vessel. Bring to the consistency of batter for plain dosai, by adding enough water used for washing the grinder. Prepare seasoning, in frying pan, with fenugreek, mustard and curry leaves in oil. Drop the ground paste in it and turn over, till it becomes fairly stiff. Remove from flame. Shape balls of the paste, making a small depression in each. Spread a piece of plantain leaf on the perforated sheet of an idli vessel, place the undis on it, side by side, and steam under cover for 15 minutes. Then take out and serve the undis with butter. (Note: Undis can be steamed in a container of pressure cooker, if plantain leaf is not available.)

222. RAVA IDLI (India - Konkan)**Ingredients:**

Bombay sooji	250 g.
Sweet curd (thick)	500 g.
Ghee	5-6 tsp.
Green chillies	5
Ginger	1 small piece
Coconut (gratings)	4 tbsp.
Cashewnuts	10-12

Curry leaves	1 sprig
Mustard seeds	1/2 tsp.
Salt	to taste

Method of preparation:

Chop ginger and green chillies finely. Prepare seasoning in frying pan with mustard and curry leaves in ghee, and add chopped green chillies to it. Then mix sooji and cashewnut bits with the seasoning and roast for a few minutes (till brown) on low flame. Remove from flame. When cool, transfer the roasted sooji to a vessel. Prepare idli mix by adding coconut gratings, curd and a little salt to the sooji and keep aside for half an hour. Rest of the method is same as for plain idli, except that the idli cups are greased with ghee, instead of oil.

223. KANCHIPURAM IDLI

(India - Tamil Nadu)

Ingredients:

Black gram dal	1 cup
Raw rice	1 cup
Bengal gram dal	1 tbsp.
Oil	2 tbsp.
Cashewnuts	8
Green chillies	4
Baking soda	2 pinches
Grated coconut	1 cup
Ginger	2 cm piece
Coarse pepper powder	1/2 tsp.
Sour curd	3/4 cup
Salt	1 1/4 tsp.
Curry leaves	1 tbsp.

Method of preparation:

Soak rice and black gram dal together, in water for 2-3 hours. Grind to a fine sooji consistency, adding a little water. Allow the batter to ferment for 8 to 10 hours. Half an hour before preparing idlis, soak bengal gram dal in water. Then add the soaked dal to the batter. Mix well. Fry chopped chillies, pepper, cumin, cashewnut bits and chopped ginger in a frying pan, using a little oil, and put them into the batter. Add curry leaves, baking soda, salt and curd. Mix well. Rest of the method is same as for rice idli. (Note: If idlis are urgently required, all the ingredients can be mixed well with the idli batter, in the above manner, kept aside for 2 hours and then steamed for 15-20 minutes.)

224. SANNA POLO (India - Konkan)**Ingredients:**

Tur dal (Pigeon pea)	125 g.
Raw rice	125 g.
Red chillies	10
Tamarind lump	(size of tamarind seed)
Grated coconut	1/2 cup
Onion	2
Oil	for roasting
Salt	to taste

Method of preparation:

Soak rice with tur dal in water for 2 hours. Grind coconut gratings with red chillies and tamarind to a fine paste, adding a little water. Mix chopped onion and transfer masala to a vessel, after adding salt. Place greased dosa pan on flame. When hot, flatten masala on it to make 2-3 small dosas (1/8" thick). Roast for a while. Pour a few drops of oil on each dosa. Turn over. Roast the other side also till brown, and take it out. Chopped cabbage can be added to masala, if desired.

225. SANNA KHOTTU (India - Konkan)**Ingredients:**

Green gram/tur dal	125 g.
Rice	200 g.
Grated coconut	2 cups
Tamarind lump	(marble size)
Red chillies (roasted)	15
Asafoetida	1 small piece
Salt	to taste

Method of preparation:

Soak rice with green gram (or tur dal) for 2-3 hours in water. Grind coconut gratings with tamarind, asafoetida and roasted red chillies to a smooth paste. Add salt and grind for a while. Cook the masala over steam, under cover (in the same way as idli) in greased idli-cups. It can also be cooked in cups stiched with leaves of jackfruit tree (khotte) or like sannan. Chopped onion can be mixed if desired in place of asafoetida.

226. COCONUT SANNAN (India - Konkan)**Ingredients:**

Grated coconut	1 cup
Raw rice	125 g.

Red chillies	12 (roasted)
Tamarind lump	(marble size)
Asafoetida	1 small piece
Salt	to taste

Method of preparation:

Soak rice in water for 15 minutes. Wash and keep aside. Grind coconut gratings with roasted red chillies, tamarind and asafoetida in a smooth paste. Add rice and grind till it assumes a rava consistency. Add salt. Grease the inner container of a pressure cooker with oil. Pour masala into it (about 1" thick). Cook over steam in an idli vessel, under cover. (Note : Pressure cooker can be used instead of idli vessel).

227. "BUCO" OMELET (Philippines)**Ingredients:**

Buce (coconut)	1/2 cup grated
Pork	1/2 cup minced
Potato	1
Pepper (ground)	2 pinches
Lard	2 tbsps.
Eggs	2
Small onion	1
Salt	1/2 tsp.

Method of preparation:

Fry the finely chopped garlic and onion in lard. Add the pork, coconut and sliced potato and salt and pepper to taste. Continue frying until cooked. Beat the eggs, put in a frying pan in which lard has been heated, and pour the fried mixture over. Continue frying, folding over the eggs. Fry on all sides until brown. Serve hot.

228. MUTTON AND CASSAVA RED CURRIED SAUCE (India)**Ingredients:**

Mutton	1/2 kg.
Cassava	180 g.
Curry powder	2 tsp.
Salt	to taste
Turmeric powder	1/2 tsp.
Onions (big)	4 Nos.
Ginger	2" piece
Garlic (chopped)	2 tbsps.
Coriander leaves	a few
Grated coconut	1 cup

Khus Khus	2 tsp.
Ghee	3 tsp.
Cloves	2
Cinnamon	1" piece
Chilli powder	1 tbsp.

Method of preparation:

Grind ginger and garlic to a smooth paste. Grind the coconut and khus khus together into another separate smooth paste. Chop the onions into tiny bits and mutton and cassava into pieces. Have 4 big glassfuls of boiling hot water handy. Fry cloves, cinnamon and chopped onions in ghee. Add the mutton pieces and fry. Add curry powder, salt, turmeric powder, ginger and garlic paste and fry for 5 minutes. Add the hot water to cover the mutton just completely and cover with a lid. Allow to boil over moderate heat for the first 25 minutes. Then simmer over reduced heat till the mutton is tender. Add the cassava pieces and cook. When the cassava pieces are tender add the coconut and khus khus mixture made into a batter by diluting with a cup or two of hot water. The sauce is simmered gently till it reaches the desirable consistency. Just before removing the sauce from the fire, add chopped curry leaves and boil for one minute.

229. STUFFED POMFRET (India - Goa)**Ingredients:**

Pomfret	1 large
Coconut	1/2 grated
Coriander leaves	1 large bunch
Garlic	2 flakes
Ginger	1/2 cm piece
Tamarind	walnut size ball
Chillies	2
Sugar and salt	to taste
Pepper corns	3

Method of preparation:

Chutney: Grind fine the coconut together with coriander leaves, garlic, ginger, tamarind, green chillies, salt, sugar and pepper corns.

Leave - the pomfret whole and slit on either side. Stuff with the chutney, secure with a string, dot with ghee and bake in a moderate oven, till done. Remove string, and serve garnished with sliced lemon.

230. CHICKEN BAFFAD (India - Goa)**Ingredients:**

Chicken (jointed)	1 kg.
Kashmiri chillies	8 nos.
Turmeric	1/2 tsp.
Peppercorns	20 nos.
Cumin	1/2 tsp.
Cloves	5
Cinnamon	2 cms piece
Onions	2
Green chillies	3
Ginger	2 cm piece
Garlic	12 flakes
Coconut	1 cup
Vinegar and salt	to taste

Method of preparation:

Grind together the Kashmiri chillies, turmeric, pepper, cumin, cloves and cinnamon. Finely chop the onions, green chillies, ginger and garlic. Scrape the coconut, add a cupful of hot water, cool and then pass through a blender. Strain the thick juice. Repeat process and strain the thin milk. Set aside. Salt the chicken. Fry the onions, add the chicken and the green chopped masala. Next add the ground masala and fry well. Add the thick and thin coconut milk (this juice should just cover the chicken) and cook. When nearly done, add vinegar and cook a little more till chicken is tender.

231. CHICKEN SHAKUTI (India - Goa)**Ingredients:**

Chicken (or mutton)	1 kg.
Coriander	3 tsp.
Kashmiri chillies	8
Cumin	1/2 tsp.
Fenugreek seeds	1 tsp.
Pepper corns	5
Peanuts	2 tsp.
Coconut	1/2 cup
Turmeric	1/2 tsp.
Cardamom	4
Cloves	6
Cinnamon	2 cm piece
Sour lemon	1
Salt	to taste

Method of preparation:

Roast the coriander seeds, chillies, cumin, fenugreek, pepper, peanuts, and coconut gratings

on a dry pan. Add the turmeric, cardamoms, cloves and cinnamon and grind all finely.

Warm some ghee and brown the ground masala well. Add chicken pieces, salt and enough water to cook. When cooked, add the juice of one lemon.

232. FRIED BRAIN (India - Goa)

Ingredients:

Brain	1/2 kg.
Green chutney	as required
Egg	1 (beaten)
Breadcrumbs	as required
Salt and pepper	to taste

Method of preparation:

Parboil the brain with a little salt. Slice. Spread the chutney on either side of the brain. Dip in the egg, then breadcrumbs, and fry.

233. GREEN CHUTNEY (India - Goa)

Ingredients:

Coconut	1/2 cup
Coriander leaves	1 large bunch
Green chillies	2
Sugar and salt	to taste
Ginger	1 cm piece
Garlic	2-3 flakes
Peppercorns	4
Tamarind	size of a walnut

Method of preparation:

Grate the coconut kernel finely. Grind all the ingredients to a fine paste, adding sugar and salt to taste. This can also be used for accompanying Dosa, Vada and goes very well with fried Brain.

234. COCONUT OMELETTE

(India - Karnataka)

Ingredients:

Eggs	2 beaten
Finely grated coconut	2 tbsp.
Coondapur chilli powder	2 tbsp.
Onion	1/2 (chopped fine)
Green chilli	1 (finely chopped)
Ghee	1 tbsp.

Method of preparation:

Mix all ingredients together except ghee. Then

put ghee on a tava, pour the mixture and spread evenly. Cook on slow fire. Turn over and cook the other side. Remove and serve.

235. MACKEREL AND TAPIOCA

(India - Kerala)

Ingredients:

Mackerel (Ayala) boiled with salt and Garciria and flaked	250 g.
Tapioca diced	500 g.
Grated coconut	1/2 cup
Dry chilli seeds	1/2 tsp.
Button onions	2
Garlic cloves	2
Ginger small piece	1
Turmeric powder	1/2 tsp.
Oil	2 des. sp.
Mustard	1/2 tsp.
Onion chopped fine	1 des. sp.
Curry leaves	few
Dry chillies	2
Grated coconut	2 des. sp.

Method of preparation:

Grind the ingredients 3-8 together. However, the coconut should be ground coarse.

Cook tapioca, strain and mash it while hot. Keep the ground ingredients in the centre and cook with the pan covered. When steam comes, stir gently. Add fish stock and salt. Stir in the flaked fish. Fry mustard in hot oil and add ingredients 11-14. Fry and mix in the curry.

236. STUFFED PRAWNS (Malaysia)

Ingredients:

Prawns	1 pint
Shredded coconut	1/4 cup
Egg	1
Flour	2 tbsp.
Salt	1/2 tsp.
Green onion	as required
Pepper	to taste

Method of preparation:

Remove the shells of the prawns but do not remove tails, then open the backs and fill with shredded coconut, finely chopped green onions, salt and pepper to taste. Close the prawns, tie with

cotton and dip each in a thick mixture of well-beaten egg and flour. Fry in deep, hot fat and serve hot.

DESSERT

237. COCONUT FUDGE - (Philippines)

Ingredients:

Coconut (grated)	1½ cups
Butter	2 tbsp.
Chocolate squares	125 g.
Sugar	2 cups
Milk	⅔ cup
Vanilla	1 tsp.

Method of preparation:

Boil together milk and chocolate; add sugar and cook until mixture forms a soft ball in cold water. Remove from fire and add butter and vanilla. Beat until stiff; then add coconut and turn into a buttered pan. Cool and cut to small squares.

238. BUCO CHOCOLATE CAKE (Philippines)

Ingredients:

Buco (grated coconut)	½ cup
Flour	1½ cups
Baking powder	½ tsp.
Sugar	½ cup
Salt	½ tsp.
Egg	1
Milk	¼ cup
Cocoa	2 tbsp.
Butter	¼ cup

Method of preparation:

Melt the butter add the cocoa. Remove from fire, add the sugar and beat well. Add the well beaten egg and grated buco. Mix in the milk alternating with the flour sifted with baking powder and salt. Pour into a greased cake tin and bake in a hot oven upto 40 minutes.

239. COCONUT DELIGHT (Philippines)

Ingredients:

Coconut (grated)	1 cup
Sugar	½ cup
Butter	½ cup
Cake crumbs	½ cup
Egg yolks	2
Vanilla	1 tsp.

Egg white 1

Method of preparation:

Cream butter and sugar until smooth; add egg yolks, grated coconut, cake crumbs, and vanilla, and mix well. Pour into muffin tins lined with pie crust. Sprinkle grated coconut on top and bake in a moderate oven until done.

To make the crust : Work with the fingers ½ cup shortening and 2 cups flour previously sifted with 1 tsp. salt. Add ½ cup cold water and work lightly without kneading. Place on a floured board and roll to a thin sheet. Cut pieces to fit muffin tins.

240. "BUCO" PUDDING No. 1 (Philippines)

Ingredients:

Green coconut	2
Butter	1 tbsp.
Egg	1
Flour	3 tbsp.
Coconut milk (santan)	½ cup
Vanilla	1 tsp.
Sugar	⅓rd cup

Method of preparation:

Mix the coconut, coconut milk, sugar and melted butter. Add well-beaten egg and flour. Pour into a greased baking dish set in a pan of hot water and bake in a moderate oven.

241. BAKED CUSTARD WITH COCONUT MEAT (Malaysia)

Very young green coconut	1
Eggs	3
Sugar	4-5 tbsp.
Milk (cow's or tin)	1 cup

Method of preparation:

Split the green coconut and scrape out the inside (jelly-looking meat) with a spoon. Put aside. Beat eggs and sugar well, add the milk, stir in the jelly-like coconut scraped out of the nut.

Pour all into a buttered pie dish and bake till set.

242. COCONUT ICE CREAM (America)

Coconut sundae chilled and presented in a half nut laid on ice.

Ingredients:

Egg yolks	4
Sugar	2 tbsp.
Coconut milk	1 cup

Method of preparation:

Warm the milk, add the beaten eggs and sugar, freeze. Sprinkle with grated coconut and sugar on top.

243. COCONUT AND BANANA ICE CREAM

(Malaysia)

Ingredients:

Coconut	2
Bananas	6
Sugar	$\frac{3}{4}$ cup
Water	6 or 7 cups

Method of preparation:

Grind the coconut meat and squeeze with the water. Mash the bananas and add the sugar to them; then stir this into the coconut milk and put into the freezer which should be charged with 1 part of coarse salt and 3 parts of crushed ice. This ice cream may also be made without the bananas.

244. COCONUT PUDDING (India)**Ingredients:**

Grated coconut	1 cup
Cornflour	2 tbsp.
Vanilla essence	a few drops
Sugar	to taste
Cow's milk	1 pint
Eggs	2
Grated nutmeg	$\frac{1}{2}$ tsp.

Method of preparation:

Soak the coconut in milk for 1 hour. Put into a saucepan and thicken with cornflour (mixed with a little milk). Remove from fire, stir in yolks of eggs and sugar. Flavour with essence and nutmeg. Pour mixture into greased piedish and fold in stiffly beaten whites, cook in a moderate oven until set.

245. COCONUT PUDDING (India)**Ingredients:**

Grated coconut	1 cup
Cow's milk	1 cup

Seeded raisins	$\frac{1}{2}$ cup
Well beaten egg	1
Bread crumbs	3 tbsp.
Sugar	3 tbsp.
Butter	2 tbsp.

Method of preparation:

Beat all well together, bake in a buttered dish slowly for 1 hour. Serve hot.

Thick coconut milk (1st extract) may be used instead of cow's milk.

246. COCONUT PIE (India)**Ingredients:**

Grated coconut	$\frac{1}{2}$ lb.
Butter	6 ozs.
Rose water	2 tbsp.
Sugar	$\frac{3}{4}$ lb.
Eggs (whites only)	5
Nutmeg	1 tsp.

Method of preparation:

Cream butter and sugar, add rose water, coconut, add nutmeg and whites of eggs, beaten to stiff froth, stir all genly with a spoon, bake at once in a buttered tin. Sprinkle with sugar and eat cold.

247. COCONUT PUDDING (India)**Ingredients:**

Butter	2 ozs.
Sugar	2 ozs.
Eggs	4
Rulang (semolina)	2 tbsp.
Coconut	1

Method of preparation:

Beat the butter and sugar to cream, add yolks of eggs and beat. Add rulang, grated coconut and stiffly beaten whites of eggs and stir with spoon. Pour mixture into buttered pie-dish and bake.

248. COCONUT CUP (Malaysia)**Ingredients:**

Coconut meal	
Orange and lemon juice	3:1
Cream	
Nutmeg	

Method of preparation:

Moisten the coconut meal with 3 parts orange juice and 1 part lemon. Leave in refrigerator for an hour. Top with whipped cream and a dash of nutmeg. Beaten egg white added to cream (tinned or reconstituted) improves the flavour and is economical.

249. DUFFIELD PUDDING (Malaysia)**Ingredients:**

Butter	4 oz.
Carrot (grated)	1 tea cup
Beetroot	1/2 tea cup raw
Almonds (ground)	2 oz.
Coconut meal	4 oz.
Rind of oranges	2
Rind of lemons	2
Raisins	8 oz.
Egg	1

Method of preparation:

Mix the beetroot, carrot, ground almonds and coconut. Melt the butter and add to the beaten egg yolks with 1 tbsp. water. Mix together with the grated rind and raisins. Beat the egg whites and mix all ingredients together. Put into buttered basin; cover with greased paper. Steam for 1 1/2 hours. Make pineapple sauce by adding 1/4 oz. agar agar to 3/4 pint pineapple juice and 1/2 cup crushed pineapple. Turn out the pudding and serve hot.

250. COCONUT PUDDING (India)**Ingredients:**

Coconut	2
Eggs	10
Sugar	1 cup
Rice flour	1 cup
Ground almonds	as required

Method of preparation:

Cream eggs and sugar together till it flakes (use only three whites) sprinkle in the rice flour, ground coconut and almonds, mix well, pour into buttered piedish and bake.

251. "BUCO" PUDDING NO. 2 (Philippines)**Ingredients:**

Buco (coconut) chopped	1/2 cup
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Cornstarch (cornflour)	1 1/2 tbsp.
Sugar	1/2 cup
Milk	1 cup
Egg	1
Vanilla	1 tsp.

Method of preparation:

Make a thin paste with cornstarch (cornflour) and milk, and put it in a double boiler. Boil 15 minutes. Take off the fire and add the beaten egg. Add the buco, sugar and vanilla. Put again on the fire and stir constantly until thick and creamy. Transfer to a mould and chill.

252. MOUSSE AU LAIT DE COCO OR COCONUT MOUSSE (Mauritius)**Ingredients:**

Grated coconut	200 g.
Milk	4 cups
Mousse	1 stick
Sugar	3 tsp.
Vanilla essence	few drops
Badam (almonds)	8
(Coloured)	

Methods of preparation:

Add 2 cups of hot milk to the grated coconut and bring to boil. After one hour, squeeze the mixture through a piece of cheese cloth to obtain the coconut milk. Heat the remaining 2 cups milk, the Mousse and the sugar in a recipient. When the mousse and sugar are molten, add the coconut milk and remove from heat. Pour the mixture into a deep plate - cool. Decorate with the badam nuts.

253. TENDER COCONUT SOUFFLE (India)**Ingredients:**

Tender coconut	2
Eggs	3
Sugar	1/2 kg.
Milk	3/4 litre
Gelatine	2 tbsp.
Vanilla essence	1 tsp.
Lime juice	1 tbsp.

Method of preparation:

Add milk and sugar to the yolk of eggs and beat well. Boil on slow fire till it becomes a thick custard. Add gelatine mixed with 1/4 cup of water.

To this add chopped kernel of tender coconut with half tumbler coconut water and keep aside. Beat white of eggs nicely till fluffy, and add one table spoon full of sugar and beat again. Pour into warm custard and mix well. Add essence, and lime juice & freeze.

254. COCONUT CAKE (India)

Ingredients:

Fine sugar	1/2 kg.
Butter	1/2 kg.
Eggs	8
Rolong (coarsely powdered wheat)	300 g.
Flour	125 g.
Baking powder	1 tsp.
Nutmeg (grated)	2
Caraway seeds	1/2 tsp.
Cinnamon powder	1/2 tsp.
Powdered ginger	1/2 tsp.
Young coconut	1 1/2
Coconut milk	1/2 cup

Method of preparation:

Beat well together to a cream, fine sugar and butter. Add yolks of eggs, one by one, beating the mixture constantly. Stir in the whites beaten to a stiff froth. Throw in gradually rolong, mix well, then add a little at a time fine flour, mixed with baking powder, grated nutmegs, caraway seeds, pounded cinnamon and dry ginger. When these are thoroughly mixed, stir in the gratings of coconuts. Lastly, pour in thick coconut milk obtained from half a coconut. Bake the cake in shallow tins buttered.

255. SAGO SWEET (Mauritius)

Ingredients:

Minute tapioca	1 cup
Water	4 cups
Sugar	1 cup
Grated coconut	2 cups
Green food colouring	2 tsp.

Method of preparation:

Wash and drain the tapioca. Bring the water and sugar to a boil, stir in the tapioca and cook until transparent. Add the colours. Pour into a greased 8 inch pan. Chill. Cut in squares and coat all sides with coconut.

256. GREEN GRAM DAL PAYASA PADENGI BELE PAYASA (India - Karnataka)

Ingredients:

Green gram dal	1/4 kg.
Sago	100 g.
Milk of coconut (thick/thin milk)	2+2 cups.
Jaggery (grated)	1/2 kg.
Cardamom (crushed)	1 tsp.
Cashewnuts	15
Raisins	20

Method of preparation:

Boil sago with about 5 cups thin coconut milk. When it is half cooked, add green gram dal and cook it for some more time. When the dal is half-cooked, add jaggery and keep on stirring. Then add thick coconut milk, cardamom and dry fruits. When it is cooked, remove from fire and serve with hot ghee.

257. COCONUT ICE CREAM (Vietnam)

Ice cream served in tender coconut with pineapple, grapes, strawberry, dry banana, date and peanut.

258. PASTA MERCEDES (Philippines)

Ingredients:

Maraschino cherries	as required
Butter	2 tbsp.
Macapuno (coconut) mashed	1
Fresh milk	1 cup
Sugar	to taste
Casuy nuts (cashew nuts)	1/4 cup.
Egg yolks	1/4 cup.

Method of preparation:

Add milk to mashed macapuno and cook over low heat until most of the milk has evaporated. Add sugar to taste and casuy. Remove from fire, add lightly beaten yolks and butter and mix well to avoid curdling. Continue cooking over low heat, stirring constantly, until mixture can be shaped into balls. Remove from fire, cool, shape into balls, the size of a small calamansi. Brush with beaten egg yolk, top with thin slices of cherries and bake on buttered cookie sheet in moderate oven until brown.

259. MAKAPUNO MERINGUE

(Philippines)

Ingredients:

Makapuno coconut	1 no.
Egg whites	3 nos.
Anise	1 pinch
Sugar	1-1 $\frac{1}{2}$ cups.
Baking powder	$\frac{1}{4}$ tsp.

Method of preparation:

Remove the syrup part of the makapuno. Grate the makapuno or chop the soft meat. Beat the egg whites until stiff and dry. Add baking powder and then the sugar little by little, and then the anise. Shape **makapuno** into balls and then coat with meringue. Arrange in rows in greased baking sheets and bake in a slow oven until the meringue is dry.

260. SUGAR COATED COCONUT CANDY

(Vietnam)

Ingredients:

10 month old coconut	1.0 kg. (sliced)
Sugar	1.0 kg.
Vanilla essence	a few drops.

Method of preparation:

Mix both and put on fire, stir till just dry. Add few drops of vanilla.

261. COCONUT CANDY (Vietnam)**Ingredients:**

Sugar	1.0 kg.
Coconut (grated)	0.5 kg.
Malt	0.2 kg.

Method of preparation:

Squeeze the grated coconut (2 times) for getting the coconut milk. Pour it with sugar and malt in the casserole and stir well. Place it over medium heat until the mixture is well blended and becomes slightly thick.

Remove from heat. Pour the mixture on the plastic tray applied with coconut oil. Let it cool down till it is comfortably warm to the touch. Drive a big steel spike into a wall for drawing the mixture up and down many times until it becomes whitish. Place on the tray and spin it into a long string. Cut into small pieces, and wrap with cellophane paper.

262. BANANA COCONUT CANDY (Vietnam)**Ingredients:**

Dried ripe banana	1 kg.
Half mature coconut	1
Sugar	1 kg.
Coconut oil	4 tbsp.
Roasted Sesame	100 g.
Roasted groundnut	200 g.
Ginger	200 g.
Vanilla	1 tsp.
Drier	250 g.

Method of preparation:

Slice dried ripe bananas along length into 3 slices for each fruit and add one small bowl of water and sugar into the casserole and cook over low heat. Stir constantly till it becomes a thick syrup. Add 4 tablespoons of coconut oil. Coconut and ginger have to be cut into thin small slices (ginger has to be treated with brine solution for limiting the hot taste). Put them into the casserole and stir firmly until the mixture becomes thick. Remove from heat and spread the mixture in a plate smeared with coconut oil and sprinkled with peanut and sesame. Press the mixture and apply roller to spread. Put peanut and sesame again on the surface and press again, cut to pieces and pack in cellophane.

263. COCONUT TOFFEE (India - Goa)**Ingredients:**

Granulated sugar	2 cups
Milk	1 cup
Butter	4 tbsp.
Freshly grated coconut	2 cups.
Cashewnuts (chopped)	2 tbsp.
Rose or almond essence	a few drops

Method of preparation:

Put the sugar, milk, 2 tbsp. butter and coconut in a pan, place it on a slow fire and stir till every grain of sugar has dissolved. Cook to soft ball stage (when a little dropped in cold water forms a soft ball). Add the other 2 tbsp. butter and take the pan off the fire. Beat for a while, then add essence. Pour into buttered thalis and when cool, cut into squares.

264. SEMOLINA BALLS (India - Goa)**Ingredients:**

Semolina	2 cups
Sugar	1 cup
Water	1/2 cup
Ghee	1 tbsp.
Grated coconut	2 cups
Rose water	to taste
A few cardamoms, raisins and nuts	

Method of preparation:

Make a syrup of the sugar and water. Fry semolina lightly in ghee and when syrup is sticky, add semolina, scraped coconut, rose water and cardamoms (crushed). Lastly, add nuts and raisins. Stir till thick. Cool a bit and form into balls, and serve.

265. CASSAVA GULAB JAMUN (India)**Ingredients:**

Cassava	125 g.
Maida	2 tbsp.
Sugar	1 1/2 cups.
Khoa	2 tbsp.
Grated coconut	1/2 cup
Ghee	for frying

Method of preparation:

Cook cassava and mash well. Add maida to make the dough a little hard and make it into small balls. Make sugar syrup of medium thick consistency with water and keep aside. Mix grated coconut with khoa and a little sugar, and fry till brown in colour. Take small portions of the cassava dough and make into cup like shape. Keep a table spoon of coconut mixture in the centre of the cup and then close the cup and make into balls. Fry the balls in ghee till dark brown (use medium/slow fire) Put them at once in sugar syrup and allow to soak for about 2 to 3 hours.

266. CASSAVA KESARI (India - Kerala)**Ingredients:**

Cassava	250 g
Sugar	1 cup
Coconut (scraped)	1/4 cup
Kishmish (raisins)	10
Cashewnut	10
Cardamom (powdered)	1/2 tsp.

Ghee

2 tsp.

Method of preparation:

Cook casava and mash well. Prepare an extract of coconut milk. Steep the mashed cassava in the extract of coconut milk. Fry kismis and cashewnuts in ghee. Prepare sugar syrup of thread stage consistency. Add the mashed cassava to the syrup and cook for 10 minutes. Add cardamom powder, fried kismis and cashew nuts and mix well. Pour it on greased plate and cut into pieces.

267. CUCUMBER MUDDU (India - Konkan)**Ingredients:**

Cucumber (medium size)	1
Raw rice	250 g.
Grated coconut	1/2 cup
Green chillies	4
Salt	to taste
Ginger	1 small piece
Jaggery	1 small piece

Method of preparation:

Skin cucumber. Wash. Grate. Keep aside the gratings. Chop green chillies finely. Mince ginger. Wash rice. Dry it by spreading on a piece of cloth. Then powder it in mixie to fine sooji consistency. Squeeze out water from cucumber gratings and add salt, jaggery, chopped green chillies and minced ginger to them. Grind coconut gratings, using the squeezed out water. Mix well rava, cucumber gratings and ground coconut gratings. Fill greased idli cups with this blend and steam in an idli vessel under cover, till cooked. (Note : Steaming can be done by pouring the blend in a pressure cooker container, instead of idli cups. If rice cannot be powdered separately, it can be ground coarsely with coconut gratings.)

Sweet mudde can also be prepared by the same method, the only difference being there is no need for adding ginger and green chillies (chopped) to the blend. Instead, add a pinch of salt and 1/2 ball jaggery (crushed).

268. RAGI DUDDALI (India - Konkan)**Ingredients:**

Ragi	125 g.
Grated coconut	3 tbsp.
Cardamom	2-3 pods
Ghee	2 tsp.

Jaggery 1 ball

Method of preparation:

Soak ragi in water for 2 hours. Grind with coconut gratings finely. Strain the ground ragi through a cheese cloth and collect the extract in a degchi. Repeat the process 2 or 3 times, adding water to the residue left in cloth. Add crushed jaggery to the extract and cook on medium flame, stirring constantly, till consistency of porridge is reached. Then add powdered cardamom. Remove from flame. Porridge can be served, if desired. Cook the ragi porridge for some more time till it thickens (stirring constantly) and a stage is reached when, if tested on a plantain leaf, the sample fails to stick to fingers, when touched. Then transfer to a thali smeared with ghee. When cool, cut duddali into pieces of desired size.

269. COCONUT CRUNCH TORTE (USA)

Ingredients:

Graham cracker crumbs	1 cup
Coconut shredded	1/2 cup
Walnuts (chopped)	1/4 cup
Eggs	4
Salt 1/4 tsp.	
Vanilla	1 tsp.
Sugar	1 cup
Ice cream	1 pt.

Method of preparation:

Combine graham cracker crumbs, coconut, and walnuts. Beat egg whites with salt and vanilla till foaming; gradually add sugar and continue beating until egg whites are stiff. Fold graham cracker mixture into egg white mixture. Spread in well greased 9" pieplate or 10 x 6 x 1 1/2 in. baking pan. Bake in moderate oven (350°F) about 30 min. Cool, cut into wedges and top with scoops of ice cream.

SNACKS

270. COCONUT ROLLS (Philippines)

Ingredients:

Grated coconut	as required
Flour	1 cup
Sugar	1 tbsp.
Salt	1/4 tsp.
Candied kondol (ash gourd)	as required

Baking powder	2 tsp.
Melted butter	2 tsp.
Egg	1
Yolk or egg	1

Method of preparation:

Sift dry ingredients. Beat the egg and add the milk and melted butter. Mix with the dry ingredients. Place on floured board and knead lightly. Roll out very thin. Brush with melted butter, spread over it a mixture of grated coconut, sugar, and few pieces of chopped kondol, cooked to a thick paste. Form a roll with the dough and filling and cut slices 1/3 inch thick. Brush with egg yolk and bake in a hot oven for about 30 minutes.

Candied fruits can be substituted for kondol which is a kind of crystallized melon ('petha').

271. BUCO SCONES (Philippines)

Ingredients:

Buco (coconut)	1/2 cup grated
Flour	1 cup
Baking powder	1 1/2 tsp.
Salt	1/4 tsp.
Sugar	2 tbsp.
Shortening	3 tsp.
Egg	1
Milk	1/4 cup

Method of preparation:

Sift dry ingredients and work in shortening. Beat eggs and add to the milk. Then add the mixture to the dry ingredients and mix well to form a soft dough. Roll to 1/2 inch thick on a floured board and cut with a biscuit cutter. Brush the top with butter and sprinkle with sugar. Bake in a hot oven until brown.

272. COCONUT ROCK (Holland)

Ingredients:

White sugar	2 breakfast cups
Large coconuts	2

Method of preparation:

Boil the sugar to a thick syrup, then throw in the finely grated **coconut**. Stir and let it boil till it thickens. Now set it down, spread it on a slightly buttered flat plate, and when cold cut it into any shape and pile on a glass dish.

273. COCONUT ICE (India)

Ingredients and mode same as **Coconut Rock**, but with the difference in serving. When done, spread half of the mixture on a flat plate covered with greased paper, colour the remainder a light rose pink with a few drops of cochineal and spread and press it on top of the white. When cold cut into squares.

274. COCONUT ICE (United Kingdom)**Ingredients:**

Loaf sugar	2 lbs.
Coconut (grated)	6 ozs.
Cochineal colouring	few drops
Water	1/2 pint

Method of preparation:

Place sugar and water into saucepan and boil to 235° F. Remove from fire and stir with spatula until grained. Add coconut and continue stirring until thick. Pour half into a greased tin, colour the remainder pink and pour on top of the white; cut when cool.

275. COCONUT FUDGE (United Kingdom)**Ingredients:**

Castor sugar	350 g.
Milk	3/4 pint
Coconut (grated)	6 oz.
Vanilla	1 tsp.

Method of preparation:

Put all ingredients into saucepan and boil together gently for half-an-hour, stirring slowly all the time. Remove syrup from fire and keep stirring until it grains and thickens. Pour into greased tin and when cool cut in squares.

276. LEFT-OVER COCONUT CANDY**(Philippines)****Ingredients:**

Coconut "sapal"	1 cup
Sugar	1/2 cup

Method of preparation:

Mix coconut sapal and sugar and cook in a frying pan stirring constantly until crisp and brown. ("Sapal" is grated coconut meat after milk has

been partially extracted.)

277. COCONUT LAYER CAKE (America)
CAKE**Ingredients:**

Flour	2 cups
Butter	2/3 rds cup
Sugar	1 cup
Vanilla	1 tsp.
Egg yolks	3
Egg whites	3
Baking powder	2 tsp.
Milk	1/3 rd cup
Salt	1/2 tsp.
Grated coconut	as required

Method of preparation:

Sift the flour, add baking powder and salt and sift again. Cream butter. Add sugar gradually and cream together until light and fluffy. Add egg yolks:, then flour and milk alternately. Add vanilla and fold in stiffly whisked egg whites. Bake in two greased 9 inch layer pans in moderate oven (375 deg. F.) 25 to 30 minutes. Spread frosting between the layers and on top and sides of cake. Sprinkle with grated coconut.

FROSTING:**Ingredients:**

Egg whites (unbeaten)	2
Sugar	1 1/2 cups
Vanilla	1 tsp.
Light corn or maple syrup	1 1/2 tsp.
Water	5 tsbsp.

Method of preparation:

Put egg whites, sugar, water and syrup in upper part of double boiler. Beat until thoroughly mixed. Cook over boiling water seven minutes or until frosting will stand in peaks. Remove from fire, add vanilla. Beat till thick enough to spread over the surface of the cake.

278. COCONUT CAKE (Philippines)**Ingredients:**

Coconut (grated)	1/2 cup
Butter	4 tbsps
Sugar	1/2 cup
Vanilla	1 tsp.

Baking powder	1½ tsp.
Egg	1
Coconut milk	½ cup
Flour	1 cup
Salt	a pinch

Method of preparation:

Cream butter and sugar, add flavouring and beaten egg. Add milk and mix thoroughly. Then add flour sifted with baking powder and salt. Mix, adding grated coconut. Transfer to cake tin and bake in slow oven.

279. BUCO SHORT CAKE (Philippines)**Ingredients:**

Coconuts (grated)	2
Milk	2 tbsp.
Sugar	1 tbsp.
Shortening	1½ tbsp.
Flour	1 cup
Baking powder	2 tsp.
Salt	¼ tsp.

Method of preparation:

Sift dry ingredients together. Work in butter; add milk to make a soft dough. Roll on floured board to desired thickness and cut with a biscuit cutter. Bake in a hot oven 20 to 25 minutes. Split, butter, and fill with grated **coconut** previously sweetened with sugar and chilled. Top with the grated coconut mixture. Serve with coconut milk and sugar.

280. BUCO FANCIES (Philippines)**Ingredients:**

Buco (chopped coconut)	1 cup
Flour	½ cup
Sugar	½ cup
Melted butter	2 tsp.
Vanilla	¼ tsp.
Salt	⅓ tsp.
Eggs	2

Method of preparation:

Beat eggs well, add sugar and continue beating; add the melted butter and the other ingredients. Blend well. Put in buttered muffin pans and bake until slightly browned.

281. BOLO DE CO-CO (Holland)**Ingredients:**

Rice flour	1 cup
Castor sugar	500 gms.
Cinnamon and Cardamom	¼ tsp.
Rosewater	½ wineglass
Nutmeg	a pinch
Coconuts	2
Eggs	4
Cashew	25 nuts

Method of preparation:

Grate and pound the coconut meat. Beat the yolks and the sugar, add coconut and flour, rose water and spices, fold in stiffly beaten whites of eggs, pour into a flat greased tin, sprinkle the top with sliced cashew nuts and bake in a moderate oven.

282. COCONUT CAKE (Indian)**Ingredients:**

Semolina (rulang)	374 gms.
Coconuts	½
Sugar	½ cups
Eggs	16
Almond essence	few drops

Method of preparation:

Beat the yolks of eggs and sugar till quite creamy, add rulang (previously slightly dried in the sun or over a fire in a dry pan), add coconut, grated and ground very fine, and beat for half an hour, fold in stiffly beaten whites of eggs, add essence, bake in a shallow buttered tin in a moderate oven.

283. COCONUT LOAF (India)**Ingredients:**

Self raising flour	2 cups
Butter	1 tbsp.
Egg	1
Coconut (grated)	¾ cup
Sugar	½ cup
Milk	as required

Method of preparation:

Mix all ingredients with well beaten egg, add sufficient milk to make to loaf consistency, bake in a loaf tin for 1 hour in a moderate oven.

284. COCONUT FLAKE (Philippines)**Ingredients:**

Coconut (chopped)	1 cup
Grated cheese	2 tbsp.
Sugar	$\frac{1}{2}$ cup
Butter	2 tbsp.

Method of preparation:

Chop the coconut meat to very fine cubes, then mix the ingredients and bake until brown; stirring occasionally to brown evenly.

285. COCONUT GOLLORIA (Philippines)**Ingredients:**

Coconut (grated)	$\frac{1}{2}$ cup
Flour	$\frac{1}{2}$ cup
Egg yolk	1
Shortening	1 tbsp.
Coconut milk	enough to moisten
Sugar	1 tsp.
Baking powder	$\frac{1}{2}$ tsp.

Method of preparation:

Mix dry ingredients; add the grated coconut. Work in the shortening with the tips of the fingers. Add egg yolk and mix thoroughly with enough milk to form a soft dough. Transfer dough to a floured board and knead. Roll out to about $\frac{1}{2}$ inch and cut into rectangles 1 by 2 inches. Fry in deep, hot fat until brown.

Make a syrup of three parts sugar and 1 part water and boil the gollorias.

286. COCONUT TWIST (Philippines)**Ingredients:**

Coconut (grated)	1 cup
Coconut milk	2 tbsp.
Flour	1 cup
Shortening	2 tbsp.
Salt	$\frac{1}{4}$ tsp.
Cinnamon	1 tsp.
Egg	1
Sugar	$\frac{1}{2}$ cup
Baking powder	1 tsp.

Method of preparation:

Cream shortening; add sugar gradually, then the beaten egg. Sift together flour, cinnamon, salt,

and baking powder, and add one half to the cream mixture and mix well. Add milk and the remaining dry ingredients to make a soft dough. Roll out on a floured board to about $\frac{1}{2}$ inch thick and cut into strips; fold ends together. Fry in deep, hot fat. Drain each strip and roll in sugar.

287. MASAPAN DE BUCO (Philippines)**Ingredients:**

Buco coconut (ground)	1 cup
Sugar	$\frac{3}{4}$ cup
Flour	1 tbsp.

Method of preparation:

Mix coconut and sugar and cook until thick. Add the flour made to a thin paste with water. Continue cooking until thick enough to be shaped into desired form. Bake in a greased baking tin until brown.

288. MASAPAN DE BUCO NO. 2 (Philippines)**Ingredients:**

Buco (coconut) (ground)	2 cups
Milk	1 cup
Sugar	$1\frac{1}{2}$ cups
Egg	1
Flour	2 tbsp.

Method of preparation:

Mix together and cook until thick. Add the flour made to a thin paste with a little water. Form into balls. Bake in a greased baking tin until brown. Brush with butter when done.

289. COCONUT TOFFEE (India)**Ingredients:**

Sugar	1 kg.
Coconut milk	$\frac{1}{2}$ cup
Coconuts	3

Method of preparation:

Boil the sugar and milk into a thick syrup, put in the fine grated coconut and stir well. Put the mixture into a flat buttered dish and cut into squares.

290. BUCO TOFFEE (Philippines)**Ingredients:**

Coconut milk	1 cup
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Sugar	1/4 cup
Glucose	1 tbsp.
Chopped buco (coconut)	2 tbsp.

Method of preparation:

Mix all ingredients except the chopped buco. Cook on a low fire until it forms a solid mass. Add the chopped buco and continue cooking a few minutes longer. Transfer to a buttered board and allow to cool partially. Form into small balls and wrap in oiled paper.

291. CRYSTALLIZED COCONUT**(Philippines)****Ingredients:**

Coconut (grated)	2 cups
Glucose	4 tbsp.
Flavouring	1 tsp.
Sugar	2 cups
Water	1 cup

Method of preparation:

Boil sugar, water and glucose until the mixture "threads". Add the coconut and cook until very thick. Add the flavouring just before removing from the fire. Form into any desired design of fruits.

Boil a syrup to 106° C. (225° F.) then cool to 55° C. (130° F.) and put in the candy to crystallize. Remove the syrup next day and let the crystallized coconut dry in a moderate oven.

(temperature for "thread" 225° F. or 106° C.)

292. COCONUT FILLED COOKIES**(Philippines)****Ingredients:**

Coconut (chopped)	1/2 cup
Flour	1 3/4 cups
Sugar	1/2 cup
Shortening	1/4 cup
Kondol (chopped)	1/2 cup
Milk	1/4 cup
Egg	1
Baking powder	1 1/2 tsp.
Salt	1/4 tsp.

Method of preparation:

Beat egg and mix with sugar; add milk. Mix shortening with sifted dry ingredients and add to the egg. Roll on floured board and cut to desired

shape. Make filling by mixing sugar, flour, chopped kondol, chopped coconut and water, and cook until thick. Put some of the mixture between two pieces of dough and place on a baking sheet. Press down edges. Bake until brown. (Kondol is preferred ashgourd. Ginger could substitute).

293. COCONUT MACAROONS (India)**Ingredients:**

Eggs (whites only)	3
Sifted sugar	1 small cup
Cornflour	1 tbsp.
Coconut	125 g.

Method of preparation:

When the eggs are well beaten, add the sugar and cornflour. When well mixed, put the vessel containing the mixture into a pan of boiling water and stir constantly for 20 minutes, then remove and add finely grated coconut. When well mixed, drop teaspoonsfuls on to buttered paper, placed on a tin. Bake in a slow oven as they must not brown at all.

294. COCONUT ROCK CAKES (Malaysia)**Ingredients:**

Coconut (grated)	1
Eggs	2
Flour	1 cup
Sugar	1/2 cup

Method of preparation:

Beat eggs, add sugar, coconut and enough flour to make a rocky mixture. Drop in tablespoonfuls on a flat dish and bake till brown (pale).

295. "BUCO" COOKIES (Philippines)**Ingredients:**

Buco (grated coconut)	1/2 cup
Sugar	1/2 cup
Flour	1 cup
Egg yolk	1
Shortening	1/4 cup
Milk	1 tbsp.
Baking powder	1 tsp.
Salt	1/4 tsp.

Method of preparation:

Cream the shortening and sugar. Add the egg

yolk and buco, and mix well. Add the milk and then the flour sifted previously with the dry ingredients. Mix, transfer to a floured board; and roll to $\frac{1}{4}$ inch thick. Cut with a cookie cutter and brush with egg yolk and bake in a moderate oven until brown.

296. COCONUT COOKIES (Philippines)

Ingredients:

Coconut (sliced)	1 cup
Sugar	$\frac{3}{4}$ cup
Flour	$1\frac{1}{2}$ cups
Egg yolk	1
Egg whites	2
Coconut milk	1 tbsp.
Shortening	$\frac{1}{4}$ cup
Baking powder	1 tsp.
Lemon essence	$\frac{1}{2}$ tsp.
Salt	$\frac{1}{8}$ tsp.

Method of preparation:

Cream the shortening and sugar. Add the well beaten egg yolk, and then the egg whites beaten stiffly. Add the flavouring. Boil one half of the dough at a time to $\frac{1}{4}$ inch thick on a floured board. Cut to rectangular pieces of 1 by 2 inches. Brush with egg yolk mixed with one tablespoonful of coconut milk and place on top a few pieces of roasted, sliced coconut. Bake in a moderate oven about 15 minutes, or until brown.

297. COCONUT MASAPOORIDA (Philippines)

Ingredients:

Coconut (grated)	$\frac{2}{3}$ rds cup
Sugar	$\frac{1}{4}$ cup
Shortening	$\frac{1}{8}$ cup
Flour	$\frac{1}{2}$ cup
Salt	$\frac{1}{8}$ tsp.
Egg yolk	1

Method of preparation:

Sift the flour and salt twice and add the coconut. Work in the shortening. Beat the egg yolk, add the sugar, and continue beating until thick. Gradually add the egg mixture to the flour and knead. A small amount of water may be added if necessary to form a smooth dough. Place on a floured board and roll out to $\frac{1}{4}$ inch thick. Cut with a biscuit cutter;

brush each piece with egg yolk and sprinkle with sugar. Bake in a hot oven until brown.

298. MUNTHIRI KOTH (India - Kerala)

Ingredients:

In a hot skillet separately fry the green gram dhal and rice and apply some ghee. Fry it again and powder it

Coarsely	$1\frac{1}{2}$ cups each
(Raw taste must be removed)	
Cardamom powder	$\frac{1}{2}$ tsp.
Ginger powder	$\frac{1}{4}$ tsp.
Jaggery without the saltish taste	$\frac{1}{2}$ kg.
Water	1 cup
Finely grated coconut (roasted with a little ghee till dry)	1 cup
Gingelli	$\frac{1}{4}$ cup (Ghee applied & roasted)
Melted ghee	1 dsp.
Cashewnut	$\frac{1}{2}$ cup (cut fine)
Coarse flour	1 cup
Steamed maida	1 cup
Water	1 cup
(to mix maida to a thick consistency)	
Salt	to taste
Gingelly	1 tsp.

Method of preparation:

Melt jaggery in one cup of water and strain. Boil and when thick add grated coconut and when it reaches a sticky consistency remove from fire. When it is still warm add the rice and green gram dhal coarsely powdered and also the ginger and cardamom powder. Add the ghee applied fried gingelli and the fried cashewnuts. Press the mixture and keep it aside. Then make small balls to a size of a gooseberry and cool it. Mix the rice flour and maida to a thick consistency adding salt, and ghee applied and fried gingelli. Into this dip each ball and fry in coconut oil. When cool, keep it in air tight bottles. If prepared carefully it will keep fresh for a long time.

Note: If muntthiri koth is to be kept long and also for the covering to be crisp, spread them on a thin plate and warm it in the pre-heated oven and cool it and keep in air tight bottles.

299. COCOROONS (USA)**Ingredients:**

Sugar	1 cup
Coconut (grated)	2 cups
Salt	1/2 tsp.
Post Toasties	2 cups
Egg whites stiffly beaten	2
Almond essence	2 tsp.

Method of preparation:

Fold sugar and salt gradually into egg whites. Fold post toasties and coconut gradually into mixture. Add essence. Drop from teaspoon on greased baking sheet. Bake in a moderate oven (350 deg. F.) 10 to 12 minutes.

300. COCONUT CRISPS (India)**Ingredients:**

Coconut (grated)	1 heaped cup
Sugar	3/4 cup
Egg	1
Flour	2 cups
Bicarbonate of soda	1/2 tsp.
Cream of tartar	1 tsp.

Method of preparation:

Mix all ingredients with egg and a little milk if necessary. Pile in heaps on a greased tin and bake in a moderate oven.

301. COCONUT MACAROONS (India)**Ingredients:**

Coconut (grated)	1
White sugar candy	10 oz.
Water	1 pint

Method of preparation:

Boil sugar candy in 1 pint water, strain and reboil over slow fire. Add coconut and simmer slowly. When quite thick, pile in small heaps on baking tin and dry in slow oven.

302. COCONUT SURPRISE (Philippines)**Ingredients:**

Eggs	3
Sugar	6 tbsp.
Water	1 tbsp.

Flour	1/2 cup
Baking powder	1/2 tsp.

Method of preparation:

Beat the eggs until stiff, add sugar and water. Fold in flour and baking powder, and roll to a thin sheet. Bake in a hot oven (about 400 deg. F.) until golden brown. Cut while hot to 2 inch squares. Place a tablespoonful of filling on each square, fold the corners towards the centre.

FILLING:

Eggs (whites)	2
Vanilla	1 tsp.
Coconut (grated)	1 1/2 cups
Sugar	1 cup
Water	1/2 cup

Method of preparation:

Mix coconut, sugar, vanilla and water. Cook till thick. Fold in well beaten whites.

303. COCONUT COMET (Philippines)**Ingredients:**

Flour	1 cup
Baking powder	2 tsp.
Salt	1/4 tsp.
Shortening	2 tbsp.
Ice cold water	as required

Method of preparation:

Sift flour, salt, and baking powder. Work shortening into flour with finger-tips. Put enough ice cold water to make a soft dough. Roll out to a thin sheet on a floured board and spread the filling.

FILLING:

Coconut (grated)	3/4 cup
Sugar	3/4 cup
Cake crumbs	1/2 cup
Eggs (whites)	2
Butter	1 tbsp.

Method of preparation:

Cream butter and sugar, add cake crumbs, and grated coconut. Fold in slightly beaten whites. Form a roll with the dough and the filling. Cut crosswise to 1/4 inch thick and brush each piece with egg yolk. Bake in a hot oven until brown.

304. COCONUT BISCUIT (India)**Ingredients**

Powdered sugar	1/2 kg.
Rolong (coarsely powdered wheat)	1/2 kg.
White of eggs	12
Coconut gratings	1 coconut ground fine

Method of preparation:

Mix all ingredients into a dough. Form mass into small thick round biscuits. Bake in slow oven until light brown.

305. COCONUT PUFFS (Malaysia)**(Ingredients)**

Coconut (grated)	1/2
Pastry	as required
Sugar (a little more if liked)	1/2 cup
Milk	as required

Method of preparation:

Roll out pastry and cut into rounds. Mix sugar and coconut. Put the mixture on half the rounds and fold over, wetting the edges to make them stay closed. Brush over with milk and bake till a light brown.

306. COCONUT CAKE (India)**Ingredients:**

Fine sugar	1/2 kg.
Butter	1/2 kg.
Eggs	8
Rolong (finely broken wheat)	395 gms.
Flour	125 gms.
Baking powder	1 tsp.
Nutmegs	2 grated
Caraway seeds	1/2 tsp.
Cinnamon powder	1/2 tsp.
Powdered ginger	1/2 tsp.
Grated coconut	1/2
Coconut milk	1/2 cup

Method of preparation:

Beat well together to a cream, 1/2 kg. fine sugar and 1/2 kg. butter. Add yolks of eight eggs, one by one, beating the mixture constantly. Stir in the

whites beaten to a stiff froth. Throw in gradually three hundred grams of rolong. Mix well. Then add a little at a time of the fine flour, mixed with one teaspoon of baking powder, two grated nutmegs, half a teaspoon each of caraway seeds, powdered cinnamon and dry ginger. When these are thoroughly mixed, stir in the white flakes of one and a half coconuts. The later must not be old nuts, but nuts just firm enough to be scrapped. Lastly, pour in half a cup of thick milk from half a coconut. Bake the cake in shallow tins buttered.

307. COCONUT BURFI (India)**Ingredients:**

Coconut gratings	3 cups
Sugar	3 cups
Ghee	4 tsp.
Cardamom pods	3
Cashewnuts	15

Method of preparation:

Grind coconut gratings with cashewnut bits, without adding water. Mix sugar with 1/2 cup of water in a vessel and heat till syrup is formed that can be drawn into strings. Add the ground mixture to the syrup and turn over constantly till the blend thickens a bit. Then add ghee and continue turning over till it forms a lump. Remove from flame. Flatten the blend on a wooden board, smeared with ghee, evenly to 3/4" thickness. Cut into pieces of desired size of squire/diamond shape, using a spatula (or dosa lifter), when still warm. Separate the pieces and store in a container, when cool.

308. STICKY RICE CAKE FILLED WITH SUGAR AND GRATED COCONUT**(Vietnam)****Ingredients:**

Sticky rice flour	1.5 kg.
Sugar	0.5 kg.
Grated coconut	0.5 kg.
Groundnut (roasted and coarsely powdered)	0.5 kg.
Banana leaves (placed in the sun until soft)	as required
Vanilla	Few drops

Method of preparation:

Stir sugar and grated coconut in the casserole

over flame until well coated and dried. Add crumbled groundnuts. Remove from heat. Add vanilla.

Pour warm water slowly into the sticky rice flour, blend well and make into a paste. Take a handful of paste, place in banana leaf greased with coconut oil, press it into thin layer. Put the coconut-sugar filling into the centre of the sheet. Shape into a ball in the middle and round with right hand. Use banana leaves to cover it. Cook in steam for about 30 minutes.

309. NEURIS (India - Goa)

Ingredients:

Pastry:

Ghee	1 cup
Flour	$\frac{1}{2}$ kg.
Salt	$\frac{1}{2}$ tsp.
Water	enough for dough

Filling:

Semolina	$\frac{1}{2}$ kg.
Sugar	$\frac{1}{2}$ kg.
Blanched almonds	1 tbsp.
Pistachio/ Chironji nuts	1 tbsp.
Cornflour	sufficient for sprinkling
Raisins	3 tbsp.
Coconut	1
Cardamom powder	$\frac{1}{2}$ tsp.
Ghee	for frying and for applying between layers of dough

Method of preparation:

For the pastry, mix the ghee and flour till the mixture looks like fine breadcrumbs. Dissolve the salt in water and mix with the flour and ghee to make a pliable dough. Cover and keep in a cool place.

For filling, heat ghee in a pan and when it boils, put in semolina and fry well, stirring from time to time so that it is evenly and lightly browned. Add sugar and fry a little while longer. Or make a syrup with the sugar and water and add this to the semolina. Stir continuously, on low heat, till the mixture dries. Add coconut gratings, fried dry fruits, mix well and cool.

Divide the pastry dough into small balls and roll out into small chapathies. Apply ghee and a

sprinkling of corn flour over each and sandwich about seven such chapathies together. The last one should be clean. Roll out so that the layers adhere to each other. Cut out rounds. Put a spoonful of semolina in each, wet edges and press down firmly to form crecents. Trim edges with a pastry cutter. Deep fry till golden brown.

310. KOZHUKATTA - II (India - Kerala)

Ingredients:

(Sweet Rolls) (Specially prepared)

Rava	1 cup
Water	2 cups
Salt	to taste
Refined groundnut oil	1 tbsp.
Coconut (grated)	1 cup
Jaggery	$\frac{1}{4}$ cup (grated)

Method of preparation:

In a loose woven cloth take the dry rava and tie the ends together loosely and steam it in a steam-cooker for $\frac{1}{2}$ an hour. Then put the rava in a vessel and remove the lumps and sieve.

In another vessel, boil the water with salt and oil and slowly put this rava after reducing the heat. Remove from fire and knead with pressure and divide into 9 balls. Then take each ball into the palm of your hand and spread it into a circle. Place a little of the jaggery and coconut into the middle and fold it into any shape and steam it in a steam cooker.

311. ELAYAPPAM (India - Kerala)

Ingredients:

Fine rice flour	1 cup
Water	1 cup
Oil	1 tsp.
Salt	to taste
Grated coconut	2 cups
Jaggery finely grated	as required
Sugar can also be used instead of jaggery	

Method of preparation:

When the water boils, lower the flame and add the oil, salt and rice flour. Remove and knead them to a fine paste without forming lumps. Divide this into 8 or 10 balls and keep it aside. Mix the coconut and jaggery also and form the same number as that of the rice balls and keep aside. On a plantain leaf,

spread the rice ball and keep the mixed coconut and jaggery into the centre of it and steam cook till done.

312. THARI UNDA (India - Kerala)

Ingredients:

Coarse flour of rice (Boiled rice fried and pounded and sieved)	1/4 kg.
Jaggery	1/4 kg.
Water	1/2 cup
Coconut (grated)	1 1/2 cup
Ghee	1 1/2 dsp.
Cashewnut finely chopped	1/8 cup
Coconut	1/4 tbsp. (fried pieces)
Fried gingelli	1/2 tbsp.

Method of preparation:

Fry the cashewnuts in ghee and then the coconut gratings. Then fry the rice flour evenly on low fire and remove from fire.

Melt jaggery in water and strain and pour into a bigger skillet and add the grated coconut and keep on stirring till all the water is absorbed. When it sticks to the hand, add the coarse rice flour into it. also add all other ingredients and before being cooked, remove from fire and keep it hot. From a side take little by little, and make balls without pressure. Instead of making balls you can put this in a flat dish and spread it and cut it like halwa.

313. BANANA OROTTI (India - Kerala)

Ingredients:

Ripe bananas (steamed, seeds removed and mashed)	2 cups)
Coconut (grated)	1/2 cup
Butter	1 tsp.
Rice flour	1/4 cup
Sugar	1/4 cup
Cashewnuts	1/4 cup (cut into pieces and fried in ghee)
Kishmish	2 dsp. (fried)
Cardamom powder	1/2 tsp.

Method of preparation:

Mix the grated coconut, butter and rice flour

without forming lumps. Add sugar and mix well. Then add the mashed banana and other ingredients and spread into thick round shape to the size of puries. Mix a dessert spoon of maida in water and spread it over the banana orotties thus prepared and dip in powdered bread crumbs and fry. Serve hot.

314. RICE BALL (India - Kerala)

Ingredients:

Boiled rice	3 cups
Finely grated cococnut	2 cups
Sugar	1/4 cup

Method of preparation:

Keep the skillet on fire, and when it is hot, put the rice into it little by little and keep on stirring till roasted smell comes and then remove from fire. In the same skillet put the grated coconut and stir without pressing too hard. This does not keep long, so make in small quantities.

315. AVALOS PODI (India - Kerala) (Roasted Flour)

Ingredients:

Raw rice	1 kg.
Coconut (grated)	1/2 kg.
Cumin seed	1/2 tsp.
Salt water	1/2 tsp.

Method of preparation:

Soak raw rice and powder it and pass it through a sieve. Mix this flour and grated coconut with the hand without forming lumps. Add the cumin seed and salt water and keep for two hours.

Keep the caldron on fire and while hot put the mixed flour and fry. Remove from fire and when cool pass through a sieve and separate the lumps. Pound them and boil again and add with the other prepared avalos.

316. OONNIAPPAM (Banana Fritters) (India - Kerala)

Ingredients:

Palappam flour, sieved through a poottu flour sieve	1 cup
Coconut (grated)	1/2 cup

Palayankodan plantain mashed and soothened	1/2 cup
Jaggery	100 gms.
Sugar	1 tbsp.
Soda bi carb	a pinch

Method of preparation:

Smoothen the grated coconut with bananas and mix the flour to it without forming lumps. Mix the jaggery melted and boiled to one thread consistency and other ingredients into this to get a smooth and uniform talter make onniappam by pouring spoon fulls fulls of batter into hot oil. In between dip the spoon into water, so that the batter falls easily into the oil. This can be prepared in a skillet or in an onniappam vessel.

317. LUPOK (Philippines)**Ingredients:**

Pinipig ground into fine powder)	1 cup (toasted and
Coconut	3 cups (grated)
Saba bananas	20 (boiled)
Sugar	3/4 cup

Method of preparation:

Pound the cooked bananas, adding slternately the grated coconut and sugar. Shape into small flat cakes and coat with piniping flour.

318. BUKAYO (Philippines)**Ingredients:**

Coconut	6 cups (finely grated)
Sugar	3 cups
Glucose	12 tbsp.

Method of preparation:

Mix coconut, sugar, and glucose, cook in a copper vat, stirring constantly to avoid burning until it reaches a temperature of 95°C; or when it no longer sticks to the finger when touched. Place on a greased board. Roll into a sheet 12 cm. long and 4 cm. thick. Set aside to cool. Cut with a very sharp knife crosswise to produce bars of about 12 cm. long, 4 cm. wide and 1-1/2 cm. thick.

Wrap each bar in a piece of wax pepper and keep in well covered boxes.

319. COCONUT BRITTLE (Philippines)**Ingredients:**

Coconut	1 cup (grated finely and toasted)
Sugar	1 cup

Method of preparation:

Melt sugar in a copper vat over a moderate fire. Stir constantly. Add coconut and mix. Pour on a greased board, and roll to a thin sheet. Cut to desired pieces. Wrap in wax paper.

320. BUCO CHOCOLATE CANDY**Ingredients:**

Buco (coconut)	1 cup (finely chopped)
Flour	1 tbsp.
Milk	3/4 cup
Sugar	2/3rds cup

Method of preparation:

Mix all ingredients and cook until very thick, stirring constantly to prevent burning. Transfer while hot to greased board and roll to about 1/4 inch thick. Cool and cut to desired pieces.

321. BUCO RASTELITOS (Philippines)**Ingredients:****PASTRY:**

Flour	2 cups
Shortening	1/2 cup
Cold water	4 tbsp.
Baking powder	1/2 tsp.
Salt	1 tsp.

Method of preparation:

Sift dry ingredients, put in shortening and add the water little by little. Roll thin on floured board; then cut into small squares.

FILLING:

Shredded buco	1 cup (coconut)
Sugar	2/3rd cup
Butter	1 tbsp.
Egg yolk	1
Flour	1 tbsp

Method of preparation:

Mix coconut, sugar and milk and cook until very thick; stir while cooking. Then add the egg

yolk and flour. Mix thoroughly. Cook for 5 minutes more, then remove from the fire. When cool, place a small amount between two pastry squares. Brush the tops with egg yolk and bake in hot oven until brown.

322. SUKIAN (India-Konkan)

Ingredients:

Black gram dal	1/2 cup
Raw rice	3 tbsps.
Jaggery (chopped)	2 cups
Oil for frying	as required
Coconut (gratings)	2 cups
Cardamom pods	2
Salt	1 pinch
Water	1/4 cup

Method of preparation:

Heat jaggery with coconut gratings, adding water, in a frying pan. Stir till water evaporates. Remove from flame. Add cardamom powder. Mix well and divide the blend into 20 equal parts. Roll them into balls and keep in fridge.

Soak black gram dal with rice in water, for an hour. Grind with a pinch of salt and a little water to a smooth paste (batter).

Heat oil in frying pan. Dip the balls (taken out of fridge) in the batter, one by one, deep fry till golden brown and crisp, on medium flame, 7 or 8 at a time.

323. ERIAPPE (India - Konkan)

Ingredients:

Raw rice	250 g.
Jaggery	1/2 ball
Coconut (gratings)	1/2 cup
Cardamom pods	3
Ghee for frying	as required
Beaten rice	125 g.
Tur dal	50 g.
Salt	1 pinch

Method of preparation:

Soak raw rice with tur dal in water for an hour. Wash. Grind with coconut gratings. When half done, add beaten rice (previously washed) and grind to a fine paste. While taking out, add jaggery, a pinch of salt and cardamom pods and grind for a while. Heat ghee in frying pan. Drop the paste

gently into hot ghee - one ladleful at a time, and deep fry eriappes till golden brown and crisp.

324. SWEET APPE (India - Konkan)

Ingredients:

Wheat rava	500 g.
Beaten rice	250 g.
Jaggery	2 balls
Coconut gratings	1 cup
Cardamom pods	5-6
Baking soda	1 pinch
Salt	1 pinch
Ghee for frying	as required

Method of preparation:

First, grind beaten rice with coconut gratings. Mix rava and grind to a fine paste. Add a pinch of salt, crushed jaggery and cardamom pods and grind for another few minutes. (Note: No need to skin the pods). Take out, add baking soda and keep aside for 10 minutes. Fill depressions of the hot 'appe pan' (greased with ghee) with the batter and fry lightly, turning over the appe 2-3 times with knife or fork.

325. RAVA BHAKRI (India - Konkan)

Ingredients:

Rava	250 g.
Wheat flour	125 g.
Coconut (grated)	1 cup
Sugar	3 tsp.
Green chillies	3
Table salt	1/4 tsp
Ghee for roasting	as required

Method of preparation:

Use soft and fresh coconut gratings only. Chop green chillies. Prepare a soft dough by mixing together sugar, salt, chopped green chillies, pouring about 2 cups of water and adding rava plus wheat flour. (Add chopped onion, ginger and curry leaves also, if desired). Wheat flour is not necessary, if the rava is of fine variety. Smear dosa pan with ghee. Place on medium flame. When hot, drop about a ladleful of dough on it, and flatten it with fingers to shape bhakri. Roast both sides with a little ghee, till light brown. Lift and serve.

326. MODAKAM (India - Kerala, Tamilnadu, Karnataka)

Ingredients:

Fine cassava flour	2 cups
Grated coconut	$\frac{3}{4}$ cup
Jaggery powder	2 tsp.
Cardamom	$\frac{1}{2}$ tsp.

Method of preparation:

Prepare a soft dough with cassava flour and water. Cook jaggery in water. Add coconut scrapings and heat until it thickens. Add cardamom powder and mix well. Divide this filling into 10 parts. Similarly divide the cassava dough also into ten portions. Take one portion flatten it on the palm into a small circle. Keep one part of the filling and cover it with the dough to form balls. Steam the balls till done.

327. CASSAVA SWEET BALLS (India - Kerala)

Ingredients:

Grated cassava	200 g. (blanched in boiling water and drained)
Sugar	$\frac{3}{4}$ cup
Grated coconut	$1\frac{1}{2}$ cups
Cardamom powder	1 tsp.
Cashew nuts	10
Ghee	$\frac{1}{4}$ cup.

Method of preparation:

Grind the blanched cassava. Fry nuts in ghee and set aside. Brown coconut in the same ghee. Fry cassava in ghee and mix with other ingredients. Remove from fire and roll into balls.

328. CASSAVA SWEET ADAI (India - Kerala, Tamilnadu)

Ingredients:

Cassava flour	378 g.
Jaggery	$\frac{3}{4}$ cup
Coconut (scraped)	1 cup
Cardamom (powdered)	3
Oil	2 tbsp.

Method of preparation:

Dissolve jaggery in boiling water and add the remaining ingredients except oil. Mix the ingredients well and cook for 10 minutes or until it thickens. Make lime size balls.

Flatten the lime sized balls of the mixture into round thin adai, over greased plantain leaf. Transfer the adai to a hot flat iron pan and cook with oil on both sides until brown.

329. YELLAPPA (India - Karnataka)

Ingredients:

Green gram dal	$\frac{1}{4}$ cup
Black gram dal	$\frac{1}{2}$ cup
Rice	$\frac{1}{2}$ kg.
Methi seeds	1 tbsp.
Coconut	1 cup (grated)
Plantains	4
Beaten rice	$\frac{1}{2}$ cup
Half cooked rice	1 cup
Jaggery	$\frac{1}{2}$ kg.
Salt	1 pinch
Gingelly seeds	3 tbsp.
Oil for frying	as required

Method of preparation:

Soak the dals in water for 1 hour. Then grind together all the ingredients adding very little water. Make a thick batter. Heat oil and take spoonfuls of this batter and deep fry till golden brown.

330. MANNI (RICE PUDDING) (India - Karnataka)

Ingredients:

Raw rice	1 cup
Coconut	1 cup (grated)
Jaggery	$1\frac{1}{2}$ cup (grated)
Cardamoms	4
Salt	to taste
Ghee	2 tsp.

Method of preparation:

Soak the rice for $\frac{1}{2}$ an hour. Grind together coconut and rice to a fine paste. Remove, add 6 cups of water and mix well. Add jaggery, cardamoms, salt and ghee.

Place the mixture on the fire and keep on stirring for 1 hour till it becomes thick. Then pour

on a greased plate and allow to cool. Cut into pieces and serve.

331. PORI LADDOO (PUFFED RAGI LADDOO) (India - Karnataka)

Ingredients:

Puffed ragi	1/4 kg.
Coconut	3 cups (grated)
Jaggery	1 kg. (grated)
Cardamoms	15 (powdered)
Cashew-nuts	10 (chopped finely)
Gingelly seeds	200 g.
Ghee	as required

Method of preparation:

Mix coconut and jaggery and heat on a tava over a medium flame till it becomes a sticky consistency. Add powdered cardamoms, chopped cashew-nuts, gingelly and the puffed ragi. Mix well. Remove from fire. Apply a little ghee on hands and shape the mixture into laddoos when it is still warm.

332. THAMBITTU (MIXED DAL LADDOO) (India - Karnataka)

Ingredients:

Bengal gram dal	1/2 kg.
Green gram dal	1/2 kg.
Boiled rice	1/2 kg.
Water	1 cup
Jaggery (chikki jaggery)	2 kgs.
Gingelly needs	1/2 kg.
Coconuts, grated and roasted	10 cups
Ghee	1 cup
Cashewnuts	100 g. (chopped)
Cardamoms	25 (powdered with skin)

Method of preparation:

Roast the dals and rice separately and then powder together coarsely. Make a syrup of water and jaggery. Boil on a slow fire till the syrup reaches thread-like consistency. Add the powdered dal mixture, gingelly, coconut, ghee, cashewnuts and cardamom powder. Mix well and remove from the fire. Shape into balls while it is hot.

333. COCONUT DROPS (India - Goa)

Ingredients:

Sugar	1/2 cup
Coconut (scraped and ground)	4 cups
Almonds and raisins	15 each
Eggs	3
Rose water	to taste
Flour	1 tsp.

Method of preparation:

Make a thick syrup of the sugar and a little water. Add the coconut and cook till it thickens. Remove from the fire and cool. Add almonds and raisins, one whole egg and the yolks of the other 2 eggs. Add rose water to taste and mix in a little flour so that the batter is slightly stiff. Form the mixture into little balls and dip the bottoms into the whites of the 2 eggs. Place them on thalis which have been previously greased and floured. Bake in a moderate oven till done.

334. COCONUT PANCAKES (India - Goa)

Ingredients:

Flour	1/2 kg.
Eggs	6
Salt	1/2 tsp.
Milk	1 cup
Ghee	for frying

Filling:

Coconuts	6-7 cups (grated)
Sugar	to taste
Juice of lemons	2 tbsp.
Raisins	15

Method of preparation:

Sift the flour, and make a hole in the centre. Add salt and the beaten eggs. Mix with hands, stirring a little of the flour from the sides till it has all mixed with the egg. Add the milk, stirring till the batter is of pouring consistency. Let it stand for a few minutes.

Filling: Mix all the ingredients together. Place a frying pan on the fire. When hot, rub with a little melted ghee, pour a spoonful of batter in, and spread it around the pan evenly. Cook for a little while, tip pan over and fill pancake with the coconut filling.

340. COCONUT LOVE CAKE (Sri Lanka)**Ingredients:**

Coconut	1 big
Sugar	1 kg.
Cashewnuts (ground)	200 g.
Ruland (semolina)	1/2 kg.
Eggs	12 nos.

Method of preparation:

Grate and pound the coconut meat. Beat the eggs and the sugar, add coconut, ruland and cashew nuts; bake in a flat greased tin in a hot oven.

341. SAMOSA (India - Konkan)**Ingredients:**

Potatoes	4
Shelled peas	1 cup
Cloves	4
Cinnamon	1 cm. piece
Coconut (grated)	4 tbsp.
Ginger	1 tsp. (minced)
Ghee	4 tbsp.
Green chillies	6
Onion	1
Chilli powder	1 tsp.
Wheat flour/maida	250 g.
Oil	for frying
Salt	to taste

Method of preparation:

Boil potato in water. Peel immediately. Mash by pressing in a sev mould, and keep aside. Boil shelled peas in just enough water, till tender. Decant water on top. Crush cloves and cinnamon in a wooden bowl. Add coconut gratings and minced ginger and crush a little more. Mix mashed potato and boiled peas and salt and prepare the potato blend for 'filling'. Heat ghee in frying pan. Add mustard. When it splutters add chopped green chillies and chilli powder. Stir a little. Drop the potato blend into the seasoning. Mix well. Remove from flame. Divide the 'filling' into 25 equal portions, and shape them into balls (oval shape of about 2" size) and keep aside. Prepare puri dough by mixing sufficient quantity of maida with 1/2 cup of water, 1/2 tsp salt, 1/2 tsp chilli powder and ghee. Shape 25 balls of the dough, and roll into puris. Place a ball of the potato blend on one half of puri, and enclose it by folding the other half over it and seal the edge using a pastry cutter. Deep fry the samosas

in hot oil in frying pan, 7-8 at a time, till golden brown.

Serve samosa with either of the following two special chutneys:

'12 in 1' chutney: Grind together 1/2 cup coconut gratings, 1/2 bunch coriander leaves, 3 green chillies, 1 tsp cashewnut bits, 1 tsp raisins, 1 onion, 2 cloves or garlic, 1" piece ginger, 4 pepper corns, 1 tsp cumin seeds and salt to taste. Add juice of 1/2 lime and mix well.

Green tomato chutney: Roast 1/2 kg. green (unripe) tomato and 6 green chillies with oil. Add 1 tbsp of coconut gratings and salt to taste, and grind to a coarse paste.

342. VERN (India - Konkan)**Ingredients:**

Green gram dal	60 g.
Coconut gratings	1/2 cup
Green chillies	3
Red chilli	1
Cumin seeds	1 tsp.
Turmeric	1 small piece
Raw rice	1 tbsp.
Oil	2 tbsp.
Mustard	1/4 tsp.
Curry leaves	1 sprig
Lime juice	1 tsp.
Tamarind (seed size)	
Salt	to taste

Method of preparation:

Boil 2 cups of water. Cook green gram dal in it, till soft. Grind coconut gratings with turmeric, red chillies and tamarind smoothly. Add 1/2 tsp cumin and rice and grind for another 2-3 minutes. To the cooked green gram dal add green chilli slits, salt to taste and the ground masala. Stir once or twice to prevent sticking to bottom. Bring to boil. Season with cumin, mustard and curry leaves in oil. (Note: Drop cumin first in the ladle). Finally, add juice of lime. Stir and serve.

343. SUNDAL (India - Konkan) Tamilnadu**Ingredients:**

Bengal gram	1 cup
Oil	2 tbsps
Mustard seeds	1/2 tsp.

Red chillies	3
Asafoetida powder	2 pinches
Curry leaves	a few springs
Coconut (gratings)	1/2 cup
Salt	to taste
Juice of lime (optional)	

Method of preparation:

Soak bengal gram in water for 7-8 hours. Boil till tender. Decant water on top, withholding a little of it with the gram. Add salt and cook. Season with red chilli bits, mustard and asafoetida in oil. Mix with cooked gram and curry leaves in frying pan and cook till water evaporates. Remove from flame and garnish with coconut gratings.

395. SANDWICHES (India - Konkan)**Ingredients:**

Bread	as required
Onion	1 tbsp. (chopped)
Garlic	1 clove
ginger	1 cm. piece
Pudina	1/2 cup (mint)
Coriander leaves	1/2 cup
Green chillies	4 - 5
Coconut	2 tbsp (grated)
Salt	1/2 tsp.
Lemon juice	1/2 tsp.

Method of preparation:

First, prepare a special chutney as follows: Grind together ingredients 1-7. without adding water. Before taking out from grinder, add a bit of jaggery and salt to the chutney and grind for another 2 minutes. Finally, add lemon juice.

To prepare the sandwiches, open the sandwich, open the sandwich mould. Smear it with ghee. Place 2 slices (preferably machine cut) of bread in it, one over the other, with a small quantity of the above chutney in between, and close the mould. Hold it over a medium flame and roast the sandwiches moderately, on both sides. See that the slices do not get charred by over-roasting. (Note: Potato bhaji can be used, in place of chutney, if desired).

345. Cabbage Bonda (India - Konkan)**Ingredients:**

Cabbage (chopped)	1 cup
Big onions	2
Red chillies	8

Thur dal	125 g.
Rice	125 g.
Pepper corns	4
Tamarind lump (marble size)	
Coconut (shreds)	1 tbsp.
Coriander leaves	a few
Curry leaves	1 sprig
Oil	for frying
Salt	to taste

Method of preparation:

Soak rice plus thur dal in water, for an hour. Grind together red chillies, tamarind, thur dal, rice and salt to a coarse paste (without adding water). Mix chopped cabbage and coriander leaves with the paste. Mix pepper corns, chopped onion and coconut shreds also and make lime sized balls of the blend with moistened palm. Flatten them/gently and deep fry till crisp. (Note: A small piece of asafoetida can be added while grinding, instead of adding chopped onion to the blend).

Onion bonda is also prepared by the same method.

346. THOUSALI (India - Konkan)**Ingredients:**

Tender cucumber (medium size)	1
Raw rice	250 g.
Salt	to taste
Oil	for roasting
Grated coconut	1 cup

Method of preparation:

Skin cucumber. Wash. Grate and keep aside. Soak rice in water for an hour. Then wash. Squeeze out water from the cucumber gratings. Grind coconut grating with rice to a fine paste, using that water. While taking out add salt to the paste and grind for a while, and transfer to a vessel. Mix cucumber gratings with it, add a little water and bring to dosai batter consistency. Rest of the method, same as for plain dosai. (Note: If sweet thousand is desired, mix thinly cut jaggery (one ball) and a pinch of salt to the paste, while grinding).

347. BISCUIT PURI (India - Konkan)**Ingredients:**

Maida	4 cups
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Bengal gram flour	3 tbsps
Black gram dal	1 tsp.
Sooji	3 tbsps.
Coconut (gratings)	1 cup
Ghee	6 tsps.
Mustard seeds	1/2 tsp.
Red Chillies	2
Green chillies	6
Ginger	1 small piece
Oil	4 tsps.
Curry leaves	2 sprigs
Salt	to taste
Asafoetida water	as required
Oil	for frying

Method of preparation:

Sieve maida. Prepare dough for puris by stirring salt in 1/2 cup of water and adding ghee and sufficient quantity of maida. Knead well. Chop curry leaves, green chillies and ginger. Prepare a blend of coconut gratings, chopped ingredients, salt and asafoetida water. Season with mustard, black gram dal, red chillies and curry leaves in oil. Mix rava and bengal gram flour with it and keep aside. Shape small portions of the dough into balls, and roll them into puris. Place a pellet of the dough on each puri and cover it fully by gathering up the edges. Roll again into biscuit puri. Finish thus with all the puris and the blend. Deep fry them in hot oil, till golden brown and crisp.

348. BREAD BONDA (India - Konkan)**Ingredients:**

Bread	4 slices
Potatoes	3
Green chillies	6
Bengal gram flour	1 cup
Chilli powder	1 tsp.
Coconut (gratings)	2 tbsps.
Table salt	1 tsp.
Coriander leaves	a few sprigs
Mustard seeds	1/2 tsp.
Curry leaves	1 sprig
Asafoetida water	as required
Oil	for frying

Method of preparation:

Boil potato in water. Cut into small cubes. Blend the pieces with chopped green chillies, salt, chopped coriander leaves, coconut gratings and asafoetida water. Season with mustard and curry

leaves in oil. Dip slices of bread in water, and squeeze well. Mix the slices with the potato blend and shape balls of lime size and keep aside. Prepare a batter by adding chilli powder, salt, bengal gram flour and asafoetida to 1/2 cup of water in a vessel. Heat oil in frying pan. Flatten the prepared balls, dip them in the batter, one by one. Take out and deep fry in hot oil till golden brown (turning over once or twice) 4-5 at a time.

349. BLACK GRAM BONDA (India - Konkan)**Ingredients:**

Black gram dal	250 g.
Green chillies	12
Coconut (grated)	1 tbsps.
Oil	for frying
Curry leaves	1 sprig
Asafoetida water	
Table salt	1 tsp.
Onion	1 tbsps. (optional)
Ginger	1 cm piece (optional)

Method of preparation:

Soak black gram dal in water for 2 hours and drain well. Chop green chillies finely. Grind dal to a fine paste, without adding water. (Note: Just moisten the hands, while grinding). Mix coconut gratings (or shredded coconut), curry leaves and green chillies (both chopped) and salt. Add a few drops of asafoetida water. Heat oil in frying pan. Shape bondas with moistened hands, drop them gently in oil and deep fry till brown.

350. RICE VADE (India - Karnataka)**Ingredients:**

Rice	1/4 kg
Coconut	1/2 cup
Salt	to taste
Oil	for frying

Method of preparation:

Soak rice in water for 1 hour, grased. Wash and grind with grated coconut and salt to taste to a very fine paste with a little water. Remove and shape into small balls. Then flatten into thin puris on top of a wet cloth. Transfer into hot oil and fry till crisp and brown. Drain and cool. Store when cooled.

351. JACKFRUIT DOSA (India - Karnataka)**Ingredients:**

Jackfruit (without seeds)	1 kg.
Rice (raw)	1/2 kg.
Coconut	1/2 (scrapped fine)
Salt	1 tsp.
Ghee or oil	Sufficient for frying

Method of preparation:

Wash and soak the rice for 1 hour. Grind the rice with jackfruit, coconut and salt to a fine paste. The batter should be thick.

Keep the tava on the fire and smear it with a little ghee or oil. Pour a ladleful of batter and spread it a little. Cook a little while, then turn it over and fry on slow fire.

Note: Jaggery could be added to sweeten the dosa.

352. MADDUR VADAI (India - Konkan)**Ingredients:**

Bengal gram dal	250 g.
Small cabbage	1
Coconut (gratings)	1 cup
Oil	for frying
Onions	6
Gingelly seeds	1/4 cup
Green chillies	6
Salt	to taste

Method of preparation:

Soak bengal gram dal in water for an hour. Wash. Chop cabbage and onions. Grind together dal, chopped onion and cabbage and coconut gratings coarsely, without adding water. Mix green pieces, gingelly seeds and salt to taste. Shape the blend into round balls of desired size. Flatten them into thin rounds. Deep fry till golden brown and crisp.

353. CASSAVA OROTTI (India - Kerala)**Ingredients:**

Boiled and mashed cassava	150 g.
Wheat flour	5 tbsp.
Grated Coconut	1/2 cup
Chopped onion	5 tbsp.
Coconut oil	1 tbsp.
Mustard	1/4 tbsp.

Red chillies	2
Chopped green chillies	2 tbsp.
Ginger (chopped)	2 tbsp.
Curry leaves	a few
Salt	to taste

Method of preparation:

Mix mashed cassava, wheat flour, grated coconut and salt and keep for 5 minutes. Heat oil and fry mustard and then the remaining ingredients in oil and add to the above mixture. Prepare small balls and flatten them. Cook on hot tawa with oil until golden brown on both sides.

354. CASSAVA CHOPS (India - Kerala)**Ingredients:**

Cassava	250 g.
Grated coconut	1/2 cup
Onion	1/2
Chillies	1 tsp. (dry)
Salt	to taste
Ginger	2 cm. piece
Soda	a pinch
Gram flour	1 cup
Oil	for frying

Method of preparation:

Boil and mash the cassava. Grind the coconut with masala (2-6) and fry lightly. Prepare a batter with gram flour, a little salt water. Prepare balls of mashed cassava. Put the coconut mixture into the balls. Dip in the prepared batter and fry. Serve hot with chutney, tomato sauce or sambar.

355. CASSAVA-GREENS-VADA (India - Kerala)**Ingredients:**

Cassava (boiled and mashed)	4 cups
Grated coconut	1 cup
Salt	to taste
Green chillies	1 to 3 (chopped fine)
Amaranthus leaves (chopped)	3/4 cup
Onions	1/4 cup (minced)
Oil	for frying

Method of preparation:

Mix all the ingredients into a fine dough. Divide this into small balls and flatten them. Fry in oil and serve hot with chutney, sauce etc.

356. FILLED CASSAVA (India - Kerala, Tamilnadu, Karnataka)**Ingredients:**

Cassava (cooked and mashed)	2 cups
Grated coconut	$\frac{3}{4}$ cup
Onion (big)	1
Dry chillies	4
Salt	to taste
Baking powder	a pinch
Bengal gram flour	$\frac{1}{4}$ cup
Ginger	1 piece
Oil	for frying

Method of preparation:

Grind coconut gratings, onion, ginger, chillies and salt, and fry the ground masala lightly in oil. Keep thin aside. Make a batter with Bengal gram flour, salt, baking powder and water. Prepare small balls with mashed cassava and fill it with the fried masala. Dip these balls in batter and deep fry in oil.

357. CASSAVA SUKHIYAN (India - Kerala)**Ingredients:**

Cassava pieces	$1\frac{1}{2}$ cup
Jaggery	$\frac{3}{4}$ cup
Coconut (grated, roasted and crushed)	$\frac{1}{2}$ cup
Ground nuts	4 tbsp.
Wheat flour	2 tbsp.
Rice flour	2 tbsp.
Salt	to taste
Yellow colour	a pinch
Soda bicarb	a pinch
Cardamom powder	$\frac{3}{4}$ tsp.
Oil	for frying

Method of preparation:

1 Boil cassava, and mash well and add cardamom powder; ground nuts, coconut and jaggery. Mix well and make into balls. Prepare a batter with salt, flour, water, yellow colour and soda bicarb. Dip the balls in batter and fry deep in oil till golden

brown.

358. COCONUT CREAM CRACKER

(Philippines)

Ingredients:

Coconut (grated)	$\frac{1}{2}$ cup
Flour	1 cup
Salt	a pinch
Butter	2 tbsp.
Baking powder	1 tsp.

Method of preparation:

Sift flour, salt, and baking powder. Add coconut and mix well. Work in the butter until mixture appears grainy. Add cold water little by little until it makes a soft dough. Roll out thinly on floured board and cut with cookie cutter. Prick with fork and bake until brown. Serve with coconut cream and sugar.

CURRIES**359. USSAL (India - Konkan)****Ingredients:**

Green peas (dry)	250 g.
Potato (big)	1
Coriander seeds	1 tsp.
Pepper corns	5
Poppy seeds	1 tsp.
Grated coconut	2 tbsp.
Ginger	1 cm piece
Ghee	1 tsp.
Salt	to taste
Cardamom pods	2
Cloves	2
Cinnamon	1 cm piece
Green chillies	5
Red chillies	4
Onion	1
Garlic cloves	6
Oil	4 tsp.

Method of preparation:

Soak green peas in water overnight. Next day, wash. Skin potato. Cut into small cubes and wash. Cook peas along with potato pieces in water, till tender. Roast coconut gratings, pepper, coriander, cardamom, cloves, cinnamon, green chillies, red chillies, poppy seeds, chopped onion, garlic cloves and chopped ginger - all separately with a little oil, in frying pan. Grind them together to a fine paste.

Pour oil in frying pan, drop masala paste in it. Cook for sometime (say, 5 minutes) stirring constantly. Remove from flame. To the cooked potato peas add salt, mix masala. Boil properly and remove from flame. (Note: Ussal should be moderately thin). Goes well with idli, puri and chapathi.

360. KURMA (India - Konkan)

Ingredients:

Carrots	2
Cauliflower	400 g
Beetroot	200 g
Green chillies	4
Coriander leaves	1/2 bunch
Salt	to taste
Grated coconut	1 cup
Cinnamon pieces	5 cm piece
Garlic cloves	4
Pepper corns	6
Oil	3 tsps.

Method of preparation:

Wash carrot, cauliflower and beetroot. Cut into small pieces. Boil in just enough water. Add salt and keep aside. Grind masala using coconut gratings, green chillies (previously roasted with oil), coriander leaves and cinnamon pieces. Before taking out add garlic cloves (peeled) and pepper corns. Grind for another 2 minutes. Mix masala with the cooked vegetables. Boil. Remove from flame. Goes well with chapathis, puri, bread and appams.

361. OTAK OTAK (Malaysia, Straits Chinese)

Ingredients:

Fish	650 g.
Garlic	3 cloves
Chillies	4
Curry onions (shallots)	12
Duck's eggs	2
Grated coconut	3 tbsp.
Lemon leaves, (shredded)	3
Serai	2 bulbs
Blachan	1 tsp.
Turmeric root	1 inch
Langkuas	2 small piece
Buah kras, chopped	10
Santan (coconut milk)	1 cup
Shredded turmeric	1 tbsp.

Kemangi

1 tbsp.

Method of preparation:

Shred the turmeric, kemangi and lemon leaves finely. On a curry roller roll the buah kras and the chopped serai. Add the turmeric root, garlic, langkuas and continue rolling. When fairly smooth add the curry onions, blachan and lastly the fried grated coconut. Roll very fine, then add chillies to taste and roll again.

Put the curry stuffs in a basin along with a little of the santan. Add the duck's eggs and the shredded leaves and mix all together till the mixture is well blended.

Cut the fish into small pieces or if preferred scrape the flesh from the bone and pound it well in a mortar.

Mix the fish with the curry. Place small quantities on an Otak Otak (Nipah) palm leaf which has been previously washed, cover it with another leaf, fix the ends with a wooden pin and grill over a slow charcoal brazier a few minutes.

Serve in the leaves in which the fish has been cooked.

362. MANGO MENASKAI (India - Karnataka)

Ingredients:

Ripe mangoes	12 (small sized)
Jaggery	to taste
Salt	to taste
A little oil	

For Masala:

Urad dal	1 1/2 tbsp.
Channa dal	1 1/2 tbsp.
Gingelly seeds	1 1/2 tbsp.
Coriander seeds	1 1/2 tbsp.
Methi seeds	1/2 tsp.
Mustard seeds	1 tsp.
Jeera	1 tsp.
Red chillies	5
Peppercorns	5
Curry leaves	2 sprigs
Grated coconut	1/2 cup (roasted)

For Seasoning:

Oil	2 tbsp.
Mustard seeds	1 tsp.
Curry leaves	1 sprig
Red chilli	1 (broken into bits)

Method of preparation:

Roast all the masala ingredients separately with a little oil and powder them. Wash and peel the mangoes. Put some water on the mango skins and squeeze out the juice until all is removed. Mix this water with the mango, roasted powdered masala, jaggery and salt and boil for 10 to 15 minutes, stirring continuously. Season with oil, mustard seeds, curry leaves and red chilli.

363. HORSE GRAM RASAM (India - Karnataka)

Ingredients:

Horse gram (*Dolichos biflorus*)
(soaked in water overnight) $\frac{1}{2}$ kg.
Tamarind (size of 2 limes, soaked in water)
Salt to taste

For Masala:

Grated Coconut $\frac{1}{2}$ cup
Red chillies 15
Coriander seeds 2 tbsp.
Jeera 1 tsp.
Garlic 1-3 flakes

For Seasoning:

Oil 2 tbsp.
Mustard seeds 1 tsp.
Curry leaves 1 sprig
Garlic crushed 8-10 flakes

Method of preparation:

Grind together masala ingredients to a fine paste. Boil the horse gram with 7 to 8 cups of water until well cooked. Drain and take away the residue of the horse gram. Add the ground masala, tamarind water, salt and boil for 10 to 15 minutes. Season with oil, mustard seeds, curry leaves and garlic.

364. BITTER GOURD BUTHI (India - Konkan)

Ingredients:

Bitter gourds 4
Onions 2
Fenugreek seeds 3 tps.
Red chillies (roasted) 12
Tamarind lump (marble size)
Mustard seeds $\frac{1}{2}$ tsp.
Oil 8 tbsp.
Salt to taste

Grated coconut

1 cup

Method of preparation:

Wash and cut the bitter gourds into small pieces. Apply salt and keep aside for 10 minutes. Heat oil in frying pan. Squeeze the bitter gourd bits, drop them into oil and fry till brown. Drawn and keep aside. Grind coconut gratings with roasted red chillies and tamarind smoothly. Before taking out, add fenugreek and coriander seeds (both roasted with a little oil beforehand) to the masala and grind for another few minutes. Prepare seasoning in frying pan with mustard and curry leaves in oil. Add chopped onion and fry till brown. Mix the ground masala and little water, turn over now and then till it thickens. Then mix bitter gourd pieces and cook further for 2 minutes.

365. JACKFRUIT SEED AND MANGO

(India - Kerala)

Ingredients:

Jackfruit seeds 9
Unripe green mango 1 (medium size)
Green chillies half slit 4
Turmeric powder $\frac{1}{2}$ tsp.
Salt to taste
Chilli powder $\frac{1}{2}$ tsp.
Button onions 3
Cumin seed a pinch
Grated coconut 1 cup
Oil 3 tbsp.
Mustard $\frac{1}{2}$ tsp.
Fenugreek $\frac{1}{8}$ tsp.
Large onion chopped 2 dsp.
Curry leaves few

Method of preparation:

Cut the jackfruit seeds lengthwise. Remove the outer skin of mango and slice into pieces. Cook jackfruit seeds and mango pieces with green chillies, turmeric powder and salt in sufficient water. When sufficiently cooked, grind chilli powder, button onion and cumin seed and add to the curry. When it boils mix the coconut ground to a fine paste. The gravy should be thick. Fry mustard, onions and dry chillies in the oil and add to the curry.

366. JACKFRUIT SEED AND DRUMSTICK**CURRY (India - Kerala)****Ingredients:**

Jackfruit seeds cleaned and halved lengthwise	1 cup
Drumstick cleaned and cut into two inch pieces	18
Mango sliced	to taste
Onion long slices	1/4 cup
Chilli powder	1 tsp.
Turmeric powder	1/2 tsp.
Curry leaves	few
Salt	to taste
Grated coconut	1 cup
Green chillies split at one end	6
Oil	2 tbsp.
Mustard	1 tsp.
Dry chillies each quartered	2
Curry leaves	few

Method of preparation:

Cook jackfruit seeds in two cups of boiling water. Add drumstick and mango pieces and ingredients 3-6. Add salt. When the jack seed is fully cooked. Coarsely grind the coconut and mix in one cup of water and add to the curry along with the slit green chillies. When the curry boils and is of medium consistency remove from fire.

Fry mustard, dry chillies and curry leaves in hot oil and add to the curry.

367. MURINGAKAI PIRALEN (Creamy Drumstick Curry) - India (Kerala)**Ingredients:**

Drumstick two inch slices slit into two	40
Coriander powder	1 tsp.
Dry chilli powder	1/2 tsp.
Turmeric powder	1/4 tsp.
Garlic flakes	2
Cumin seed	1 pinch
Pepper corns	9
Curry leaves	few
Vinegar	1 tsp.
Salt	to taste
Grated coconut	1 cup
Cinnamon (1 inch long)	1

Cloves	4
Cardamom	2 dsp.
Mustard	1/2 tsp.
Onion (thin, long slices)	1/4 cup.

Method of preparation:

Grind ingredients 2-8 together. Take thick milk from the grated coconut. Cook the drumstick with the masala paste., vinegar, salt and coconut milk till most of the water is absorbed. Add the spices warmed and powdered.

Heat oil in a skillet. Fry mustard and onion. Add the prepared drumstick and stir over a slow fire to absorb water.

368. CHENA ERISSERY (India - Kerala)**Ingredients:**

Diced, cooked & mashed	2 cups
Turmeric powder	1/2 tsp.
Chilli powder	1/2 tsp.
Cumin seed	1 pinch
Grated coconut	1/2 cup
Oil	2 tbsp.
Mustard	1 tsp.
Onion chopped	2 dsp.
Dry chillies each cut into three	2
Grated coconut	2 dsp.
Curry leaves	few

Method of preparation:

Grind finely the turmeric powder, chilli powder and cumin seed. Add grated coconut to it (5) and grind coarsely.

Add water to the mashed yam to get medium-loose consistency. Mix the masala and boil. Add salt. Pour more boiling water for the medium consistency. Fry mustard, onion, chillies, grated coconut, curry leaves and add to the curry. Serve hot.

369. JACKFRUIT ERISSERY - Inida (Kerala)**Ingredients:**

Mature jackfruit pods chopped	3 cups
Turmeric powder	1/2 tsp.
Chilli powder	1/2 tsp.
Cumin seed	1 pinch
Button onion	2

Grated coconut	1/2 cup
Oil	1/4 cup
Mustard	1 tsp.
Onion chopped	2 dsp.
Dry chillies each cut into three	2
Grated coconut	2 dsp.
Curry leaves	a handful
Salt	to taste

Method of preparation:

Grind ingredients 2-5 and 6 coarsely. Boil one cup of water and add the chopped jackfruit pods and cook it covered. When steam escapes, mash it up. Keep the masala in the centre and cover it up with jackfruit and cook. When it is cooked and the mash thick, remove from fire.

Heat oil and fry mustard first and then the chopped onion. Add chilli pieces and when fried add grated coconut. When it browns add curry leaves. Fry and add to the curry.

370. PEECHINGA (RIDGE GOURD) THEEYAL (India - Kerala)**Ingredients:**

Ridge gourd - cut into thick round slices	250 g.
Oil	1/2 tbsp.
Grated coconut	1 cup
Button onions thin long slices	1 tsp.
Dry chillies	4
Coriander	1 tsp.
Fenugreek	1 pinch
Cumin seed	1 pinch
Oil	1 tbsp.
Turmeric powder	1/4 tsp.
Green chillies split at one end/Tamarind pulp, salt, curry leaves	to taste
Tomatoes small and red each quartered	2
Oil	1 tbsp.
Mustard	1/4 tsp.
Fenugreek	1 pinch
Dry chillies each cut into 3	2
Button onions slices	1 tsp.

Method of preparation:

Boil the grated coconut and onions (3&4) in

half tbsp. oil in a frying pan over slow fire. Take this out and in the same pan fry the ingredients 6 to 9 one by one. Grind all these to a fine paste.

Heat one tbsp oil and add turmeric powder. When it changes colour saute the ridge gourd slices and remove. Take all the ingredients in a pan except those for seasoning (17-21) and cook adding sufficient water. When the gravy thickens. Season with mustard, fenugreek, chillies & onion fried in oil.

371. BRINJAL COCONUT MILK CURRY (India - Kerala)**Ingredients:**

Brinjal 1 inch long thick pieces	2 cups (24 pieces)
Chilli powder	1/2 tsp.
Turmeric powder	1/4 tsp.
Salt	to taste
Coriander powder	1 tsp.
Chilli powder	1/2 tsp.
Turmeric powder	1/4 tsp.
Pepper powder	1/4 tsp.
Cumin seed	1 pinch
Aniseed	1 pinch
Cinnamor	2 one inch pieces
Cloves	3
Oil	1/4 cup
Mustard	1/2 tsp.
Large onion	1/4 cup (long slices)
Ginger	10 thin, long slices
Garlic	10 cloves
Green chillies	4 half slit
Curry leaves	few
Thick coconut milk	from 1 cup of grated coconut 1/2 cup
Vinegar	2 tsp.
Salt to taste	

Method of preparation:

Make a paste with chilli powder, turmeric powder and salt. Smear the paste on the brinjal pieces. Keep for a while and fry in oil and drain.

Grind the ingredients 5-12 into a fine paste.

Fry mustard in oil and saute ingredients 15 to 19. Take it out and keep aside. In the same oil saute the masala paste over slow flame. Pour thin coconut milk. When the mixture boils add all the prepared vegetables, vinegar and salt. When the gravy thickens stir in the thick coconut milk and

remove from fire.

372. TART MANGO BANANA KAALEN

(India)

Ingredients:

Sweet and sour mango or tart banana cut into 1 inch cubes	1 cup
Green chillies, both green and red coloured, split at one end	12
Water	1/2 cup
Curd - lightly beaten	4 cups
Salt	to taste
Chilli powder	1/2 tsp.
Turmeric powder	1/4 tsp.
Grated coconut	1 cup
Cumin seed	1 pinch
Oil	2 dsp.
Mustard	1 tsp.
Fenugreek	1/8 tsp.
Curry leaves	2 stalks
Dry chillies - halved	3

Method of preparation:

Cook the ingredients 1-3 till all water is absorbed. Mix items 4-7 together. Grind grated coconut and cumin seed to a fine paste.

Fry mustard, fenugreek, curry leaves and chillies in hot oil. Add the ground paste and saute over slow flame without changing its colour. Add the cooked items and the curd mixture and keep stirring over slow fire without curdling. When all the water is absorbed remove from fire and allow to cool. Store in bottle or jar. This keeps for a few days.

373. SAMBAR (India)

Ingredients:

Tur dal	1 cup
Turmeric powder	1/2 tsp.
Oil	1 tbsp.
Dry red chillies	2
Coriander	1 1/2 tbsp.
Bengal gram dal	1 tbsp.
Fenugreek	1/2 tsp.
Asafoetida	1 small piece
Grated coconut	1/2 cup
Tamarind	1 knob of goose-berry size

Brinjal - sliced	18 pieces
Green chillies (split at one end)	4
Curry leaves	few
Oil	1 tbsp.
Ghee/oil (for seasoning)	1 tbsp.
Mustard	1 tsp.
Fenugreek	1/4 tsp.
Dry chillies (cut into 4)	2

Method of preparation:

Wash the dal and cook in boiling water, adding turmeric powder. Crush the cooked dal to break it coarsely.

Heat 1 tbsp. oil and fry the ingredients 4-8 one by one and grind these together. In the remaining oil, broil the grated coconut and grind it separate.

Mix the masala paste in two cups of tamarind water and add brinjal, green chillies and curry leaves. Mix the coarsely mashed dal in 1 cup of water and add to the vegetable. When it boils vigorously add the coconut paste diluted in little water. Continue cooking till it is medium thick. Season with mustard, fenugreek and dry chillies in oil.

374. GHUSHIPATHRAVADE (India - Konkan)

Ingredients:

Grated coconut	1/2 cup
Red chillies	3 (roasted)
Fenugreek seeds	1/2 tsp
Mustard	1 pinch
Black gram dal	1 tsp.
Tamarind lump	(marble size)
Oil	2 tbsp.
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Grind masala using coconut gratings, roasted red chillies and tamarind. Season the masala with black gram dal and fenugreek in oil and grind for another few minutes. Transfer masala to a vessel and add desired quantity of water used for washing the grinder. Boil the ghushi adding salt. Remove from flame and season with mustard and curry leaves in oil. It would be convenient if the ghushi masala is ground in the same grinder used for pathravade masala paste, before washing it. If ghushi is prepared in plenty, cooked pathravade slice that remain after serving the meal, can be soaked in it, boiled and kept aside for later use. For patravade - see recipe no. 391.

375. CASSAVA THORAN (India - Kerala)**Ingredients:**

Cassava	200 g.
Grated coconut	1/2 cup
Green chillies	5
Onion (chopped)	2 tbsp.
Cumin seeds	a pinch
Turmeric	a pinch
Garlic	a piece
Salt	to taste
Curry leaves	4-5
Oil	1 tbsp.
Mustard	1 tbsp.

Method of preparation:

Cut cassava into small pieces and cook till tender. Crush coconut with masalas (3-7). Fry mustard and crushed masala and curry leaves and add the cooked cassava. Cook for 5 minutes.

376. VEGETABLE CURRY - India (Goa)**Ingredients:**

Mixed vegetables (peas, cauliflower, french beans or any seasonal vegetables)	1/2 kg.
Grated coconut	2 cups
Mint and coriander leaves	1 bunch each
Green chillies	3 (chopped)
Ginger	1 cm piece
Garlic	2 flakes
Peppercorns	1/2 tsp.
Cumin	1/2 tsp.
Tamarind	size of a walnut
Onion	1/2 cup (chopped)
Salt	to taste
Curry leaves	(optional)
Tomato	1/2 cup (chopped)
Ghee/oil	2 tbsp.

Method of preparation:

Cut the vegetables into small pieces and set aside. Grind together the coconut, coriander and mint leaves, green chillies, ginger, garlic, pepper, cumin and tamarind. Fry the onion in oil or ghee till brown, then fry the vegetables lightly. Add the ground masala, salt and tomato and the curry leaves. Cover with water and cook till the vegetables are tender.

377. SOURACA - India (Goa)**Ingredients:**

Onion	12 slices
Grated coconut	2 cups
Turmeric powder	1 tsp.
Cumin	1 tsp.
Garlic	6 cloves
Chillies	4
Salt and tamarind juice	to taste

Method of preparation:

Slice the onion and rub each slice with salt. Grind fine the coconut, turmeric, cumin, garlic and chillies. Mix the masala and onion with 4 cups water and boil. When the water is reduced to half, add the tamarind juice and simmer till the curry is thick.

378. PLANTAIN PITH CURRY (DRY)**(India - Karnataka)****Ingredients:**

Plantain pith	15 cm piece
Salt	to taste

For Masala:

Red chillies	4 (roasted)
Coriander seeds	1 tsp.
Methi, mustard and jeera seeds	a pinch each
Grated coconut	1 cup

For seasoning:

Oil	2 tbsp.
Mustard seeds	1 tsp.
Curry leaves	1 sprig
Garlic	8 flakes

Method of preparation:

Peel off a layer of the outer skin of the plantain pith and make 10 to 12 thin slices. Then cut each slice further into 2.5 cm pieces, horizontally. The loose fibres obtained after each slice is cut should be discarded. Chop the slices into tiny bits and steam or boil in very little water with salt till tender.

Grind together masala ingredients, except coconut to a fine paste. Add grated coconut and grind to a coarse paste. Add it to the cooked vegetable. Cook it for 10 to 15 minutes on a slow fire. Season with oil, mustard seeds, curry leaves and crushed garlic.

379. CASHEWNUT AND TENDLI CURRY (DRY) - India (Karnataka)

Ingredients:

Coccinia (Tendli)	1/4 kg
Cashew-nuts	1 cup
Green chillies - chopped	4-5
Salt	to taste
Grated coconut	1 cup

For seasoning:

Coconut oil	2 tbsp.
Mustard seeds	1 tsp.
Curry leaves	1 sprig
Red chillies	2-3

Method of preparation:

Wash and cut tendlis into four long pieces each. Put them in a pressure cooker. Then place the cashew-nuts on top, 1 cup water, chopped green chillies and salt to taste. Cook it for 2 minutes. Remove and add the grated coconut. Boil until water evaporates. Season with coconut oil, mustard seeds, curry leaves and red chillies.

380. STRING BEANS CURRY (DRY) (India - Karnataka, Kerala, Tamilnadu)

Ingredients:

String beans	1/4 kg cut into 1 cm pieces
Coconut oil	2 tbsp.
Mustard seeds	1 tsp.
Curry leaves	1 sprig
Green chillies	4-5
Onion	1/2 cup (chopped)
Grated coconut	1/2 cup
Salt	to taste

Method of preparation:

Heat oil and add the mustard seeds. When they splutter, add the curry leaves, then add green chillies and onion. Cook until the onion is transparent. Add the beans, scraped coconut, salt and enough water and cook until all the water dries up.

Note : Dry curry can also be prepared with the following (i) French beans (ii) Cabbage (iii) Green peas (iv) Potatoes (v) Snake gourd.

381. RIPE MANGO IN MASALA (India - Karnataka)

Ingredients:

Ripe mangoes	2
Grated coconut	1 cup
Red chillies	6 (roasted)
Mustard seeds	1 tsp.

For Seasoning:

Oil	2 tbsp.
Mustard seeds	1 tsp.
Curry leaves	1 sprig

Method of preparation:

Peel the mangoes and squeeze out the juice from the skin. Add it to the mango slices. Grind coconut, red chillies and mustard seeds to a fine paste. (Add it to the mango. Don't cook). Season with oil, mustard seeds and curry leaves and serve.

Note : This can also be prepared with canned pineapple. The pineapple juice should be used for grinding the masala ingredients.

382. SAMBAR (India - Karnataka) (Ingredients)

Tur dal	1 cup
Small red cucumber	1
Small onion	12
Tamarind	(size of 1 lime)
Tomato	1
Salt	to taste
Asafoetida powder	1 pinch

For Masala

Red chillies	7-8 (roasted)
Coriander seeds	1 1/2 tbsp. (roasted)
Methi seeds	3/4 tsp (roasted)
Grated coconut	2 tbsp

For seasoning

Coconut oil	2 tbsp.
Mustard seeds	1 tsp.
Red chilli (broken into pieces)	1
Curry leaves	1 sprig

Method of preparation:

Grind together the masala ingredients to a coarse paste. Boil the dal in 1 cup of water in the cooker. Cook the cucumber with onions, tamarind, tomato, salt and asafoetida powder. Add

the cooked dal to the vegetable mixture. Add the ground masala and boil for 10 to 15 minutes. Season with coconut oil, mustard seeds, chilli and curry leaves. Brinjal, Bindi, drumstick, colocasia etc. can also be added as vegetables.

383. RAW BANANA CURRY

(India - Karnataka)

Ingredients:

Raw bananas	3 (skinned, split into 4 & cut into 2.5 cm. pieces and soaked in water)
Tamarind	(size of $\frac{1}{2}$ a lime) soaked in water to taste
Salt	

For Masala:

Grated coconut	1 cup
Red chillies	6-8 (roasted)
Coriander seeds	1 tsp (roasted)
Jeera	$\frac{1}{4}$ tsp.
Turmeric	$\frac{1}{4}$ tsp.
Garlic	2 flakes

For seasoning:

Oil	2 tbsp.
Mustard seeds	1 tsp.
Curry leaves	1 sprig
Garlic	7-8 flakes (crushed)
Red chilli	1 (broken into pieces)

Method of preparation:

Cook the banana pieces in tamarind water, salt and 2 cups water. Grind together the masala ingredients, add to the cooked banana and boil for 10 to 15 minutes. Season with oil, mustard seeds, curry leaves, crushed garlic and red chilli.

384. BENGAL GRAM & TENDLI DRY CURRY

(India - Karnataka & Tamil Nadu)

Ingredients:

Bengal gram (soaked overnight)	1 cup
Tendli	$\frac{1}{4}$ kg.
Grated coconut	1 cup
Salt	to taste

For Masala:

Chillies	8 (roasted)
Coriander seeds	2 tbsp. (roasted)
Jeera	1 tsp. (roasted)
Garlic	2 flakes
Turmeric powder	$\frac{1}{4}$ tsp.
Tamarind	(size of its seed)
Oil	2 tbsp.
Mustard seeds	2 tbsp.
Curry leaves	1 sprig
Urad dal	1 tsp.
Garlic	8 flakes (crushed with skins)

Method of preparation:

Cook Bengal gram and tendli separately in just enough water. Grind the masala ingredients together to a fine paste. Then add the coconut to it, and grind to a coarse paste. Remove the masala and add to the cooked vegetables with salt to taste. Cook it for 10 to 15 minutes on a slow fire. Season with oil, mustard seeds, curry leaves, urad dal and crushed garlic.

Note : The same type of curry can be prepared with different combinations:

- Raw Jackfruit and Bengal Gram
- Yam and Bengal Gram
- Tendli, Bengal Gram and Cashewnut
- Spinach and Bengal Gram

385. RAW JACKFRUIT (DRY) CURRY

(India - Karnataka, Tamil Nadu)

Ingredients:

Unripe jackfruit loaves	1.5 kg.
Salt	to taste
Jaggery	to taste or size of half a lime

For Masala:

Red chillies	20 (roasted)
Coriander seeds	2 tbsp (roasted)
Jeera	1 tsp. (roasted)
Peppercorns	8 (roasted)
Curry leaves	1 sprig
Urad dal	1 tsp.
Tamarind	(size of 1 small lime)
Turmeric powder	1 pinch

Garlic	6 flakes
Grated coconut	3 cups

For Seasoning:

Coconut oil	2 tbsp.
Mustard seeds	1 tsp.
Curry leaves	1 sprig
Urad dal	1 tsp.
Onions (chopped)	1 cup

Method of preparation:

Grind together masala ingredients, except coconut to a fine paste. Add the coconut and grind further further to a coarse paste. Remove and keep it aside.

Remove the seeds from the fruit loaves, cut the loaves into small pieces and put in water. Remove from water after 10 minutes and cook with enough water, salt, masala and cook for another 10 to 15 minutes.

Season with coconut oil, mustard seeds, curry leaves, urad dal and chopped onions.

386. MIXED ROOT AVIYAL - India (Kerala)**Ingredients:**

Cassava	250 g.
Yam (wild)	250 g.
Yam	250 g.
Colocasia	250 g.
Grated coconut	2 cups
Green chillies	10
Turmeric powder	1/2 tsp.
Cumin seeds	1 tsp.
Garlic	4 - 5
Sour curd	1/2 cup

Method of preparation:

Cut the roots and tubers into small irregular pieces and cook in adequate water with salt and turmeric. Grind coconut, green chillies, cumin seeds and garlic well. Add the ground mixture with curd to the cooked pieces and boil for 10 minutes and remove from fire. Add coconut oil and curry leaves. *In the same way 'Aviyal' can be prepared by using drumstick, Cucumber, pumpkin, tendli, raw banana, raw mango, beans, carrots, snake gourd etc.

387. CASSAVA ERISSERY (India - Kerala)**Ingredients:**

Cassava	300 g.
Green chillies	3 to 5
Turmeric	1 tsp.

Grated coconut	1 cup
Cumin seeds	1/2 tsp.
Mustard	1 tsp.
Coconut oil	1 tsp.
Small onions	5
Curry leaves	a few
Salt	to taste

Method of preparation:

Cut cassava into pieces of 2.5 cm length and 0.6 cm thickness. Grind together green chillies and turmeric. Marinate the cassava pieces with these. With salt and sufficient water cook cassava till the pieces are cooked well. Grind half the coconut, cumin seeds and add to the cassava and simmer it for 10 minutes. Fry mustard, coconut and chopped onion in hot oil and add to the cassava mixture. Mash well, boil for 10 minutes and remove from the fire. Serve with rice.

* Raw jack fruit, elephant foot yam, Raw banana also can be used in place of cassava.

388. CASSAVA COCONUT CURRY-I (India - Kerala)**Ingredients:**

Cassava	500 g.
Carambola	2 to 3 dry pieces
Grated coconut	1 cup
Turmeric	1 tsp.
Green chillies	5
Garlic	2 pods
Onion (big)	1
Curry leaves	5-6 leaves
Coconut oil	2 tbsp.
Salt	to taste

Method of preparation:

Cut cassava into pieces, boil and drain the water. Cook this with carambola salt and sufficient water. Grind the masalas (3-7) with coconut scrapings. When the cassava is almost done add the ground masala and mix well and cook again for another 5 minutes. Before removing from the fire add curry leaves and coconut oil. Serve hot.

389. CASSAVA COCONUT CURRY - II (India - Kerala)**Ingredients:**

Cassava	500 g.
Onions	1/2 cup (sliced)
Grated coconut	1 cup

Black gram dal	1 tsp.
Red chillies	2
Turmeric	1/4 tsp.
Green chillies	4
Garlic	1 pod
Curry leaves	5-6 leaves
Groundnut oil	1 tbsp.
Salt	to taste

Method of preparation:

Dice cassava and wash well. Grind coconut with other (5-8) masala. Cook the cassava pieces. Add ground ingredients and mix. Fry sliced onions and dal oil till golden brown. Add 1 cup of boiling water. Add cassava mixture and curry leaves. Simmer for 2-3 minutes. Serve hot.

390. POTATO BHAJI (India - Konkan)**Ingredients:**

Potatoes (medium size)	5
Green chillies	5
Coconut (gratings)	2 tbsp.
Cumin seeds	1/2 tsp.
Oil	7-8 tbsp.
Lime	1 small piece
Onions	4
Mustard seeds	1 tsp.
Turmeric powder	1 pinch
Table salt	1 tsp.
Curry leaves	1 sprig

Method of preparation:

Boil potato. Peel. Cut into small cubes. Cut onion into longish thin pieces. Chop green chillies. Prepare seasoning in frying pan with cumin, mustard, chopped green chillies and curry leaves, in oil. Mix turmeric powder and onion pieces and stir for a while. Before onion turns reddish, add potato pieces and salt. Turn over well. Sprinkle a little water all over. Cook, under cover, for 5 minutes. Remove from flame. Garnish with coconut gratings. Squeeze in juice of lime. Turn over and serve.

391. PATHRAVADE (India - Konkan)**Ingredients:**

Colocasia (arvi) leaves	25
Grated coconut	2 1/2 cups
Raw rice	250 g.
Red chillies	25 (roasted)
Asafoetida	1 small piece

Tamarind lump	(size of 2 marbles)
Salt	to taste

Method of preparation:

Remove fibre from arvi leaves and wash thoroughly. Soak rice in water. Grind coconut gratings with roasted red chillies, tamarind and asafoetida, without adding much water. Before taking out the masala, add salt and soaked rice, and grind to a smooth (but not too fine) paste. (It should be stiff enough to a stick to the leaf surface). Spread a large arvi leaf on a wooden board with back surface up and stalk end towards you. Smear masala paste evenly all over the surface. Place a smaller leaf over it and repeat the smearing process. After 5-6 leaves are placed one over the other like this, fold in the edges for about 5 cm on both sides, smear the folds with paste and then roll gently but firmly from the stalk end to the tip, in the shape of a cylinder. Cut each roll crosswise into two pieces, and cook them over steam in an idli vessel for about 45 minutes. Take out and cut into slices of desired thickness (about 1/2") and serve. (Note: Green gram dal or rice plus bengal gram dal or rice plus thur dal can be used, instead of rice only. It is preferable to add 5 more red chillies in that case).

392. ROASTED/FRIED/SEASONED**PATHRAVADE (India - Konkan)****Method of preparation:**

Cut one or two cooked pathravade rolls into 1.25 cm thick slices. Smear dosa pan with oil. When hot, roast the slices on it, till both sides turn brown.

Dust cooked pathravade slices with rice rava, and deep dry them in hot oil, in a frying pan.

Take sufficient oil in frying pan and prepare seasoning with mustard and curry leaves. Cut each uncooked pathravade roll crosswise into two. Place the pieces in the seasoning vertically side by side. Pour enough water into pan to cover the lower half of each piece. Cook well under cover. Remove from flame. This is an alternative method of cooking pathravade without steaming.

393. PATHRAVADE USLI (India - Konkan)**Ingredients:**

Pathravade slices	7-8
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Red chillies	2-3
Mustard seeds	1/2 tsp.
Grated coconut	1 tbsp.
Oil	5-6 tsps.
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Cut cooked pathravade slices into fine pieces. Prepare seasoning in frying pan, with red-chillies, mustard and curry leaves in oil. Drop pathravade pieces in it, add salt and cook over low flame, under cover, for 5-6 minutes. Open lid and turn over 2-3 times. Remove from flame. Garnish with coconut gratings and serve.

394. DANGAR (India)**Ingredients:**

Leaves of drumstick/pumpkin/radish	
Thur dal	200 g.
Rice	150 g.
Tamarind lump	(big bengal gram size)
Grated coconut	1 tbsp.
Red chillies	12 nos.
Oil	for frying
Salt	to taste

Method of preparation:

Soak rice with thur dal in water, for an hour. Wash. Grind with red chillies, coconut gratings and tamarind to a coarse paste (without using water). Transfer the masala to a vessel. Add just sufficient quantity of chopped leaves and salt to taste. Mix well. Shape small balls of the mix. Flatten a bit. Deep fry in oil. (Note : Bengal gram dal can be used, instead of thur dal).

396. STUFFED BRINJAL SAGLE**(India - Konkan)****Ingredients:**

Brinjals (small variety)	12 nos.
Grated coconut	1 cup
Red chillies	10 (roasted)
Tamarind lump	(marble size)
Fenugreek seeds	1/2 tsp.
Salt	to taste
Coriander seeds	2 tsps.
Oil	2 tbsp.

Jaggery	1 small piece
Mustard seeds	1/2 tsp.
Curry leaves	1 sprig

Method of preparation:

Remove stalk of brinjal (small variety). Cut 3 or 4 slits lengthwise from top. Wash and keep aside. Grind coconut gratings with roasted red chillies, tamarind, jaggery and salt into a thick masala (without using water). When masala is almost ready, add fenugreek and coriander seeds (both previously roasted) and grind for some more time. Stuff brinjals (through slits) with the masala. Spread the excess masala over them. Keep aside water used for washing the grinder. Prepare seasoning in frying pan with mustard and curry leaves in oil. Drop stuffed brinjals gently, along with water (kept aside) into the seasoning. Turn over. Cover pan. Cook. Open lid 3-4 times at intervals and turn over to prevent sticking to bottom. When brinjals become sufficiently soft, remove from flame. (Note: A few small pieces of onion can be added to masala, if desired).

396. KALAN (India - Kerala - Konkan)**Ingredients:**

Cucumber (coloured)	1
Grated coconut	1 cup
Red chillies	6-7
Turmeric powder	1/4 tsp.
Curd	1 cup
Curry leaves	2 sprigs
Salt	to taste
Cumin seeds	1/2 tsp.
Green chillies	3

For Seasoning:

Oil	as required
Cumin seeds	1/2 tsp.
Fenugreek seeds	1/4 tsp.
Curry leaves	1 sprig
Asafoetida	1 pinch

Method of preparation:

Skin cucumber and cut into pieces (medium size). Boil in water till soft, adding salt and a few curry leaves. Grind coconut gratings with red chillies and turmeric to a fairly smooth paste. Before taking out, add cumin and green chillies and grind for a while. Add the masala to the cooked cucumber pieces and bring to boil. Prepare seasoning in frying

pan with the ingredients noted above. Pour the seasoning and curd into the boiling mix. Stir. Allow to simmer for 2 minutes. Remove from flame and serve.

Kalan can be prepared with suran, raw papaya, gherkins, raw banana etc. by the same method.

397. ALAMBE (MUSHROOM) AMBAT

(India - Konkan)

Ingredients:

Skinned alambe (mushrooms)	250 g.
Cucumber (coloured variety)	$\frac{1}{2}$
Grated coconut	1 cup
Onion	1
Red chillies	8 (roasted)
Tamarind lump	(marble size)
Oil	2 tbsps.
Salt	to taste

Method of preparation:

Cook peeled mushrooms and chopped cucumber together in just enough water, till tender. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Chop onion and keep aside half the portion for seasoning. Add the remaining half to the cooked alambe-cucumber mix. Mix in masala and boil well. Season with onion in oil.

ALAMBE (MUSHROOM) BUTHI

(India - Konkan)

This is prepared in the same way as alambe (mushroom) ambat. Add 2 extra roasted red chillies. Before taking out the masala from grinder, add 2 tps coriander seeds and grind for another 2 minutes. When alambe is being cooked add minced ginger (1" piece) and chopped onion (one) to it. Add 4 tps raw oil after removing from flame and stir well before serving.

398. COCHIN MASALA CURRY

(India - Kerala)

Ingredients:

Grated coconut	2 cups
Red chillies	16

Balck gram dal	2 tsps.
Coriander seeds	2 tsps.
Turmeric powder	$\frac{1}{4}$ tsp.

Method of preparation:

Roast all the above ingredients in frying pan separately, on a low flame, till golden brown and crisp. Grind them together in a mixie, absolutely dry (or free from moisture) till oil is given off. This masala can be kept for 6-8 months in an air-tight container without spoiling, and can be used for preparing a variety of curries, when desired, e.g.:

Bengal gram-cum-suran:

Soak 1 cup bengal gram in water overnight. Pressure cook with 1 cup suran bits for 15 mts. Take out and add salt. Mix tamarind juice, desired quantity of water and 2-3 tsps of the above masala. Boil for 5 minutes.

399. GREEN GRAM DAL USLI

(India - Konkan)

Ingredients:

Green gram dal	250 g.
Green chillies	4-5
Ginger	1 small piece
Oil	6 tsps.
Curry leaves	1 sprig
Mustard seeds	$\frac{1}{2}$ tsp.
Grated coconut	3 tbsps.
Salt	to taste

Method of preparation:

Wash green gram dal thoroughly. Mince ginger. Chop green chillies finely. Prepare seasoning, in frying pan, with mustard and curry leaves in oil. Drop green chilli bits and ginger in it. Pour 2 cups of water. Stir in salt. Bring to boil. Then drop dal into the pan, and cook on low flame under cover. Open 2-3 times, at intervals, and turn over to prevent sticking to bottom. When dal is cooked, remove from flame. Garnish with coconut gratings. (Note: If ginger is not used, add a few drops of asafoetida water, after removing from flame.)

Bengal gram dal usli is also prepared by the same method.

400. ERRISERRY (India - Kerala)

Ingredients:

Green gram	1 cup
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Bengal gram	1 cup
Grated coconut	1 cup
Raw bananas	2 nos.
Curry leaves	1 sprig
Oil	for seasoning
Cumin seeds	1/2 tsp.
Mustard seeds	1/2 tsp.
Suran	1/2 kg.
Red chillies	8 nos.
Turmeric powder	1/8 tsp.
Salt	to taste

Method of preparation:

Soak bengal gram in water overnight. Next day, boil till soft. Pressure cook green gram with banana and suran pieces (of medium size) in sufficient water for 5 minutes. Mix the cooked ingredients with cooked bengal gram and add salt. Keep aside a small quantity of coconut gratings. Grind the rest with red chillies and turmeric to a fine paste. Mix masala with the cooked mixture. Add desired quantity of water. Bring to boil. Remove from flame. Season with mustard, cumin and curry leaves in oil. Roast coconut gratings (kept aside) till golden brown and crisp. Add to the curry. Stir and boil properly, before serving.

401. DAALI (DAL) AMBAT (India - Konkan)**Ingredients:**

Thur dal	60 g.
Grated coconut	1 cup
Red chillies	6 (roasted)
Tamarind	a little
Vegetable (pieces)	2 cups
Oil	2 tbsps.
Mustard seeds	1/2 tsp.
Curry leaves	2 sprigs
Salt	to taste

Method of preparation:

Pressure cook dall till soft. Add cut pieces of vegetables like brinjal, gherkins etc. and further cook. When done, add salt to taste. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Mix masala with the dal - vegetable mixture. Boil properly. Season with mustard and curry leaves in oil. (Note: Chopped onion can be used in place of mustard and curry leaves for the seasoning. One half of chopped onion is to be added while cooking the vegetable, and the other half for seasoning. Similar ambat can be prepared,

using spinach/garden greens with thur dal).

402. ALWATHI (India - Konkan)**Ingredients:**

Arvi leaves (wild variety)	25
Hog-plums (ambada)	4
Ginger	1 small piece
Grated coconut	1 cup
Green chillies	3
Red chillies	6 (roasted)
Oil	2 tbsps.
Lime	1
Salt	to taste

Method of preparation:

Cut arvi leaves finely. Crush hog-plums. Cook them together with a little water. Mince ginger and keep aside. Grind coconut gratings with red chillies to a fine paste. When leaves are almost cooked, add green chilli slits and salt to taste. Mix the masala. Add minced ginger and boil well. Remove from flame. Stir in raw oil and lime juice. Alwathi can be seasoned with garlic in oil, in which case lime juice is not required. Seasoning is done after mixing the masala.

403. SNAKE GOURD KOOTU

(India - Konkan - Tamil Nadu, Kerala)

Ingredients:

Snake gourd	1
Green gram dal	1/2 cup
Grated coconut	1/2 cup
Small onions	2-3
Raw rice	1 tsp.
Powdered pepper	1 tsp.
Black gram dal	1 tsp.
Red chilli	1 (roasted)

For Seasoning:

Cumin seeds	1/2 tsp.
Mustard seeds	1/2 tsp.
Oil	as required
Curry leaves	2 sprigs
Salt	to taste

Method of preparation:

Cut snake gourd into small pieces. Add snake gourd pieces, when dal is half cooked. Fry onion, raw rice, black gram dal, pepper and red chillies with a little oil. Grind coconut gratings with the

fried ingredients to a smooth paste. When dal and snake gourd are cooked properly, mix the masala and add salt. Boil. Remove from flame. Season with cumin, mustard and curry leaves in oil.

404. DRUMSTICK (MORINGA OLIFERA) LEAVES CURRY - (India - Konkan)

Ingredients:

Drumstick leaves	4 cups
Grated coconut	1/2 cup
Green chillies	5
Turmeric	1 small piece
Cumin seeds	1 tsp.
Thur dal	1/2 tsp.
Red chillies	3
Mustard seeds	1/2 tsp.
Curry leaves	1 sprig
Oil	5 tps.
Salt	to taste.

Method of preparation:

Separate the drumstick leaves. Wash thur dal and the leaves and pressure cook (in about 2 cups of water) for 15 minutes. Grind finely masala using coconut gratings, turmeric and green chillies. Add cumin and grind for a while. Add salt and masala to the dal-leaves and bring to boil. Season with red chilli pieces, mustard and curry leaves in oil. Take care that the only curry is moderately thin and the dal is moderately cooked.

405. HORSE GRAM KODDEL (India - Konkan)

Ingredients:

Horse gram	125 g.
Vegetable pieces	1/2 cup (heaped)
Grated coconut	1 cup
Red chillies	10 (roasted)
Tamarind lump -	(marble size)
Oil	2 tbsps.
Garlic cloves	1 small
Salt	to taste

Method of preparation:

Cook horse gram till soft. Add pieces of the selected vegetable (such as drumstick, tender jack, raw banana, plantain pith, cucumber (coloured), suran, bamboo shoots etc.) and cook moderately. Grind coconut gratings with roasted red chillies and

tamarind to a fine paste. Add the masala to the cooked gram-vegetable mix, add salt and boil well. Remove from flame, crush garlic and fry with a little oil till brown, for seasoning.

Koddel is prepared by the above method, using cow peas, cluster bean seeds, field beans, thur etc. Thur koddal is also known as 'bendi'.

Koddel can also be prepared with vegetables such as cucumber (coloured), jack seeds, drumsticks, bitter gourd, raw banana, without combining them with beans or grams of any kind.

Koddel can be seasoned with kamtekai (theppal) in place of garlic, as follows:

After taking out masala, drop 7-8 theppal pods into grinder, and grind till the shell turns white. Then wash grinder. Add the water used for washing, to the masala, discarding residue. Mix masala with the gram/vegetable. Bring to boil. Add 4 tps raw oil. No seasoning is required.

406. PULI KODDEL (India - Konkan)

Ingredients:

Ash gourd	500 g.
Red chillies	8
Coriander seeds	3 tps.
Black gram dal	2 tps.
Bengal gram dal	2 tps.
Turmeric	1 small piece
Gingelly seeds	3 tps.
Raw rice	1 tsp
Grated coconut	3 tbsps.
Jaggery (lime size)	2 tbsps.
Oil	2 tbsps.
Tamarind lump	(marble size)
Mustard seeds	1/2 tsp.
Curry leaves	1 sprig
Salt	to taste
Asafoetida	1 small piece

Method of preparation:

Roast coriander, black gram dal, bengal gram dal, turmeric, asafoetida, rice, coconut gratings, red chillies - all with a little oil, till brown. Wash gingelly seeds and roast them separately. Grind all the ingredients, together with tamarind, coarsely. Skin ash gourd. Cut into pieces of medium size. Cook in a little water till soft. Add jaggery and salt to taste. Mix the ground masala, adding desired quantity of water. Bring to boil. Remove from

flame. Season with mustard and curry leaves in oil.

Brinjal or cucumber (coloured) puli koddal is also prepared by the same method.

407. BENGAL GRAM SUKKE (India - Konkan)

Ingredients:

Bengal gram	200 g.
Suran	250 g.
Grated coconut	1 cup
Red chillies	8 (roasted)
Tamarind	(marble size)
Jaggery	1 small piece
Black gram dal	2 tsps.
Coriander seeds	3 tsps.
Oil	6 tsps.
Mustard seeds	1/2 tsps.
Curry leaves	1 sprig
Salt	to taste

Method or preparation:

Soak bengal gram in water overnight. Pressure - cook till soft. Cut suran into small cubes. Wash them. Grind coconut gratings with roasted red chillies and tamarind to a coarse paste. Before taking out the masala from grinder, add black gram dal and coriander (both roasted with a little oil) and grind for another few minutes. Keep aside the water used for washing the grinder. Drain off water on top of cooked gram to another vessel. Add suran bits and some water to the cooked gram. Cook well. Add jaggery and salt to taste. Turn over. Mix the ground masala and bring to boil. Remove from flame and season with mustard and curry leaves in oil.

Cucumber (coloured), suran, cow pea beans, ridge gourd are other vegetables used for preparing sukke by the same method.

For capsicum sukke, cook capsicum pieces in the seasoning itself. (i.e. mustard and curry leaves in oil). After adding jaggery and salt and mixing the masala, it is necessary to turn over the sukke thoroughly for sometime.

408. POTATO SUKKE (India - Konkan)

Ingredients:

Potatoes	4
Tomatoes	3 - 4

Grated coconut	1 cup
Green chillies	8
Coriander leaves	1 bunch
Ginger	1 small piece
Turmeric	1 small piece
Cumin seeds	1/2 tsp.
Mustard seeds	1/2 tsp.
Oil	6 tsps.
Salt	to taste

Method of preparation:

This is a special type of sukke. Boil potato, peel and cut into small pieces. Cut tomato in the same way. Keep all the pieces aside. Grind coconut gratings with coriander leaves, ginger, green chillies and turmeric to a coarse paste. Prepare seasoning, in frying pan, with cumin and mustard in oil. Drop tomato pieces in it and turn over well. Then drop potato pieces along with ground masala. Add salt to taste. Go on turning over, till the curry turns sufficiently thick.

409. SPINACH BENDI (India - Konkan)

Ingredients:

Spinach	3-4 stems
Grated coconut	1 cup
Red chillies	10 roasted
Tamarind lump	(marble size)
Garlic	1 small pod
Oil	2 tbsps.
Salt	to taste

Method of preparation:

Cut leaves of spinach finely. Cut its stem into 5 cm - 7.5 cm long pieces. Cook them together in a vessel with 1 1/2 cups of water. (Note: First drop the stem pieces, and then the finely cut leaves over them). After sufficient cooking, add salt. Boil well. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Add the masala to the cooked spinach. Bring to boil. Remove from flame. Season the curry with peeled garlic cloves in oil. Bilimbi can be used, in place of tamarind, to give the sourish taste. Ragi greens ambti is also prepared in the above manner, substituting spinach with those greens. Pieces of suran or chinese potato (koorka) are generally combined with the ragi green.

410. DAILATHE SAGLE (India - Konkan)**Ingredients:**

Gherkins	1/2 kg
Grated coconut	1 cup
Chillies	7-8 (roasted)
Fenugreek seeds	1/2 tsp.
Tamarind lump	(marble size)
Coriander seeds	2 tsps.
Oil	6 tsps.
Curry leaves	1 sprig
Mustard seeds	1/2 tsp.
Salt	to taste

Method of preparation:

Wash gherkins. Cut them into medium sized pieces. Cook in water. Grind coconut gratings with roasted red chillies and tamarind. When masala is almost ready add fenugreek and coriander seeds (both previously roasted with a little oil) and grind for a minute or two. Masala should not be too fine. Add salt and cooked gherkin. Mix the masala. Boil and remove from flame. Season with mustard and curry leaves in oil.

Similar sagle can be prepared with lady's fingers. But do not cook lady's finger pieces in water. Mix the masala with the pieces, add salt and desired quantity of water. Boil till the vegetable is just sufficiently cooked. Remove from flame. Season with mustard and curry leaves in oil. If 3 hog-plums (crushed) or 6 bilimbis (cut into slits) are used, in place of tamarind the sagle will be more tasty.

411. TENDER JACK CHAKKO**(India - Konkan)****Ingredients:**

Tender jack	1 small
Grated coconut	1 cup
Red chillies	12 (roasted)
Tamarind lump	(marble size)
Jaggery	1 small piece
Black gram dal	3 tsp.
Coriander seeds	3 tsps.
Oil	7-8 tsps.
Mustard	1 tsp.
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Remove skin and shaft of tender jack. Cut into pieces of medium size. Cook in water till soft.

Transfer to another vessel. Keep aside the excess water. Grind coconut gratings with roasted red chillies and tamarind to a stiff coarse paste, using a little water. Before taking out the masala, add black gram dal and coriander (both previously roasted a little) and grind for another minute or two. Add jaggery and salt and continue grinding for a while. Let masala be in the grinding stone only. Mix cooked jack pieces. Pound well with a heavy pestle (or stone). Transfer to a vessel. Collect water used for washing the grinding stone in another vessel. Prepare seasoning, in frying pan, with mustard and curry leaves in oil. Drop the pounded jack pieces in it along with the excess water. Turn over. Cook, under cover, for 5 minutes. Then simmer till the water evaporates, turning over throughly. Remove from flame and serve.

412. POTATO BHARTH (India - Konkan)**Ingredients:**

Potatoes	3-4
Grated coconut	1/2 cup
Red chillies	6 (roasted)
Asafoetida	1 small piece
Mustard seeds	1 tsp.
Oil	2 tsps.
Tamarind lump	(big bengal gram size)
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Boil potatoes, peel and keep aside. Grind coconut gratings with roasted red chillies and tamarind. Fry asafoetida and mustard in oil a little. Add to masala before taking it out and grind for a few minutes more. Add salt to taste. Finally, mash potatoes in the masala. Season with mustard and curry leaves in oil.

413. BRINJAL BHARTH (India - Konkan)**Ingredients:**

Brinjal	1 (big size)
Grated coconut	1/2 cup
Red chillies	6 (roasted)
Tamarind lump	(big bengal gram size)
Oil	1 tsp.
Mustard seeds	1 tsp.

Asafoetida	1 piece (bengal gram size)
Salt	to taste

Method of preparation:

Roast brinjal, preferably over glowing embers. If not, cut into big pieces (say 5-6) and boil in just enough water. Peel the roasted or boiled brinjal. Roast asafoetida and mustard a little with oil. Grind masala using coconut gratings, roasted red chillies and tamarind. Before taking out add the roasted mustard and asafoetida to masala, add salt and grind for another few minutes. Then add a little water and mash brinjal in it.

Chopped onion can be added to this bharth, in place of roasted asafoetida and mustard, while grinding the masala. Alternately masala can be mixed with 7-8 raw garlic cloves (peeled) in place of asafoetida and mustard, and ground for a minute or two more.

414. ASH GOURD SAASAM (India - Konkan)**Ingredients:**

Ash gourd	500 g. (small size)
Grated coconut	1½ cups
Mustard seeds	1½ tsp.
Oil	2 tbsps.
Red chillies	4 (roasted)
Tamarind lump	(marble size)
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Skin ash gourd. Cut into pieces of medium size. Wash. Drop them in a vessel. Pour water enough to cover the pieces. Cook till tender. Add salt to taste. Grind coconut gratings with roasted red chillies and tamarind. Before taking out the masala add 1 tsp mustard and grind for a while. Mix the masala with cooked ash pieces. Add desired quantity of water. Boil. Remove from flame. Season with mustard and curry leaves in oil.

Adopt the same method for preparing saasam with cucumber (coloured variety) garden greens, spinach or stalks of arvi leaves (venti). Generally a bit of jaggery is added in the last case.

415. MANGO-CUM-PINEAPPLE SAASAM**(India - Konkan)****Ingredients:**

Mangoes	3 (small size)
Pineapple	1
Grated coconut	1 cup
Red chilli	1 (roasted)
Mustard seeds	1½ tps.
Oil	2 tbsps.
Jaggery	1 small piece
Green chillies	2
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Peel mango and cut into pieces. Skin pineapple, and cut into pieces. Drop all the pieces in a vessel. Add jaggery and salt to taste. Mix chopped green chillies. Grind coconut gratings with roasted red chilli to a smooth paste. Before taking out, add 1 tsp. mustard to masala and grind for a while. Mix the masala with the fruit pieces, and desired quantity of water and then season with mustard and curry leaves in oil.

Ripe banana saasam is also prepared in the above manner.

The same method is adopted in preparing raw mango/raw mango-cum-tender cucumber saasam (otherwise known as pachadi). Jaggery is not required in that case. Chop both the mango and cucumber finely, before use.

416. BEANS MENTHEKAI (India - Konkan)**Ingredients:**

Beans	500 g.
Grated coconut	1 cup (heaped)
Green chillies	8
Fenugreek seeds	½ tsp.
Mustard seeds	½ tsp.
Curry leaves	1 sprig
Ghee	5 tps.
Salt	to taste

Method of preparation:

Remove fibre from beans. Cut off both ends. Wash. Cut into longish (2 cm) thin pieces. Cook together with green chillies in sufficient quantity of water, till tender. Pick out green chillies and keep aside. Add salt to the cooked beans. Grind

coconut gratings with cooked green chillies. Before taking out, add fenugreek seeds (fried previously in a little ghee), to the masala and grind for a while. Mix the masala with the beans, when cool. Season with mustard and curry leaves in ghee. This is served as a cold curry.

417. ARVI ROOTS (ALVAMANDE) HUMMAN (India - Konkan)

Ingredients:

Colocasia (arvi) roots	250 g.
Grated coconut	1 cup
Red chillies	10 (roasted)
Asafoetida water (thick)	1 tsp.
Tamarind lump	(marble size)
Oil	4 tsps.
Salt	to taste

Method of preparation:

Wash colocasia roots. Boil in water till tender. Peel. Cut into small pieces. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Mix the masala with boiled pieces. Add salt and desired quantity of water. Bring to boil and add raw oil and a few drops of asafoetida water.

418. POTATO HUMMAN (India - Konkan)

Ingredients:

Potato	250 g.
Grated coconut	1 cup
Red chillies	5-6 (roasted)
Tamarind lump	(marble size)
Oil	4 tsps.
Asafoetida water	1 tsp.
Salt	to taste

Method of preparation:

Cut potato into medium sized pieces. (No need to skin it) Boil in just enough water, till tender. Add salt, rind coconut gratings with roasted red chillies and tamarind to a fine paste. Mix the masala with boiled potato pieces. And bring to boil and remove from flame. (Let humman be thick). Add raw oil and a few drops of asafoetida water.

Jack seed or Chinese potato (kooka) humman is also prepared by the same method. But the latter needs to be skinned and cut into pieces.

419. SURAN KOOT (India - Konkan)

Ingredients:

Suran $\frac{1}{2}$ cup	1 piece (chopped)
Grated coconut	1 cup
Red chillies	4 (roasted)
Tamarind lump	(size of tamarind seed)
Asafoetida	1 small piece
Mustard seeds	1 tsp.
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Chop suran finely (about $\frac{1}{2}$ cup) wash. Apply salt and keep aside. Grind coconut gratings with roasted red chillies and tamarind. Before taking out, add asafoetida and $\frac{1}{2}$ tsp mustard (both previously roasted with a little oil) to it. Grind for another 1-2 minutes. Heat oil in frying pan. Drop suran bits in it (after squeezing them) and fry till crisp. Mix the bits with the masala. Add a little salt, only if necessary. Season with mustard and curry leaves in oil. Wild bitter gourd (phagil) saasam is also prepared by the above method.

420. STUFFED CAPSICUM (India - Konkan)

Ingredients:

Capsicum	$\frac{1}{2}$ kg.
Grated coconut	1 cup
Red chillies	10 (roasted)
Tamarind lump	(size of marble)
Fenugreek seeds	$\frac{1}{2}$ tsp.
Coriander seeds	2 tsps.
Oil	4 tbsps.
Jaggery	1 small piece
Onions	2
Mustard seeds	$\frac{1}{2}$ tsp.
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

If stalk of capsicum is too long, trim it. Cut a slit around the stalk (about 6 cm from it) extending to $\frac{3}{4}$ length of the capsicum. This will serve as a lid. Open it and scoop out seeds from capsicum with the handle of a spoon. Discard them. Grind coconut gratings with roasted red chillies, and tamarind to a coarse paste. When masala is almost ready, add fenugreek and coriander (both previously roasted with a little oil), jaggery and salt. Grind

for a while. Then mix chopped onion with the masala. Stuff the capsicums, one by one, with the masala and close the lids. Prepare seasoning in frying pan with mustard and curry leaves in oil. Drop the stuffed capsicums gently in it. Spread the excess masala if any, all over. Sprinkle a little water used for washing the grinder. Cook on a low flame under cover. Open 2-3 times, at intervals, and turn over slightly. After sufficient cooking remove from flame.

421. STUFFED SNAKE GOURD

(India - Konkan)

Ingredients:

Snake gourds	2 (medium size)
Potatoes	6
Green chillies	10
Red chilli	1
Oil	4 tsps.
Grated coconut	2 tbsps.
Lime (juice)	1/2 tsp.
Bombay rava	2 tbsps.
Curry leaves	1 sprig
Oil	for roasting
Salt	to taste
Asafoetida water	1 tsp.

Method of preparation:

Scrape off snake gourd skin. Cut crosswise into 1.25 cm thick pieces. Discard seeds. Wash. Apply salt and keep aside. Boil potato. Peel and mash. Add salt, chopped green chillies, coconut gratings and asafoetida water. Mix well and prepare a stiff dough. Season with red chilli pieces, mustard and curry leaves in oil, using a laddle. Add a little juice of lime. Make balls of dough, big enough to stuff the snake gourd pieces pressing with fingers. Smear dosa pan with oil. Heat to smoking point. Dust each stuffed piece with Bombay rava and roast on both sides till brown.

422. GAJBAJ AMBAT - (India - Konkan)

Ingredients:

Vegetables - Assorted	5 cups
Grated coconut	1 cup
Red chillies	7 (roasted)
Tamarind-lump	(size of marble)
Oil	2 tbsps.
Mustard seeds	1/2 tsp.
Curry leaves	1 sprig

Salt to taste

Method of preparation:

Cut selected vegetables in the same way as for 'yogirathna' 5 cups full. Wash and cook the pieces in water. When done, add a little salt. Turn over. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Mix the masala with cooked vegetable pieces. Boil. Remove from flame. Season with mustard and curry leaves in oil. If two hog-plums (ambada) could be crushed and added to the vegetables, tamarind is not required.

423. YOGIRATHNA (India - Konkan)

Ingredients:

Vegetables - Assorted	5 cups
Grated coconut	2 1/2 cups
Green chillies	6
Ghee	2 tbsps.
Mustard seeds	1/2 tsp.
Cumin	1 pinch
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Cut the selected vegetables, e.g. cow pea beans, ridge gourd, sweet potato, wild bitter gourd, sugarcane etc. into pieces of medium size - 5 cups full. Wash and cook them in water. When half done, add split green chillies. When done, add salt to taste. (Note: Vegetables should be dropped into water in the reverse order of the time taken to get cooked, e.g. first suran, a few minutes later ash gourd and tender cashewnuts last). Extract juice from coconut gratings by grinding. Mix the juice with cooked vegetables. Boil well. Remove, from flame. Season with cumin, mustard and curry leaves in ghee.

424. THAKKA AMBAT (India - Konkan)

Ingredients:

Ash gourd	1 kg.
Suran	1/4 kg.
Potatoes	3 - 4
Elephant foot yam	1/4 kg.
Colocasia yams	25
Mustard seeds	1/2 tsp.
Oil	for seasoning
Grated coconut	1 cup
Curd	1 1/2 cups

Green chillies	5 - 6
Red chillies	2-3
Cumin seeds	1 tsp.
Curry leaves	1 sprig

Method of preparation:

Cut ash gourd, yam, potato, colocasia and suran (E.F. Yam) into pieces of medium size and pressure cook with salt for 5 minutes. Grind coconut gratings with chillies and cumin seeds to a smooth paste. Mix the masala with cooked vegetables and boil well. Season with mustard, cumin and curry leaves in oil. Add curds and simmer for a minute. Remove from flame and serve.

425. BITTER GOURD GUNU (India - Konkan)**Ingredients:**

Bitter gourds	2
Cow pea	1/2 cup
Raw bananas	2
Carrots	2
Potato	1
Bilimbis	6
Salt	to taste
Green chillies	15
Grated coconut	4 cups
Suran	3/4 cup (pieces)
Asafoetida	1 little

For seasoning:

Oil	1 tbsp.
Mustard	1/2 tsp.
Cumin seeds	1/2 tsp.
Curry leaves	2 sprig

Method of preparation:

Extract thick coconut juice (2 cups full) by grinding the gratings. Keep aside. Grind two more times and extract 4 cups of thin juice. Cut bitter gourd into pieces, apply salt and set aside for 10 minutes. Split green chillies. Cut bilimbi into pieces. Cook rest of the vegetables in 3 cups thin juice, in pressure cooker 5 minutes. Squeeze out water from bitter gourd pieces and drop them in a vessel. Mix one cup of thin coconut juice, green chillies and bilimbi pieces. Boil well. Add salt to taste, the thick coconut juice and asafoetida water. Bring to boil. Remove from flame. Season with mustard and cumin seeds and curry leaves.

426. TENDER CASHEWNUT UPKARI

(India - Konkan)

Ingredients:

Tender cashewnuts	300
Oil	6-7 tsps.
Salt	1 tsp.
Grated coconut	2 tbsps.
Mustard seeds	1/2 tsp.
Curry leaves	1 sprig
Sugar	1 tsp.
Red chillies	3

Method of preparation:

Soak tender cashewnuts (dried) in water overnight. Skin and separate the halves and cook till tender. Add sugar and salt to taste. Season with red chilli pieces, mustard and curry leaves in oil. Garnish with coconut gratings and serve.

427. BENGAL GRAM GHUSHI

(India - Konkan)

Ingredients:

Bengal gram	125 g.
Vegetable pieces	1 cup
Grated coconut	1 cup
Red chillies	6-7 (roasted)
Cumin seeds	1/2 tsp.
Tamarind lump	(marble size)
Oil	2 tbsps.
Mustard seeds	1/2 tsp
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Soak bengal gram in water overnight. Wash and cook well. Add cut pieces of the selected vegetable e.g.: potato, jack seed, suran etc. Cook till soft. Grind coconut gratings with roasted red chillies and tamarind to a fairly smooth paste. Add the masala and salt to the cooked gram - vegetable mix. Bring to boil. Remove from flame. Season with cumin, mustard and curry leaves in oil. (Note: Tamarind is not required and ghushi will taste better, if three hogplums are crushed (or 6 bilimbis are sliced) and added while cooking.

Similar ghushi can be prepared with peas, green gram or thur.

428. PUMPKIN CORE THAMBLI

(India - Konkan)

Ingredients:

Pumpkin core (inner soft portion)	1 cup
Grated coconut	1 cup
Red chillies	3 (roasted)
Tamarind lump	(tamarind seed size)
Asafoetida	1 small piece
Mustard seeds	1/2 tsp.
Curry leaves	1 sprig
Jaggery	1 small piece
Salt	to taste
Oil	for seasoning

Method of preparation:

Wash and chop pumpkin core and boil in water and drain. Grind coconut gratings with roasted red chillies and tamarind. Add mustard and asafoetida (both roasted with a little oil) as well as cooked bits of pumpkin core, jaggery and salt to taste and grind for few more minutes. Season the masala with mustard and curry leaves in oil. It is preferable to add the water drained from cooking the pumpkin core, to the masala, while grinding.

429. MOR KOLAMBU (India - Konkan)**Ingredients:**

Ash gourd	1/2 kg.
Butter milk	2 cups
Grated coconut	1 cup
Green chillies	12
Cumin seeds	1 tsp.
Onions	3-4 (small)
Bengal gram dal	1 tsp.
Garlic	2 cloves

For seasoning

Red chilli	1/2 tsp.
Mustard	1/2 tsp.
Fenugreek	1/2 tsp.
Asafoetida	1 pinch
Curry leaves	1 pinch

Method of preparation:

Skin and wash ash gourd. Cut into fairly big pieces and boil till tender. Soak dal in water. Slit green chillies and roast in oil. Peel garlic cloves and keep aside. Grind coconut gratings with roasted

green chillis slits. When half done, add cumin, onions, garlic, bengal gram dal and grind to a fine paste. To the cooked ash gourd pieces add salt, masala and butter milk. Place over medium flame. Bring to boil (Do not allow to spill over). Remove from flame. Season with red chilli bits, pepper, fenugreek, asafoetida powder, mustard and curry leaves in oil.

430. MAJJIGE HULI (Indian - Konkan)**Ingredients:**

Beans	1/2 kg
Chilli powder	1/2 tsp.
Grated coconut	1 1/2 cups.
Butter milk	1/2 litre
Oil	1 tsp.
Green chillies	7
Mustard seeds	1/2 tsp.
Salt	to taste

Method of preparation:

Cut beans into 1/2" long pieces. Wash. Cook in water till soft. Grind coconut gratings with green chillies and butter milk to a fine paste. Add this masala and salt to the cooked beans. Cook over low flame, turning over occasionally. Bring to boil. Remove from flame. Season with mustard in oil.

Other vegetables like cow pea beans, brinjal, snake gourd, ash gourd, cucumber (coloured) raw banana can be used for preparing this huli.

If bitter gourd is used, first cook it in a little tamarind juice or butter milk till dry. Brinjal with drumstick is a good combination for this huli.

431. VEGETABLE HORSE GRAM UPKARI

(India - Konkan)

(Horse gram, bengal gram, green peas, cow peas etc. can be used for this curry)

Ingredients:

Horse gram	250 g.
Mustard seeds	2 pinches
Red chillies	3
Oil	7 tsps.
Grated coconut	2 tbsps.
Green chillies	2 - 3
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Boil Horse gram in water, till soft. Decant water on top. Prepare seasoning in frying pan, using red chilli bits, mustard and curry leaves in oil. When mustard seeds splutter, drop cooked horse gram in pan. Add chopped green chillies and salt to taste. Turn over. Cook on low flame for 7-8 minutes under cover. Remove from flame. Garnish with coconut gratings and serve. Generally, pieces of suran/potato/jack seed are added while preparing bengal gram upkari. A small piece of jaggery is also added (optional). Similarly potato pieces are added for green peas upkari. First, the vegetable pieces are dropped in the seasoning. A little water is added, and then cooked pulses are dropped, allowing time for the vegetable to cook. (Note : Bengal gram or peas should be soaked in water overnight).

432. SPROUTED GREEN GRAM**KOSUMBARI (India - Konkan)****Ingredients:**

Green gram	1/2 cup (sprouted)
Carrot	1 (grated)
Tomato	1
Grated coconut	1 tbsp.
Pepper	1/2 tsp. (powdered)
Coriander leaves	1/2 bunch
Salt	to taste
Curry leaves	2 sprigs
Jaggery	3/4 tsp.
Lemon	1/2
Ginger piece	1 cm long
Oil	For seasoning
Mustard	1/2 tsp.
Black gram and bengal gram dals	1/2 tsp.

Method of preparation:

Mix together sprouted green grams, carrot gratings, small pieces of tomato, coconut gratings, chopped coriander and curry leaves and powdered pepper. Add salt to taste, crushed jaggery and juice of lime. Season with mustard, bengal gram and urid dal in oil.

433. DRY VEGETABLE UPKARI**(India - Konkan)****Ingredients:**

Usually potato, lady's fingers, ridge gourd, cow pea beans, raw banana, suran and such other vegetables are used for this dish, e.g.:

Potatoes	6 (medium size)
Oil	2 tbsps.
Red chillies	3
Mustard seeds	2 pinches
Grated coconut	2tbsps.
Salt	to taste
Asafoetida water	1 tbsp.

Method of preparation:

Skin, wash and cut potato into long thin pieces. Prepare seasoning in frying pan with red chilli bits and mustard in oil. When mustard seeds splutter, drop potato pieces in pan, 1 tsp salt and cook under cover for a few minutes. Turn over from time to time. When potato is cooked sufficiently, remove from flame. Add coconut gratings and a few drops of asafoetida water. Mix and serve.

434. TENDER THUR UPKARI**(India - Konkan)****Ingredients:**

Tender thur (shelled)	250 g.
Red chillies	2
Green chillies	3
Mustard seeds	1/2 tsp.
Oil	6 tsps.
Grated coconut	6 (gratings)
Asafoetida water	2 tbsp.
Salt	to taste

Method of preparation:

Boil tender thur in just enough water. Add green chillies and salt to taste. Seasoning with red chilli bits and mustard in oil is done for 5-6 minutes on low flame. Garnish with coconut gratings and add a few drops of asafoetida water. Turn over and serve.

435. MURUNGA ELA ERISSERY**(India - Kerala)****Ingredients:**

Drumstick leaves	3 cups
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(Murunga leaves)	(packed tightly)
Tur dal	1/4 cup
Grated coconut	1 cup
Button onions	6
Cumin seed	1/8 tsp.
Chilli powder	1/2 tsp.
Turmeric powder	1/8 tsp.
Oil	3 dsp.
Mustard	1/4 tsp.
Button onion slices	1/4 tsp.
Dry chillies halved	3
Curry leaves	3 stalks
Finely chopped grated coconut	1/4 cup

Method of preparation:

Grind coconut coarsely. Crushed onion and cumin seed. Mix the coconut with chilli powder, turmeric powder and the crushed ingredients

Cook dal in boiling water until soft and 1/2 cup of water remains. Add the drumstick leaves and salt and let it simmer with the pan covered.

Heat oil in a skillet and fry mustard first and then 1/4 cup onion slices. Add dry chilli pieces and curry leaves. Add coconut. When the grated coconut is brown add the prepared masala and saute. Pour this mixture into the cooked drumstick leaf erissery. Serve hot.

436. BEAN LEAF OR PUMPKIN LEAF**THOREN (India - Kerala)****Ingredients:**

Bean leaf or Pumpkin leaf finely shredded	3 cups
Dry chilli	1
Cumin seed	1 pinch
Button onions	2
Grated coconut	1 cup
Oil	2 dsp.
Mustard	1/2 tsp.
Rice	2 tsp.
Large onion chopped	2 dsp.
Dry chilli broken into 4	1
Salt	as required

Method of preparation:

Steam cook the leaves for 5 minutes. Coarsely grind the chilli, cumin seed, button onion and crush the grated coconut and mix the salt, all together thoroughly.

Fry mustard and rice in hot oil. Add onion and dry chilli pieces and saute. Add the ground ingredients and fry for a little while. Add the leaf and stir gently till water is absorbed. Serve hot.

Spinach leaves can also be cooked in a similar way.

437. GREEN GRAM THOREN/KANJI PAYAR**THOREN (India - Kerala)****Ingredients:**

Green gram (Cheru payar)	1 cup
Grated coconut	1 cup
Pepper corns	6
Cumin seed	1 pinch
Turmeric powder	1/4 tsp.
Garlic flakes	3
Button onion	1
Green chilli	1
Salt	to taste
Oil	2 dsp.
Mustard	1/2 tsp.
Rice	2 tsp.
Large onion chopped	2 dsp.
Dry chilli, cut into 3	1
Curry leaves	few

Method of preparation:

The green gram may be roasted for two minutes before cooking it. This prevents it from getting mashed while cooking. If it is roasted too much it reduced the taste.

Wash and clean the gram and cook in 3 cups of boiling water. Cook it covered. When it starts to boil over, keep it half-open and cook till water is almost absorbed.

Grind together pepper, cumin seed and turmeric powder. Crush garlic, onion, green chillies and grated coconut. Mix the masala together.

Before all the water evaporates keep the masala in the centre of the cooked gram and cover it with some of the gram. When steam escapes, stir it gently using the handle of the ladle and let it get dry without getting mashed. Add salt and mix well.

Heat oil and temper the seasonings from 11-15 and saute the prepared thoren in it.

438. IDICHAKKA (TENDER JACK FRUIT) THOREN (India - Kerala)

Ingredients:

Peeled, Cored, cut into chunks, boiled, drained and then shredded finely	4 cups
Cumin seed	1 pinch
Seeds from dry chillies	1/4 tsp.
Grated coconut	1 1/2 cup
Oil	2 dsp.
Mustard	1/2 tsp.
Rice	1 dsp.
Button onion or large onion chopped	1/4 cup
Dry chillies halved	2

Method of preparation:

Grind cumin seed and chilli seeds and crush grated coconut with it.

Take the shredded jack fruit in a pan and place the masala in the centre and cover it up with the jackfruit. Close the pan and cook over low flame. When steam escapes shake the pan and let the water absorb.

Fry mustard and rice in hot oil. Add onion and stir till colour changes. Add dry chillies and fry. Mix the prepared thoren and saute till fairly dry. Serve hot.

439. DRUMSTICK THOREN (India - Kerala)

Ingredients:

Drum stick (Muringakai)	
Peeled and cut into about 3.75 cm long pieces	36 pieces
Grated coconut	1/2 cup
Cumin seed	a pinch
Garlic	1 flake
Turmeric powder	1/4 tsp.
Dry chilli seeds	1/8 tsp.
Oil	2 dsp.
Mustard	1/2 tsp.
Rice	1 dsp.
Large onion fine	2 dsp. chopped
Dry chillies	2 each cut into 4
Salt	to taste

Method of preparation:

Crush ingredients 3-6. Add grated coconut and crush together.

Cook drumsticks with 1/4 cup boiling water. Before the green colour changes, place the masala in the centre and cover up with the drum-stick. When steam comes add salt. Stir gently without breaking the pieces.

Fry seasonings 8-11 in the oil and add the prepared thoren. Gently and cook till all the water is absorbed.

440. ONION THOREN (India - Kerala)

Ingredients:

Large onion thin, long slices	1 cup
Coconut	1/2 cup grated
Ginger	1 tsp. finely chopped
Salt	to taste
Tomatoes changing colour to red	1/4 cup cut into one inch long, thick slices
Green chillies	1 dsp. thick, round slices
Curry leaves	few
Oil	1 dsp.

Method of preparation:

Rub together the onion slices, grated coconut, ginger and salt and make it soft. Add the remaining ingredients, sprinkle little water and cook on slow fire till dry.

441. CURRY LEAVES SAAR (India - Karnataka)

Ingredients:

Curry leaf sprigs	3 - 4
Thur dal	2 tsp.
Coriander seeds	3 tsp.
Fenugreek seeds	1/2 tsp.
Cumin seeds	1/2 tsp.
Pepper corns	12
Red chillies	3
Asafoetida	a small bit
Salt	to taste
Grated coconut	1 tbsp.
Tamarind lump	marble size

Jaggery	marble size
Oil	2 tbsp.
Mustard seeds	1 pinch
Coriander leaves	a few sprigs

Method of preparation:

Take 1 tsp. oil in pan. Roast fenugreek, cumin, pepper, red chillies, asafoetida, curry leaves and coconut gratings till brown. Grind roasted ingredients with tamarind smoothly. Transfer masala to a vessel. Add water, as much as desired. Mix jaggery and salt to taste. Cook. Bring to boil. Season with mustard and curry leaves in oil. Add chopped coriander leaves. Cover vessel.

442. BUTTER MILK KADI (India)**Ingredients:**

Butter milk (thick)	2 cups
Water	1 cup
Grated coconut	1/2 cup
Green chillies	4
Turmeric	1 small piece
Cumin seeds	1 tsp.
Ghee	3 tsps.
Mustard seeds	1/2 tsps.
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Grind coconut gratings with turmeric smoothly. While taking out masala, add green chillies and cumin. Grind for another 2 minutes. Add enough water to bring the kadi to desired consistency. Add salt and boil. Add thick butter milk and bring to boil. Remove from flame and season with mustard and curry leaves in ghee.

443. CUMIN - PEPPER KADI (India - Konkan)**Ingredients:**

Cumin seeds	1/2 tsp.
Pepper corns	7 - 8
Tamarind lump	size of tamarind seed
Oil	4-5 tsp.
Ghee	1 tsp.
Grated coconut	1 cup
Red chillies	4 (roasted)
Mustard seeds	1/2 tsp.

Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Roast pepper corns and cumin with a little ghee in frying pan. Grind coconut gratings with roasted red chillies. Mix roasted cumin and pepper and grind for another 2 minutes. Transfer masala to a vessel. Add desired quantity of water. Stir in salt. Cook. Bring to boil. Remove from flame. Season with mustard and curry leaves in oil.

444. ONION THAMBLI (India)**Ingredients:**

Onions	2
Grated coconut	1 cup
Red chillies	3 (roasted)
Tamarind lump	size of tamarind seed
Oil	2 tsps.
Salt	to taste

Method of preparation:

Peel and mince onions. Grind coconut gratings with roasted red chillies and tamarind to a fine paste. Transfer the masala to a vessel. Add salt to taste and desired quantity of water. Mix raw oil and chopped onion.

445. TODDY CURRY (India - Kerala)**Ingredients:**

Toddy	1/2 cup
Coconut milk	1 cup (thick)
Rice flour	1/4 cup
Sugar	5 tbsp. or more
Fine rice flour	1/2 tbsp.
Water	1/2 cup
Salt	a pinch

Method of preparation:

Mix the first items (1-4) and keep it on fire and stir. When it boils slowly pour rice flour mixed in water and stir continuously. When it thickens remove from fire and keep on stirring. This toddy curry can be used with Kallappam, Vellayappam and Vattayappam.

446. CASSAVA FISH CURRY-II (India - Kerala)

Ingredients:

Fish	150 g.
Cassava	200 g.
Grated coconut	3 tbsp.
Oil	3 tbsp.
Onions (chopped)	3 tsp.
Salt	to taste
Turmeric powder	$\frac{1}{4}$ tsp.
Mustard	$\frac{1}{2}$ tsp.

Method of preparation:

Fish is marinated with salt and turmeric and kept aside for about an hour. Cut cassava into small pieces and cook in water. Fry mustard and onion in oil. Add to this fish cut into small pieces. Cook in water till most of the water is absorbed and the pieces are soft. Cassava and grated coconut are now added and cooked for 2 minutes.

447. YELLOW FISH CURRY CALDINE (India - Goa)

Ingredients:

Pomfret (prawns could also be substituted)	1 medium
Grated coconut	1 cup
Cumin	$\frac{1}{4}$ tsp.
Turmeric powder	$\frac{1}{2}$ tsp.
Garlic	3 flakes
Ginger	$\frac{1}{2}$ " piece
Onion	$\frac{1}{2}$ cup (chopped)
Whole green chillies	3
Tamarind and salt	to taste
Coriander leaves	for garnishing

Method of preparation:

Soak the coconut gratings in boiling water. When cool, pass through a blender. Strain the milk and keep aside. Add more warm water, cumin, turmeric, garlic and ginger to the coconut and pass through the blender once again. Strain and set this thin juice aside.

Cut the fish into slices and fry if desired. Fry the onion and add the thin milk of the coconut and the green chillies, slit lengthwise. When this comes to a boil, add the fish and cook till done. Then add the tamarind and salt to taste. Finally add the first milk of the coconut and when this comes to

boil garnish with coriander.

448. MEAT CURRY (India - Goa)

Ingredients:

Mutton or beef	$\frac{1}{2}$ kg.
Grated coconut	2 cups
Kashmiri chillies	6
Cumin	$\frac{1}{2}$ tsp.
Coriander seeds	1 tbsp.
Khus-khus	1 tbsp.
Peppercorns	$\frac{1}{2}$ tsp.
Turmeric powder	$\frac{1}{2}$ tsp.
Ginger	1 cm piece
Garlic	3 flakes
Onion	$\frac{1}{2}$ cup (chopped)
Curry leaves	a few sprigs
Tomato	$\frac{1}{2}$ cup (chopped)
Tamarind and salt	to taste

Method of preparation:

Toast the coconut, chillies, cumin, coriander and khus-khus in a dry frying pan. Grind all this together with the peppercorns, turmeric, ginger, garlic and tamarind. Fry the onion, add the curry leaves and ground massala and fry well. Next add the tomato and meat. Fry again, add little water and salt and cook till the meat is tender.

449. TOMATO PRAWN CURRY (India - Goa)

Ingredients:

Prawns, cleaned and de-veined	1 cup
Kashmiri chillies	20
Coriander seeds	1 tbsp.
Cumin	1 tsp.
Tomatoes (whole)	2 kg.
Grated coconut	2 cups
Onions	1 kg (sliced)
Garlic	6 flakes (minced)
Ginger	2 cm piece (minced)
Green chillies	6
Curry leaves	a few sprigs
Fresh coriander leaves	few sprigs
Salt and pepper	to taste

Method of preparation:

Grind the red chillies, coriander, cumin and

pepper to a paste and set aside. Steep the tomatoes in hot water and cook for a while. Strain the juice and set aside. Extract juice from the coconut and set this aside, also.

Put some ghee or oil in a pan and fry the sliced onions, garlic and ginger. Add the prawns and salt to this, and fry well. Then add the ground masala, the green chillies, curry and coriander leaves, coconut milk and tomato juice. Cook on a slow fire till it thickens.

450. EGG CURRY (India - Goa)

Ingredients:

Eggs	6
Grated coconut	2 cups
Red chillies	4
Cumin	1 tsp.
Mustard seeds	1 tsp.
Garlic	4 flakes
Ginger	1/2 cm
Turmeric powder	1 tsp.
Tamarind juice	to taste
Onion	1 (sliced)
Tomato	1/2 cup (chopped)
Salt	to taste

Method of preparation:

Hard-boil the eggs. Shell, cut into halves and set aside. Grind the coconut, chillies, cumin, mustard, garlic and ginger and mix in with the turmeric and tamarind juice. Fry the onion and when brown, add the masala and tomato. When well fried, add a cup of water and bring it to a boil. Cook for 5 minutes. Lay the eggs gently over the masala, cover the pan and cook for a further 5 minutes. Garnish with coriander leaves.

451. DRY CHICKEN/MUTTON WITH COCONUT (India - Karnataka)

Ingredients:

Chicken	1 or
Mutton	1/2 kg.
Red chillies - Madras variety	20
Red chillies - Kashmiri variety	10
Coriander seeds	3 tbsp.
Jeera	1 tsp.
Methi seeds	1 tsp.
Oama (Ajwain)	1/4 tsp.

Peppercorns	1 tsp.
Ghee	for frying
Garlic	7-8 flakes
Turmeric	1/2 tsp.
Tamarind	(size of its seed)
Grated coconut	6 cups
Garlic	10-12 flakes
Jeera	1 tsp.
Onions (chopped)	1 cup
Butter	1 tbsp.
Water	2 cups
Salt	to taste

For seasoning:

Ghee	2 tsp.
Onion	2 tbsp. (chopped)

Method of preparation:

Fry the ingredients from 2 to 7 in a little ghee, then grind them along with 9, 10 and 11 to a fine paste. Remove the masala and keep aside. To the same grinding stone, add grated coconut, garlic flakes, jeera and grind coarsely without water.

Clean and cut the chicken, add finely ground masala, 2 onions chopped, butter, water, salt to taste and boil till cooked. Add the ground coconut and keep it on a slow fire till it becomes dry.

Keep 2 tbsp. ghee in a karai and add 1 chopped onion. Fry till dark brown, pour the curry over the seasoning, cover and remove from fire.

452. ANGUNAKOLA MALLUNG (Sri Lanka)

Ingredients:

Angunakola leaves	
Coconut	1/2 piece
Maldive fish	2 dsp. (powdered)
Saffron	2 pinch
Salt water	1 dsp.
Lime juice	a little
Red onions	4 (sliced finely)
Green chillies	4 (sliced finely)
Garnish red chillies	fried a few
Red onions	Peeled a few

Method of preparation:

Break the angunakola leaves from of stems, wash well and cut very finely - almost like threads. Mix in the same bulk of scraped coconut, and add the rest of the ingredients, mixing them all together thoroughly with the hand. Heat the salt water in

a chatty and throw in the prepared leaves etc. Keep turning over a moderate fire for about 5-7 minutes, and before taking off the fire sprinkle in a little lime juice.

Arrange the mulling on a dish, and garnish with the fresh onions and fried chillies.

Note : Gotukola can be cooked in the same manner. Both kinds of leaves should look fresh and green when cooked, and should not be kept too long on the fire.

453. MEAT THOREN (India - Kerala)

Ingredients:

Beef	1/2 kg.
Coriander powder	1 tsp.
Chilli powder	1/2 tsp.
Turmeric powder	1/2 tsp.
Pepper powder	1/4 tsp.
Garlic flakes	3
Ginger small piece	1
Cinnamon small pieces	1
Cloves	2
Cardamom	1
Nutmeg small piece	1
Vinegar	1 tbsp.
Salt	to taste
Grated coconut	1 cup
Cumin seed	1/8 tsp.
Oil	2 tbsp.
Mustard	1 tsp.
Rice	1 tbsp.
Onions chopped	1/2 cup
Green chillies chopped	2 tsp.
Ginger chopped	1 tsp.
Curry leaves	few

Method of preparation:

Cut meat after removing fibres and fat, into small pieces. Grind the ingredients 2-11. Mix the paste, meat, vinegar and salt and cook until very soft and the water is absorbed. Cursh meat and shred it or mince in a mincer.

Grind cumin seed and crush coconut. Heat 1/4 cup of oil, fry mustard first and then the rice. Add the rest of the ingredients one by one and saute adding the crushed coconut last. Mix the prepared meat and stir for a few minutes until water is absorbed.

454. MUTTON COCONUT FRY CURRY

(India - Karnataka)

Ingredients:

Mutton cleaned and cut	1/2 kg.
Ghee	for frying
Coconut	1/2 (grated and fried till dark brown)
Onion	1 (chopped and fried)
Onions	2 (chopped fine)
Salt	to taste)
Tomatoes	2 (chopped)
Cabbage	1 (cut into big pieces)

For Masala:

Red chillies	25
Coriander seeds	1 tbsp.
Jeera	2 pinches
Methi	1 pinch
Peppercorns	15
Poppy seeds (khus-khus)	2 tbsp.
Cinnamon (dalchini)	2" piece
Cloves	2
Garlic	4 flakes

Method of preparation:

Fry all the masala ingredients and grind along with coconut and fried onion till fine. Remove and keep aside. Keep 2 tbsp. ghee in a vessel and fry the chopped onion till red, then add the mutton and fry for a while. Then add the ground masala, salt, chopped tomatoes and boil until mutton is cooked. Then add the cabbage and cook for 5 minutes. Remove and serve.

455. EGG CURRY WITH COCONUT

TETHIPALADYA (India - Karnataka)

Ingredients:

Eggs	6
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For Masala:

Coconut	1/2 (grated)
Red chillies	5-6 (roasted)
Coriander seeds roasted	2 tsp.
Oama, methi and jeera seeds	1 pinch each (roasted)
Onion	1/2

Tamarind	(size of its seed)
Onion	1 (chopped finely)
Salt	to taste

For seasoning:

Oil	2 tbsp.
Onion	1 (chopped fine)

Method of preparation:

Grind all the masala ingredients from 2 to 7 together to a fine paste. Remove and put in a vessel for boiling along with 4 cups water and 1 onion, chopped very fine. When the curry boils, lower the heat and break 6 eggs one by one into the curry. Add salt and boil eggs until cooked.

Keep oil in a vessel, add onion and fry until brown. Then pour the curry over it. Cover and remove from fire.

456. DRY EGG CURRY (India - Karnataka)**Ingredients:**

Eggs	6
Coconut grated	1/2 cup
Oil	2 tbsp.
Onion	1 (finely chopped)
Salt	to taste

For Masala:

Red chillies	6 roasted
Coriander seeds, roasted	2 tsp.
Oama, methi and jeera	1 pinch each, (roasted)
Tamarind	(size of its seed)
Garlic	1 flake
Onion	1

Method of preparation:

Grind all the masala ingredients together to a fine paste, then add the grated coconut and grind to a coarse paste. Keep oil in a vessel, add chopped onion and fry till brown. Break 6 eggs into it and scramble them. When eggs are cooked, add the ground masala and cook on a slow fire with salt to taste.

457. FISH CURRY (India - Karnataka)**Ingredients:**

Medium sized lady fish	12 or
Pomfret	1 (cleaned and cut into 2 pieces each)

Coconut oil	2 tbsp.
Onion	1 (finely cut)
Salt	to taste

For Masala:

Tamarind	(size of small lime)
Coconut	1/2 (grated)
Turmeric powder	1 tbsp.
Garlic	6 flakes
Red chillies, roasted	10 - 12
Coriander seeds roasted	2 tbsp.
Peppercorns, roasted	1 tbsp.
Jeera, roasted	1/4 tsp.
Methi, Oama seeds (optional) roasted	1/4 tsp.
Onion	1/2 (chopped fine)

Method of preparation:

Grind masala ingredients from 6 to 14 with water and tamarind to a fine paste. Remove it and wash the grinding stone or blender with enough water, mix with masala to make a medium consistency. Keep coconut oil in a flat vessel and fry onion, until brown. Add the ground masala with salt to taste. When the masala boils add the cut fish and keep on a slow fire until cooked.

458. DRY FISH CRAB CURRY

(India - Karnataka)

Ingredients:

Medium sized shell-fish (marvali)	200 or
crabs	12

For Masala:

Grated coconut	3 cups
Red chillies	25 - 30
Coriander seeds	2 tbsp.
Cumin seeds (jeera)	1 tbsp.
Fenugreek seeds (methi)	1/2 tsp.
Peppercorns	1 tbsp.
Oama (optional)	1 pinch
Turmeric powder	1/2 tsp.
Garlic	6-8 flakes
Tamarind	(size of medium lime)
Onion	1/2 (chopped fine)
Jeera	1/2 tbsp.
Garlic	6 flakes
Onion	1 (chopped fine)

Salt to taste

For seasoning:

Coconut oil 2 tbsp.
Onion 1 (chopped fine)
Garlic 4-5 flakes
chopped

Method of preparation:

Wash the shell-fish properly before opening to remove mud and sand at least 3 to 4 times as it should not be washed after opening. Break the shell-fish into two and keep only the part with the flesh in it.

Fry the masala ingredients from 3 to 8 in a little coconut oil. Then grind all the ingredients from 3 to 12 to a fine paste. Remove the masala and add to the cleaned shell-fish. On the same stone grind the coconut with jeera and garlic flakes to a rough paste. Remove.

Add chopped onion and salt to the shell-fish and cook till done. Add the rough coconut paste and cook on slow fire till it becomes almost dry.

Keep coconut oil in a vessel and add chopped onion and garlic flakes and fry. Then pour curry over seasoning. Cover and remove from fire.

459. (DENJI CURRY) CRAB CURRY**(India - Karnataka)****Ingredients:**

Crabs 12 (cleaned and cut)
Chillies 25 - 30
Coriander seeds 2 tbsp.
Cumin seeds 1 tsp.
Fenugreek seeds 1 tsp.
Oama (optional) 1 pinch
Peppercorns 1 tsp.
Turmeric powder $\frac{1}{2}$ tsp.
Galric 6-8 flakes
Tamarind (size of 1 lime)
Grated coconut 2 cups
Onion 1 (chopped)
Salt to taste

For seasoning:

Coconut oil 2 tbsp.
Onion 1 (chopped)

Method of preparation:

Fry chillies, coriander seeds, cumin seeds, fenugreek seeds, oama and peppercorns in a little oil. Grind all the ingredients from 2 to 10 together to a fine paste and add 2 cups water to make a medium thin gravy. Add the ground masala, chopped onion and salt to the cleaned and cut crabs and cook until done.

Keep coconut oil in a vessel and fry chopped onion until brown. Then pour curry over it. Cover and remove from fire.

Note : Prawn curry (Vetti Gasi) can be prepared in the same way as Crab Curry. Instead of tamarind add 8 to 10 ambade.

460. CASSAVA FISH CURRY-I (India - Kerala)**Ingredients:**

Dried fish 120 g.
Drumstick 1
Cassava 125 g.
Green chillies 3
Coconut oil 1 tsp.

To grind:

Small onion 2 tbsp. (chopped)
Green chillies 2
Chilli powder 1 tsp.
Coriander powder 1 tsp.
Coconut scraping $\frac{1}{4}$ cup
Tamarind 1 small marble size
Turmeric powder a pinch
Curry leaves 4-5 leaves

Method of preparation:

Grind together chilli powder, coriander, coconut, tamarind, turmeric, green chillies, and onion. Mix the ground masala with salt and enough water to form a gravy. Place cassava, drumstick and fish in the gravy. Add coconut oil and cook in a covered vessel. When done remove from fire.

461. DRY FISH AND MANGO (India - Kerala)**Ingredients:**

Dry fish slices cut into
5 cm long and
2.5 cm wide,
rinsed and cleaned 250 g.

Raw mango (not very sour) skin pared lightly and cut into 2.5 cm long pieces	1 cup
Chilli powder	1 tsp.
Coriander powder	1 tsp.
Turmeric powder	1/2 tsp.
Onion sliced thin	2 tbsp.
Ginger sliced thin	1 tsp.
Garlic flakes small variety	6
Green chillies half slit	6
Curry leaves	few
Grated coconut	1 1/2 cups
Oil	1 tbsp.
Mustard	1/2 tsp.
Fenugreek	1 pinch
Button onion sliced	1 tbsp.
Dry chillies quartered	2

Method of preparation:

Grind chilli, coriander and turmeric powders and mix with fish, mango slice, onion, ginger, garlic, green chillies, curry leaves and sufficient water. Cook these in a covered pan. When the fish and mango are done and the gravy is half-reduced add coarsely ground coconut mixed in little water and continue cooking. When the gravy is thick, remove from fire. Season with fried mustard, fenugreek, onion and chillies.

462. FISH AND MANGO (India - Kerala)**Ingredients:**

Fish sliced or small fish with less bones	500 g.
Mango slices	1 cup
Fish tamarind (Garcinia)	2 small pieces
Coriander powder	2 tsp.
Chilli powder	1 tsp.
Turmeric powder	1/2 tsp.
Green chillies half slit	15 nos.
Onions long slices	1 tbsp.
Ginger long slices	2 tsp.
Garlic flakes small variety	9
Curry leaves	few
Salt	to taste
Grated coconut	1 cup
Oil	2 tbsp.
Mustard	1/2 tsp.
Button onions sliced	1 tbsp.

Dry chillies quartered	6
Curry leaves	few
Fenugreek fried and powdered	1 pinch

Method of preparation:

Grind the coconut to a fine paste. Grind ingredients 4-6 together and mix fish and mango. Add fish tamarind, green chillies, button onions, ginger, garlic, curry leaves, salt and sufficient water and boil. When fish and mango are cooked and the gravy is fairly thick add the coconut paste. Let the curry boil once and remove from fire.

Heat oil and splutter mustard. Fry onion, dry chillies and curry leaves. Remove from fire and mix fenugreek powder. Add this to the curry. Serve hot.

463. FISH WITH GRATED COCONUT**(India - Kerala)****Ingredients:**

Fish cleaned and cut into small pieces	500 g.
Finely grated coconut	2 cups
Turmeric powder	1/2 tsp.
Dry red chillies	3
Button onions thin, long slices (large onions may be substituted)	1/2 cup
Green chillies round slices	1 tbsp.
Garlic flakes	6
Curry leaves	a handful
Cocum (Kodampuli) or 'fish tamarind' soaked in water and torn into thin strips	1/8 cup
Salt	to taste
Oil	2 tbsp.

Method of preparation:

Crush dry chillies with onions, green chillies, curry leaves, grated coconut and turmeric powder. Rub all the ingredients together and lastly add the tamarind, water and salt. Cook it covered with a lid. When it boils, lower the heat and cook slowly till all the water is absorbed, shaking the pan occasionally.

Raw mango (not very sour)	
skin pared lightly and	
cut into 2.5 cm long pieces	1 cup
Chilli powder	1 tsp.
Coriander powder	1 tsp.
Turmeric powder	1/2 tsp.
Onion sliced thin	2 tbsp.
Ginger sliced thin	1 tsp.
Garlic flakes small variety	6
Green chillies half slit	6
Curry leaves	few
Grated coconut	1 1/2 cups
Oil	1 tbsp.
Mustard	1/2 tsp.
Fenugreek	1 pinch
Button onion sliced	1 tbsp.
Dry chillies quartered	2

Method of preparation:

Grind chilli, coriander and turmeric powders and mix with fish, mango slice, onion, ginger, garlic, green chillies, curry leaves and sufficient water. Cook these in a covered pan. When the fish and mango are done and the gravy is half-reduced add coarsely ground coconut mixed in little water and continue cooking. When the gravy is thick, remove from fire. Season with fried mustard, fenugreek, onion and chillies.

462. FISH AND MANGO (India - Kerala)

Ingredients:

Fish sliced or small fish with less bones	500 g.
Mango slices	1 cup
Fish tamarind (Garcinia)	2 small pieces
Coriander powder	2 tsp.
Chilli powder	1 tsp.
Turmeric powder	1/2 tsp.
Green chillies half slit	15 nos.
Onions long slices	1 tbsp.
Ginger long slices	2 tsp.
Garlic flakes small variety	9
Curry leaves	few
Salt	to taste
Grated coconut	1 cup
Oil	2 tbsp.
Mustard	1/2 tsp.
Button onions sliced	1 tbsp.

Dry chillies quartered	6
Curry leaves	few
Fenugreek fried and powdered	1 pinch

Method of preparation:

Grind the coconut to a fine paste. Grind ingredients 4-6 together and mix fish and mango. Add fish tamarind, green chillies, button onions, ginger, garlic, curry leaves, salt and sufficient water and boil. When fish and mango are cooked and the gravy is fairly thick add the coconut paste. Let the curry boil once and remove from fire.

Heat oil and splutter mustard. Fry onion, dry chillies and curry leaves. Remove from fire and mix fenugreek powder. Add this to the curry. Serve hot.

463. FISH WITH GRATED COCONUT

(India - Kerala)

Ingredients:

Fish cleaned and cut into small pieces	500 g.
Finely grated coconut	2 cups
Turmeric powder	1/2 tsp.
Dry red chillies	3
Button onions thin, long slices (large onions may be substituted)	1/2 cup
Green chillies round slices	1 tbsp.
Garlic flakes	6
Curry leaves	a handful
Cocum (Kodampuli) or 'fish tamarind' soaked in water and torn into thin strips	1/8 cup
Salt	to taste
Oil	2 tbsp.

Method of preparation:

Crush dry chillies with onions, green chillies, curry leaves, grated coconut and turmeric powder. Rub all the ingredients together and lastly add the tamarind, water and salt. Cook it covered with a lid. When it boils, lower the heat and cook slowly till all the water is absorbed, shaking the pan occasionally.

MEDICINES**464. *FENUGREEK (METHI) HALWA**

(India - Karnataka)

Ingredients:

Methi (Fenugreek) seeds	1/2 kg.
Ghee	1/2 kg.
Jaggery	1 kg. (grated)
Coconuts	1 1/2 kg (grated & roasted)
Beaten rice	1 kg (roasted)

Method of preparation:

Clean and wash the methi and cook it in plenty of water. When cooked strain and remove the water. Grind the methi to a rough paste. Fry the ground methi in 1/2 kg ghee until the ghee separates. Add grated jaggery and boil till it becomes a thick and sticky syrup. Add coconut, beaten rice, mix well, then remove and store.

* Medicine taken to improve digestion.

465. *THYMOLSEEDS HALWA

(India - Karnataka)

Ingredients:

Ajwain (seeds of Trachys permum ammi or Thymol) (oama)	1/2 kg.
Grated coconut	6 cups
Beaten rice	1/2 cup
Ghee (clarified butter)	2 cups
Jaggery	1 kg (grated)

Method of preparation:

Fry the coconut until brown. Roast the beaten rice till crisp. Keep aside.

Wash and grind the oama to a fine paste. Remove and add water to make it a thin liquid batter. Pour the liquid into a thick-bottomed vessel. Place on fire and keep on stirring till it becomes sticky. Add 2 cups ghee and boil till it bubbles. Then add the grated jaggery. Boil till it becomes a sticky syrup. Add the coconut and beaten rice and mix well. Remove and store.

* Medicines given to women after child birth.

CHUTNEYS**466. CHUTNEY FOR BOILED TAPIOCA AND COLACASIA (India)****Ingredients:**

Grated coconut	2 cups
Dry chillies or green chillies	to taste
Button onions or large onion	6
Ginger small piece	1
Curry leaves	few
Salt	to taste
Sweet curd	1 cup

Method of preparation:

Grind the ingredients 1-6 and mix with curd. Sugar may be added to improve the taste. The chutney could be chilled before use.

467. COCONUT CHUTNEY FOR DOSA AND IDLI (India)**Ingredients:**

Grated coconut	1 cup
Dry chilli	1
Ginger small piece	1
Curry leaves	few
Button onions	2
Tamarind, salt	to taste
Oil	1 dsp.
Mustard	1/2 tsp.
Large onion or button onion chopped fine	1 tsp.
Dry chilli cut each into 3	2

Method of preparation:

Grind together the coconut, chillies, ginger, onion, tamarind and salt. Fry mustard, onion chilli bits and curry leaves in oil and add to the chutney.

468. COCONUT CHUTNEY POWDER (India)**Ingredients:**

Grated coconut	6 cups
Dry chillies	15/to taste
Coriander	1/4 tsp.
Pepper	1/4 tsp.
Fenugreek	3
Curry leaves	10

Button onions	6
Ginger	2 pieces (goose berry size)
Tamarind	1 (goose berry size)
Salt	to taste

Method of preparation:

In an uruli or a heavy bottommed skillet, roast the ingredients from 1-7 till the grated coconut is roasted evenly brown. Pick out the chillies. Pound the chillies with salt first. Add rest of the roasted ingredients and pound together. When oil from the coconut starts oozing out add the onions, ginger and tamarind which absorb the oil. Pound the chutney to a coarse powder. Store in bottles.

469. CORIANDER LEAVES CHUTNEY**(India)****Ingredients:**

Coriander leaves	1 bunch
Grated coconut	1 cup
Green chillies	10
Curry leaves	1 sprig
Oil	for seasoning
Salt	to taste
Bengal gram	1/2 tsp.
Black gram dal	1/2 tsp.
Mustard seeds	1/2 tsp.
Tamarind lump	(big bengal gram size)

Method of preparation:

Grind coconut gratings with green chillies and tamarind. Before taking out, mix coriander leaves with the masala and grind for another few minutes. Add salt to taste. 2 peeled garlic cloves or a few cumin seeds can be added while grinding, if desired.

For thick chutney no seasoning is required. When pouring consistency is desired, season the chutney with dals of bengal gram and black gram, mustard and curry leaves in oil and add desired quantity water and mix well.

470. ONION GOZZU (India)**Ingredients:**

Onions	2
Grated coconut	1 cup
Green chillies	2

Butter milk	1 1/2 cups
Coriander leaves	a few
Mustard seeds	1/2 tsp.
Oil	2 tsps.
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Grind coconut gratings with green chillies and butter milk. Add salt and grind for a while. Transfer the blend to a vessel. Mix chopped onion and coriander leaves. Season with mustard and curry leaves in oil.

471. TENDER SHOOTS THAMBLI**(India - Konkan)****Ingredients:**

Curry leaf shoots	5 - 6
Gherkin shoots	5 - 6
Pomegranate shoots	5 - 6
Other shoots	1/2 cup
Grated coconut	1 cup
Red chillies	3 (roasted)
Ghee	2 tsps.
Mustard seeds	1/2 tsp.
Cumin seeds	1/2 tsp.
Butter milk	1 cup
Salt	to taste

Method of preparation:

Wash all the available tender shoots thoroughly. Chop them finely. Prepare seasoning in frying pan using mustard and cumin in ghee. Pour chopped shoots into pan. Cook till soft. Add coconut gratings and roast till brown. Transfer contents of pan to grinder with roasted red chillies and grind smoothly. Transfer the masala to a vessel. Add salt. Mix with butter milk and serve.

472. TOMATO CHUTNEY (India)**Ingredients:**

Tomatoes	2
Grated coconut	1 cup
Red chillies	4 (roasted)
Asafoetida	1 small piece
Ghee	2 tsps.
Salt	to taste

Method of preparation:

Wash and slice tomatoes and fry them with a little ghee. Fry asafoetida in ghee. Grind coconut gratings with red chillies to a fine paste. Add tomato pieces, asafoetida and salt and grind further till smooth.

473. DOSAI CHUTNEY (India)**Ingredients:**

Grated coconut	1 cup
Red chillies	4 (roasted)
Green chillies	6
Tamarind lump	(size of bengal gram)
Mustard seeds	1 pinch
Black gram dal	1 tsp.
Curry leaves	1 sprig
Oil	2 tsps.
Salt	to taste
Coriander seeds (optional)	1 tsp.

Method of preparation:

Grind coconut gratings with roasted red chillies and tamarind. When half done, add green chillies and 1 tsp coriander seeds (optional) and salt grind again to a fine paste. Transfer to a vessel and add desired quantity of water. Season with black gram dal, mustard and curry leaves in oil. Mix and serve with dosai.

474. BADANE CHUTNEY (BRINJAL CHUTNEY) (India - Karnataka)**Ingredients:**

Round brinjals	2 medium sized
Oil	2 tsp.
Grated coconut	1 cup
Red chillies	10 (roasted)
Garlic	5-6 flakes
Ginger	1"
Tamarind	(size of 1 lime)
Salt	to taste

Method of preparation:

Apply oil to brinjals and roast on gas flame. Immerse in water. Remove the skin and make a pulp of brinjal. Grind all the other ingredients together over the grinding stone or blender. Add brinjal pulp. Grind once more. Remove.

475. PUDINA (MINT) CHUTNEY (India)**Ingredients:**

Mint leaves	20 - 30
Grated coconut	1 cup
Ginger	1" piece
Green chillies	6 - 8 nos.
Onion	2 tsp (minced)
Raisins	1 tbsp.
Tamarind	10 g.
Jaggery	10 g.
Salt	to taste

Method of preparation:

Grind all ingredients together to a fine paste without adding water.

476. MANGO CHUTNEY (India)**Ingredients:**

Raw mangoes	2
Grated coconut	1 cup
Red chillies	8-9 (roasted)
Garlic	6-7 flakes
Mustard seeds	2 tsp. (roasted)
Salt	to taste

Method of preparation:

Boil the mangoes till soft. Grind together coconut, chillies and garlic till it is quite fine. Add mustard seeds and grind for 2 to 3 minutes more. Finally, add the boiled mangoes to the ground masala and mix it thoroughly and serve with any suitable main dish like Dosa, idli etc.

477. COLOCASIA LEAF CHUTNEY (India)**Ingredients:**

Colocasia leaf	1 big
Tamarind	(size of 1 lime)
Salt	2 tsp.
Grated coconut	1 cup
Black gram	3 tsp.
Red chillies	5-6 (roasted)
Garlic	4 flakes
Mustard seeds	1 tsp.

For seasoning:

Oil	1 tsp.
Mustard seeds	1/4 tsp.
Black gram (urad dal)	1/4 tsp.

Method of preparation:

Wipe the leaf and boil with salt. Grind together with coconut, urad dal and red chillies. When half done, add garlic, mustard and tamarind. Season with oil, mustard and urad dal. Then stir the chutney on slow fire for 5 minutes and remove.

478. GARLIC CHUTNEY (India)**Ingredients:**

Raw garlic, cleaned and chopped	25 g.
Grated coconut	1 cup
Chillies	7 - 8
Tamarind	(size of half a lime)
Salt	to taste

Method of preparation:

Grind all ingredients together to a fine paste. Remove and serve.

479. CORIANDER LEAVES CHUTNEY (India)**Ingredients:**

Grated coconut	1 cup
Green chillies	8 - 9
Garlic	5 - 6 flakes
Salt	to taste
Coriander leaves	100 g.
Ginger	1/2" piece
Lemon juice	1 tbsp.

Method of preparation:

Grind all ingredients together without water to a rough paste.

480. COCONUT CHUTNEY (India)**Ingredients:**

Grated coconut	1 1/2 cup
Green chillies	3
Red chilli	1
Onion	1 tbsp (minced)
Tamarind	10 g.
Salt	to taste
Ginger	1/2" piece

For seasoning:

Oil	1/2 tsp.
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Mustard seeds	1/4 tsp.
Urad dal	1/4 tsp.
Chilli	1
Curry leaves	1 sprig

Method of preparation:

Grind all the ingredients to a coarse rough paste with a little water. Season with oil, mustard seeds, urad dal, red chilli and curry leaves.

481. MENS KAI (India)**Ingredients:**

Raw mango	1
Coriander seeds	1 tbsp.
Black gram dal	1 tbsp.
Fenugreek seeds	1 tsp.
Jaggery	1 big piece
Grated coconut	1 tbsp.
Mustard seeds	1/2 tsp.
Oil	2 tbsps.
Red chillies	25 (long variety)
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Cut raw mango into small bits. Roast coriander, fenugreek, black gram dal and red chillies (long variety) with oil, in a frying pan, and keep aside. Grind the roasted ingredients with coconut gratings coarsely. Prepare seasoning in frying pan with mustard and curry leaves in oil. Add masala, raw mango bits, jaggery, salt to taste along with some water used for washing the grinder. Stir continuously, on a low flame, till the blend turns semi-solid. Remove from flame and serve.

482. BITTER GOURD PICKLE (India)**Ingredients:**

Bitter gourds (medium size)	3
Mustard seeds	1 1/2 tps.
Fenugreek seeds	1/2 tsp.
Jaggery	1 big piece
Red chillies	3
Turmeric	1 small piece
Curry leaves	1 sprig
Tamarind lump	(size of marble)
Asafoetida	1 small piece
Grated coconut	1/2 cup

Oil	2 tbsps.
Salt	to taste

Method of preparation:

Chop bitter gourd finely. Wash. Drain off water. Apply salt and keep aside. Fry 1 tsp. mustard, fenugreek, asafoetida, turmeric add red chillies with a little oil. Add coconut gratings and fry for another 2-3 minutes. Grind all the fried ingredients with tamarind, jaggery and salt to a fine paste. Heat oil in frying pan. Squeeze the chopped bitter gourd, drop them in oil, and fry till brown. Transfer to a vessel, retaining oil in the pan. Add desired quantity of water to the ground masala. Mix bitter gourd bits with it. Season with $\frac{1}{2}$ tsp. mustard and curry leaves in oil (3-4 tps.) taken from the frying pan.

483. VAGG (India - Konkan)**Ingredients:**

Potatoes	5 (medium size)
Tomatoes	3 (medium size)
Red chillies	15 (Long variety)
Grated coconut	1 tbsps.
Coriander seeds	2 tpsps.
Mustard seeds	1 pinch
Oil	2 tbsps.
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Boil potato with jacket. Peel and cut into small cubes. Wash tomato and cut into bits of same size. Fry red chillies (long thin variety) and coriander in a little oil and keep aside. Grind coconut gratings with the fried red chillies and coriander to a fine paste. Keep aside water used for washing the grinder. Prepare seasoning in frying pan with mustard and curry leaves in oil. Add the ground masala, tomato bits and a little water. Boil well. Add potato pieces and salt to taste. Cook till the curry turns semi-solid.

484. BEATEN RICE CHUTNEY**(India - Konkan)****Ingredients:**

Beaten rice	250 g.
Grated coconut	1 cup

Green chillies	2
Coriander seeds	2 tpsps.
Red chillies	2 (roasted)
Cumin seeds	1 tsp.
Oil	3 tpsps.
Turmeric	1 small piece
Tamarind lump	(big bengal gram size)
Mustard seeds	$\frac{1}{2}$ tpsps.
Jaggery	1 piece (lime size)
Curry leaves	3 - 4
Salt	to taste

Method of preparation:

Grind together coconut gratings, roasted red chillies and tamarind for a few minutes, without adding water. Add green chillies, cumin and coriander, and grind a little more. Add jaggery and salt, and continue grinding for a few minutes. Transfer the ground chutney to a vessel. Mix beaten rice with it. Season with mustard and curry leaves in oil. Mix coconut gratings to soften it, if desired. Chopped onion too can be added (optional). Alternately, to enhance the taste, prepare seasoning liberally, in frying pan, using mustard and curry leaves in oil, and roast beaten rice with it, till crisp. Then mix the above chutney and chopped onion.

486. BEATEN RICE PACHADI**(India - Konkan)****Ingredients:**

Beaten rice	250 g.
Jaggery	1 big piece
Coriander seeds	2 tpsps.
Salt (grains)	1 tsp.
Cumin seeds	1 tsp.
Green chillies	2 - 3
Oil	3 tpsps.
Mustard seeds	$\frac{1}{2}$ tsp.
Curry leaves	3 - 4
Grated coconut	1 cup

Method of preparation:

First, crush together green chillies and salt in a wooden bowl. Add coriander, cumin and jaggery. Crush again. Mix coconut gratings and crush a little more. Mix beaten rice and season with mustard and curry leaves in oil.

487. CARROT KOSUMBARI

(India - Konkan)

Ingredients:

Carrots (medium size)	3 (grated)
Green chillies	4
Grated coconut	2 tbsp.
Oil	2 tps.
Curry leaves	3 - 4
Coriander leaves	a few
Mustard seeds	1 pinch
Salt	1 tsp.

Method of preparation:

Wash peel and grate carrot finely. Mix together chopped green chillies, coconut gratings, carrot gratings and salt and season with mustard and curry leaves in oil. Add juice of lime.

487. TENDER CUCUMBER HULEL

(India - Konkan)

Ingredients:

Tender cucumber	1
Green chillies	3
Jaggery	1 small piece
Red chilli	1
Ginger	1 cm piece
Tamarind lump	(size of tamarind seed)
Grated coconut	1 tbsp.
Oil	3 tps.
Mustard seeds	1/2 tsp.
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Skin wash and chop the cucumber. Crush together coconut gratings, green chillies, tamarind, jaggery, salt and minced ginger in a broad wooden bowl. Mix chopped cucumber with the blend. Season with red chilli bits, mustard and curry leaves in oil.

488. COCONUT TUNA FISH SALAD

(Thailand)

Ingredients:

Tuna fish (8 ozs)	1 can (inchunks)
Pork	1 cup (ground)

Ginger	2 tbs (finely chopped)
Red onion	2 tbsp (chopped fine)
Garlic powder	1/2 tsp.
Salt	1 tsp.
Lime juice	2 tbsp.
Lime peel	1/2 tbsp.
Grated coconut	2 tbsp.
Peanuts	1/2 cup
Chilli powder	1 tsp.
Lettuce and coriander	as required

Method of preparation:

Cook the ground pork in frying pan without oil for 3 minutes or until well cooked. Place in a bowl. Drain the tuna fish and add to the cooked pork; mix well. Add garlic powder, salt and lime juice. Blend together. Add chopped ginger, chopped red onion, and chopped lime peel. Decorate the salad plate with lettuce leaves. Spoon tuna mixture on individual lettuce leaves. Top with roasted coconut, peanuts, coriander leaves and chilli powder. Serve as a finger food.

489. GODA SAMBOL-COCONUT SAMBOL

(Sri Lanka)

Ingredients:

Grated coconut	1 cup
Dry chillies	10
Maldive fish	1 tsp.
Red onions	1 tsp. (sliced)
Juice of one lime	
Salt	to taste

Method of preparation:

Pound together the chillies, Maldive fish, onions, and salt, then add the coconut and pound lightly. Moisten with the lime juice and mix well together. Note: Instead of being pounded, the ingredients may be lightly ground.

490. DRY FISH (SHARK) CHUTNEY

(India - Karnataka)

Ingredients:

Pieces of shark fish (washed, skinned fried)	
----------------------------------------------	--

in coconut oil and chopped)	6" length - 3 pieces
Red chillies, roasted	10 - 12 nos.
Garlic	6-8 flakes
Tamarind	(size of 1 big lime)
Onion chopped	1 tbsp.
Grated coconut , scraped	1 cup

Method of preparation:

Grind ingredients from 2 to 5 roughly. Then add coconut and grind it to a rough paste without water. Remove in a serving dish. Add the fish pieces, mix well and serve.

Note : Same chutney can be prepared with 4 to 5 dry Mackerels or dry Prawns or small white fish (Bollinger).

Desiccated Coconut



Shredded desiccated Coconut



Desiccated Coconut biscuits with flavoured coconut milk



Desiccated Coconut Puffs



Desiccated Coconut Cake

491. COCONUT CAKE (Mauritius)**Ingredients:**

Greco	3/4 cup
Sifted flour	1/2 cup
Baking powder	1 tsp.
Butter	450 g.
Sugar	1 cup
Egg yolks	4
Coconut	1 1/2 cups (flaked dried)
Vanilla extract	1 tsp.
Egg whites	4 (stiffly beaten)
Preheated oven at 350°	

Method of preparation:

Sift greco, flour, and baking powder together. Cream the butter and sugar and beat until light and fluffy. Beat in one egg yolk at a time, then add the flour mixture, coconut and vanilla. Fold in the egg whites. Turn into 2 buttered 8 inch layer, cake pans. Bake 20 mins or until a cake tester comes out clean. Cool on a cake rack. May be decorated with whipped cream and grated coconut.

492. COCONUT APPLES (Malaysia)**Ingredients:**

Apples	4
Coconut meal	4 tbsp.
Lemon rind, cinnamon or nutmeg	
Egg whites	3
Sugar	1 tbsp.

Method of preparation:

Wash the apples and cut in half transversely and remove core. Add the flavouring to the coconut meal. Beat up the egg whites and add the sugar. Fold in the coconut meal. Pile on top of the half apples and bake. Put into moderately hot oven for 10 minutes and then reduce heat or move to cooler part of oven until mixture is set.

493. BAKED COCONUT PUDDING (Malaysia)**Ingredients:**

Butter	3 oz.
Brown sugar	4 oz.
Coconut meal	4 oz.
Baking powder	1/2 tsp.
Egg	3

Brandy or sherry	1 tbsp.
Glace cherries	1 oz.
Almonds	1 oz.
Honey	1 tsp.

Method of preparation:

Put the chopped cherries and shredded almonds into a cup with the honey and 2 teaspoonfuls of the sugar and 2 teaspoonfuls water. Cream the butter and sugar; add the eggs. Beat well. Add the sieved flour and baking powder. Add the coconut meal. Stir well and add the brandy. Put the mixture into a shallow greased tin, pyrex dish or pie dish. Bake for 10 minutes in a moderately hot oven. Carefully shake on the prepared cherries and almonds. Continue baking until the mixture is firm. Serve hot or cold with cream. Honey-flavoured cream is an excellent accompaniment.

494. COCONUT PIE (Malaysia)**Ingredients:**

Desiccated coconut	1 cup
Milk	for soaking the DC
Corn flour	2 tbsp.
Butter	2 tbsp.
Salt	a pinch
Sugar	optional
Eggs	3
Lemon rind	a little (grated) optional

Method of preparation:

Bake without upper crust. Soaking the desiccated coconut in boiling milk improves the taste in all cases.

495. COCONUT CUSTARD (Malaysia)**Ingredients:**

Jam	1 tbsp.
Milk	1/2 pint
Desiccated coconut	4 ozs.
Butter	1/2 oz.
Sugar	1 oz.
Short crust pastry	6 ozs.
Eggs	2

Method of preparation:

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 ozs. desiccated coconut 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 coconut, and put in the oven to brown.

496. WHITE COCONUT PIE (USA)

Ingredients:

Unflavoured gelatin	1 ¹ / ₄ envelope
Cold water	1 ¹ / ₄ cup
Sugar	1 ¹ / ₂ cup
Sifted flour	1 ¹ / ₄ cup
Salt	1 ¹ / ₂ tsp.
Milk	1 ¹ / ₂ cups
Candied fruit, (chopped, rolled in confectioners' sugar)	1 ¹ / ₂ cup
Heavy cream	1 ¹ / ₂ cups
Almond extract	1 ¹ / ₄ tsp.
Coconut (flaked)	3 ¹ / ₂ oz
Baked 9-in. pie shell	1

Method of preparation:

Soften gelatin in cold water, combine 1¹/₄ cup sugar, flour and salt in saucepan. Add milk gradually and cook stirring, until mixture thickens and is smooth. Remove from heat; stir in gelatin until melted. Chill until it starts to set.

Beat cream with 1¹/₄ cup sugar. Beat gelatin mixture until smooth. Stir in vanilla, almond extract and candied fruit. Fold in whipped cream and 1 cup flaked coconut. Garnish with remainder of coconut. Chill until firmly set.

497. TOASTED COCONUT ICE CREAM (USA)

Ingredients:

Evaporated milk	1 2 ² / ₃ cups
Sugar	1 ¹ / ₂ cup
Vanilla	2 tsp.
Cream (whipped)	1 cup
Flaked coconut (toasted)	2 ² / ₃ cup

Method of preparation:

In saucepan, combine milk and sugar; cook and stir till sugar dissolves. Cook, stir in vanilla. Pour into 11 x 7 x 1¹/₂-inch baking pan. Freeze till firm.

Place in a cold bowl, breaking mixture in chunks; beat smooth. Fold in whipped cream and coconut; freeze.

498. COCONUT BREAD PUDDING (USA)

Ingredients:

Desiccated coconut	1 ¹ / ₂ cup
Materials for bread pudding	
Milk	as much as needed

Method of preparation:

Soak 1¹/₂ cup of desiccated coconut in boiling milk for 1¹/₂ hour or more, then add it to the usual bread pudding preparation. This will be found very pleasant and economical.

499. FRENCH COCONUT PIE (USA)

Ingredients:

Sugar	3 cups
Butter	1 cup
Flour	2 tbsps.
Coconut	2 cans
Eggs	6
Buttermilk	1 cup
Vanilla	2 tsp.

Method of preparation:

Cream butter and sugar; add eggs, flour and salt. Add buttermilk, vanilla and coconut and pour into 2 unbaked pie shells. Bake for 1 hr. at 350°F. Makes 2 pies.

500. COCONUT APPLE SQUARES (USA)

Ingredients:

Butter or margarine	1 ¹ / ₂ cup
Brown sugar	1 ¹ / ₂ cup
Vanilla	1 tsp.
All-purpose flour (sifted)	1 ¹ / ₂ cups
Salt	1 ¹ / ₄ tsp.
Flaked coconut	1 ¹ / ₃ cups
Apple pie filling	17 oz
Lemon juice	1 tbsps.
Cinnamon	1 ¹ / ₂ tsp.
Mace	1 ¹ / ₄ tsp.

Method of preparation:

Cream together butter or margarine, sugar, and vanilla. Sift together flour and salt; stir into creamed mixture. Add coconut; mix well. Pat half

in a greased 8 x 8 x 2-in. baking pan. Combine remaining ingredients (7-10); spoon over coconut in pan. Top with remaining coconut mixture; pat lightly. Bake at 375°F for 20 to 25 min. Serve warm with ice cream.

501. HOME-MADE COCONUT CAKE WITH ICING (USA)

Ingredients:

Butter	1½ cups
Milk	1½ cups
Vanilla	2 tsp.
Eggs	7
Sugar	3 cups
Flour	4½ cups
Baking powder	3 tsp.
Salt	½ tsp.

Method of preparation:

Cream sugar and butter; add eggs one at time, beating after each. Combine vanilla with milk and add flour and milk alternately to the creamed mixture, beginning and ending with flour. Grease 4 oblong cake pans and line bottom with wax paper. Bake at 375°F, 25 min. Cool on cake racks. This makes two 2-layer cakes.

COCONUT FILLING

Ingredients:

Coconut milk	1½ cups
Sugar	1 cup
Margarine	1 stick (½ cup)
Coconut flavouring	3 drops

Method of preparation:

Combine ingredients and cook until mixed and sugar dissolved. Pour slowly over layers before icing.

COCONUT ICING

Ingredients:

Egg whites	2 nos.
Sugar	1½ cups
White corn syrup	1 tbsp.
Water	½ cup
Marshmallows	5
Salt	½ tsp.
Vanilla	1 tbsp.
Coconut (grated)	

Method of preparation:

Combine egg whites, sugar, syrup and water in top of double boiler. Beat constantly while cooking until just before it reaches soft peak stage; add marshmallows and continue beating. Remove from heat, add vanilla and salt. Stir well. Spread over first layer, sprinkle with grated coconut, top with second layer and repeat. This cake is so moist that you almost need a spoon for eating it.

502. COCONUT PUMPKIN PIE (USA)

Ingredients:

Vanilla pudding and pie filling	1 package (3¼ oz)
Brown sugar	¼ cup firmly packed
Cinnamon	¾ tsp. (ground)
Nutmeg	½ tsp. (ground)
Ginger	½ tsp. (ground)
Salt	¼ tsp.
Milk	1¼ cups
Butter	1 tbsp.
Pumpkin	1¾ cups (mashed cooked or canned)
Sauteed coconut crust	1 unbaked 9-in.
Pumpkin pie spice	1 or use 1½ tsp.

Method of preparation:

Combine pie filling mix, sugar, spices, salt, milk, and butter in saucepan. Cook and stir over medium heat until mixture comes to a full boil. Remove from heat. Cool only about 5 min. stirring once or twice. Add pumpkin; stir until well-blended. Pour into coconut crust. Chill until firm - about 3 hr. Serve garnished with sweetened whipped cream or prepared whipped topping and additional coconut, if desired.

503. SAUTEED COCONUT CRUST (USA)

Ingredients:

Butter	¼ cup
Coconut (flaked)	2 cups

Method of preparation:

Melt the butter in a skillet. Add coconut and saute, stirring constantly, until coconut is a golden brown color, 7 or 8 min. Sprinkle mixture into a 9-in. pie pan, pressing firmly to cover bottom

and sides. Cool to room temperature, about 30 min.

Note: For ease in serving, dip pie pan briefly in warm water before slicing.

504. QUICK COCONUT CRUST (USA)

Ingredients:

Butter (melted)	1/3 cup
Coconut (fine grated)	2 cups (7-oz package)

Method of preparation:

Combine butter and coconut. Press evenly into an ungreased 8-or 9-in. pie pan. Bake in a slow oven (300°F) until golden brown, about 30 min. Cool.

To serve, fill crust with chiffon or cream pie filling; chill until firm. Or just before serving, fill with ice cream, using 1 1/2 pt for an 8-in. crust and 1 qt for a 9-in. crust.

505. TINTED COCONUT CRUST (USA)

Ingredients:

Butter	3 tbsp.
Milk	1 tbsp.
Confectioners' sugar (sifted)	2/3 cup
Food colouring (optional)	3 or 4 drops
Coconut (fine grated)	1 1/2 cups

Method of preparation:

Combine butter and milk in small saucepan. Stir over medium heat until butter is melted; then remove from heat. Add confectioners' sugar and food colouring, stirring well. Add coconut and mix thoroughly. Spread on bottom and sides of greased 8-or 9 in pie pan. Chill until firm.

To serve with chiffon pie filling, pour filling into chilled crust and chill until firm. Remove from refrigerator and let stand at room temperature 5 to 10 min. before cutting.

To serve with ice cream or sherbet, let chilled crust stand at room temperature 5 to 10 min; then fill with 1 1/2 qt ice cream or sherbet. Serve immediately.

506. GERMAN CHOCOLATE-COCONUT CAKE (USA)

Ingredients:

German's sweet chocolate	1 package (4 oz)
Boiling water	1/2 cup
Butter or margarine	1 cup
Sugar	2 cups
Egg yolks	4
Vanilla	1 tbsp.
Cake flour (sifted)	2 1/2 cups
Soda	1 tsp.
Salt	1/2 tsp.
Buttermilk	1 cup
Egg whites (stiffly beaten)	4
Coconut Pecan Frosting	

Method of preparation:

Melt chocolate in boiling water. Cool. Cream butter and sugar until light and fluffy. Add egg yolks, one at a time, beating after each addition. Add vanilla and melted chocolate; mix until blended. Measure sifted flour, soda and salt and sift together. Then add flour mixture and buttermilk alternately to chocolate mixture, beating after each addition until batter is smooth. Fold in egg whites.

Pour batter into three 8-or 9-in. layer pans lined on bottoms with paper. Bake in moderate oven (350°F) for 35 to 40 min for 8-in. layers, or 30 to 35 min for 9-in. layers. Cool. (This delicate cake will have a flat contour and a slightly sugary top crust which tends to crack). Frost top and between layers with Coconut-Pecan Frosting.

507. COCONUT-PECAN FROSTING (USA)

Ingredients:

Evaporated milk	1 cup
Sugar	1 cup
Egg yolks (slightly beaten)	3
Butter or margarine	1/4 lb (1/2 cup)
Vanilla	1 tsp.
Angel Flake coconut	1 1/3 cups
Pecans (chopped)	1 cup

Method of preparation:

Combine milk, sugar, egg yolks, butter and vanilla in a saucepan. Cook and stir over medium heat until thickened about 12 min. Remove from heat. Add coconut and pecans. Beat until cool and thick enough to spread. Makes 2 1/2 cups, or

enough for tops of three 8 or 9 in. layers.

508. COCONUT SALAD (USA)

Ingredients:

Mandarin oranges (drained)	1 small can
Pineapple (drained)	1 cup (crushed or chunk)
Coconut (shredded)	1 cup
Miniature marshmallows	1 cup
Sour cream	1 cup

Method of preparation:

Mix all ingredients. Chill several hours or overnight before serving.

509. BROILED AMBROSIA (USA)

Ingredients:

Large bananas (sliced about 3/8 in. thick)	2
Oranges (or 2 oranges plus 1 cup chopped dates) cut into bite-size pieces.	3
Fresh lemon juice	1 tbsp.
Brown sugar (firmly packed)	1 cup
Coconut	1 cup flaked or shredded
Melted butter	6 tbsp.
Vanilla ice cream	as required

Method of preparation:

Gently toss bananas, oranges, and dates with lemon juice; turn into a 10-in. oven glassware pie plate or comparable shallow broiling-serving dish. Mix together sugar, coconut, and butter; sprinkle over fruits. Broil about 6 in. from heat until sugar is melted and coconut is toasted. Cool slightly. Top crust to break, and top with ice cream. Serve immediately.

510. AMBROSIA CONGEALED SALAD (USA)

Ingredients:

Orange-pineapple flavoured gelatin	1 package (3 oz.)
Fresh peaches	1 cup
Lemon juice	1 tbsp.

Coconut (shredded)	1/4 cup
Oranges (peeled and sectioned)	3
Water plus juice from fruit	1 1/4 cups

Method of preparation:

Dissolve gelatin in hot water, add other liquids and stir in remaining ingredients. Pour into mold and set in refrigerator to congeal.

When fresh peaches are not available, frozen may be substituted. The salad will set in 30 min when frozen peaches are used.

511. COCONUT CUSTARD (USA)

Ingredients:

Coconut cream	2 cups
Sugar	1/4 cup
Eggs	3
Salt	1/2 tsp.

Method of preparation:

Preheat oven to 325°F with rack in center. Scald the coconut cream; beat the eggs, salt and sugar together slightly; add the cream while stirring. Pour the mixture into baking dish or individual custard cups. Set pan in hot water and bake 1 hr or until set. Cool, chill and serve as dessert.

512. COCONUT CREAM PIE (USA)

Ingredients:

Sugar	1 cup
Cornstarch	1/2 cup
Salt	1/4 tsp.
Hot milk	3 cups
Egg yolks (beaten)	3
Vanilla extract	1 tsp.
Almond extract	1/2 tsp.
Flaked coconut	7 oz.
Baked pie shell (9 in.)	1
Heavy cream	1 cup

Method of preparation:

Combine sugar, cornstarch and salt; gradually add to milk in medium saucepan, stirring until smooth. Bring to boiling, stirring, over medium heat; boil 2 min. Remove from heat. Stir some of the hot mixture into egg yolk, then combine with rest in saucepan. Cook, stirring and over low heat, until it boils and is thick enough to remove from spoon - about 5 min. Turn into bowl; stir in extracts

and half of coconut. Place waxed paper directly over filling and refrigerate 1 hr. Turn into pie shell and refrigerate 3 hr. To serve, whip cream and spread over filling, and top with remaining coconut.

SNACKS

513. GRILLED PORK CHOPS (India - Goa)

Ingredients:

Pork chops	2 kg.
Kashmiri chillies	8
Green chillies	4
Pepper	2 tbsp.
Aniseed	2 tbsp.
Ginger	1 tsp. (minced)
Garlic	12 cloves
Coriander leaves	a few sprigs
Cumin	1 tsp.
Cinnamon	10 cm. stick
Cloves	15
Cardamom	10
Desiccated coconut	1 tbsp.
Turmeric	1 tsp.
Salt	to taste
Vinegar	1 cup

Method of preparation:

Trim chops and beat with a meat mallet. Grind all the masala (i.e. red chillies, green chillies, pepper, aniseed, ginger, garlic, coriander leaves, cumin, cinnamon, cloves, cardamoms, desiccated coconut and turmeric) and mix with the salt and vinegar. Marinate the chops in this masala and keep overnight. Either grill in an oven or over a charcoal fire. Alternatively, put two tablespoons of ghee in a frying pan, put in all the chops, cover and cook till done.

514. COCONUT PENUCHE PATTIES (USA)

Ingredients:

Granulated sugar	1½ cups
Brown sugar (firmly packed)	1 cup
Light corn syrup	3 tbsp.
Light cream	1 cup
Coconut (fine-grated)	1 cup
Vanilla	1 tsp.
Butter	¼ cup
Pecan halves	as required

Method of preparation:

Combine the sugars, corn syrup and cream in a heavy saucepan. Bring to a boil over low heat, stirring constantly. Continue to boil gently, without stirring, until a small amount of mixture forms a soft ball in cold water (or to a temperature of 234°F). Remove from heat.

Add coconut, vanilla, and butter. Do not blend. Cool to lukewarm (120°F) without stirring. Then stir to blend ingredients. Quickly drop by teaspoonfuls onto waxed paper. Press a pecan half onto each pattie and allow to stand until firm, about 3 hr. Wrap in waxed paper to store.

515. COCONUT OAT CRUMB CRUST (USA)

Ingredients:

Coconut (grated)	½ cup
Graham cracker crumbs	½ cup
Quick rolled oats	½ cup
Brown sugar	¼ cup firmly packed
Butter (melted)	⅓ cup
Coconut and oats may be toasted, if desired	1

Method of preparation:

Combine coconut, crumbs, oats, and sugar. Add melted butter and mix well. Press firmly with back of spoon on bottom and sides of a greased 9-in. pie pan, Chill 1 hr. before filling.

516. COCONUT LACE WAFERS (USA)

Ingredients:

Swans Down Cake-flour	½ cup (unsifted)
Calumet baking powder	¼ tsp.
Soda	⅛ tsp.
Unsulphured or light molasses	¼ cup
Sugar	¼ cup
Butter	¼ cup
Coconut (grated)	⅔ cup

Method of preparation:

Mix flour, baking powder and soda. Combine molasses, sugar, and butter in saucepan. Bring to a full boil and cook 1 min. Remove from heat. Add flour mixture and coconut; mix well. Drop by ½ tsp on a lightly greased baking sheet. (Bake only about 9 at a time for ease in handling cookies).

Bake in moderate oven (350°F) 5 to 8 min. Cool slightly; then remove carefully from baking sheet, using a thin knife or spatula. If water hardens on pan, return to oven for a few minutes.

Note:- If desired, wafers may be rolled into tube shape. Remove each wafer carefully from baking sheet while still warm and roll quickly over handle of wooden spoon. Place on rack to cool.

517. COCONUT BUTTERBALLS (USA)

Ingredients:

Butter	1/2 cup
Unsifted confectioners' sugar	2 tsp.
Vanilla	1/2 tsp.
All-purpose flour	1 cup (unsifted)
Angel Flake, fine-grated coconut	3/4 cup
Additional unsifted confectioners' sugar	

Method of preparation:

Cream butter. Add sugar and vanilla; cream until light and fluffy. Add flour, all at once, and blend well. Mix in coconut. Shape into 3/4-in. balls and place on ungreased baking sheets. Chill 15 min. Bake in a moderate oven (350°F) 15 min, or until lightly browned. Roll in additional confectioners' sugar while still warm.

518. FESTIVE COCONUT CAKE (SPONGE CAKE) (USA)

Ingredients:

Eggs	4
Sugar	1 cup
Vanilla	1 tsp.
Pan cake mix	1 1/2 cups
Milk	3/4 cup

Filling:

Sugar	1/2 cup
Salt	2 tsp.
Milk	2 cups
Egg well beaten	2
Vanilla	1 tsp.
Butter or margarine	1 tsp.
Coconut (flaked or shredded)	2 cups

Method of preparation:

Grease two 8-in. round cake pans. Line with

waxed paper and grease again. Beat eggs until thick and lemon coloured. Gradually add sugar, beating constantly until light and fluffy. Stir in vanilla. Alternately add pancake mix with milk, beginning and ending with pancake mix. Divide batter evenly into prepared pans. Bake in pre-heated 325°F oven 35 to 40 min or until cake begins to move from sides of pan. Remove from pans; carefully peel waxed paper from cake layers. Cool.

For filling, combine sugar, cornstarch and salt in large saucepan. Gradually add milk, blending well. Cook over low heat, stirring constantly until thickened. Cook 1 min. Remove from heat; add vanilla, butter and 1 3/4 cups of coconut. Cool.

To assemble cake, split cooled layers in half horizontally to make 4 thin layers. Place one layer on serving plate; spread with 1/4 of filling; top with second layer. Repeat layering ending with filling. Sprinkle with remaining 1/4 cup coconut. Chill until serving time.

519. COCONUT LAYER CAKE (India)

(Ingredients)

Sour cream (1 cup)	1 carton
Soda (added to sour cream)	1/4 tsp.
Sugar	3 cups
Butter	2 sticks
Plain flour	3 cups
Eggs	6
Vanilla	1/2 tsp.
Almond flavouring	1/2 tsp.

Method of preparation:

Mix sugar and butter. Add sour cream to which soda has been added. Add eggs, 2 at a time. Add flour alternately. Add vanilla and almond flavouring. Divide into 4 layers and bake at 325°F for 35 to 40 min.

COCONUT LAYER CAKE ICING

Ingredients:

Sugar	3 cups
Egg whites	3
Coconut (grated)	1

Method of preparation:

Moisten sugar with cold water and boil until it threads. Then pour over stiffly beaten egg whites.

Spread on cake and sprinkle generously with coconut.

520. COCONUT POUND CAKE (India)

Ingredients:

Butter	3 sticks
Sugar	3 cups
Eggs	6
Coconut	1 can
Plain flour	3 cups
Baking powder	1 tsp.
Lemon extract	1 tbsp.
Evaporated milk	1 cup
Salt	1/4 tsp.

Method of preparation:

Cream butter and sugar. Add eggs, one at a time, beating well after each. Sift together dry ingredients and add alternately with undiluted milk. Mix in coconut and lemon flavouring. Pour into greased loaf pan and bake at 350°F for 1 hr and 5 min.

521. EDMEDA UNDE (TIL LADDOO)

(India - Karnataka)

Ingredients:

White gingelly seeds (til)	2 kg.
Dry fruits (Cashewnuts, raisins, dry coconut, dry dates)	500 gms.
Cardamom powder	a little
Jaggery (chikki jaggery)	1 3/4 kg.
Ghee (clarified butter)	3 tbsp.

Method of preparation:

Roast til till crisp and keep aside. Cut all the dry fruits into very small pieces and mix it with cardamom powder and the til. Keep the jaggery in a thick-bottomed vessel and stir continuously over a steady medium flame till a little of the syrup dropped into cold water can be rolled into a sticky ball. The syrup at this stage will be seen to froth vigorously. Add ghee, remove from fire, add til mixture and mix well. Smear the palms with a little ghee and roll portions of the mixture into small and firm laddoos (balls).

522. QUICK COCONUT MACAROONS (USA)

Ingredients:

Angel Flake coconut	1 1/3 cups
Sweetened condensed milk	1/2 cup
Salt	a pinch
Vanilla	1 tsp.
Almond extract	1/4 tsp.
Lemon rind (grated)	1 tsp.

Method of preparation:

Combine ingredients and mix well. Drop from teaspoon 1 in. apart on well-greased baking sheets and press down ends of coconut with back of spoon. Bake at 350° for 10 to 12 min, or until golden brown. Remove from baking sheets at once.

523. SPICY DATE CHEWS (India)

Ingredients:

Coconut (fine grated)	4 cups (two 7-oz. packages)
Pitted dates (cut)	1 package (6 1/2 oz.)
Nuts (chopped)	1 cup
Sweetened condensed milk	1 can (15 oz.)
Cinnamon	1/2 tsp.

Method of preparation:

Mix all ingredients thoroughly. Drop by teaspoonfuls onto greased baking sheet. Bake in moderate oven (350°) 10 min, or until lightly browned. Let cool about 5 min before removing from baking sheet. If cookies stick, hold baking sheet over low heat a few seconds. Makes about 3 doz cookies.

524. ANGEL DIVINITY (USA)

(Ingredients)

Light corn syrup	1/2 cup
Sugar	2 1/2 cups
Salt	1/4 tsp.
Water	1/2 cup
Egg whites	2
Vanilla	1 1/2 tsp.
Peppermint flavouring (optional)	Few drops)
Nuts (chopped)	1/2 cup
Coconut (fine grated)	1 cup

Red maraschino cherries a few (cut in pieces)

Method of preparation:

Combine corn syrup, sugar, salt, and water in saucepan. Cook over medium heat, stirring constantly, until sugar is dissolved. Continue cooking, without stirring, until a small amount of syrup forms a hard ball in cold water (or to a temperature of 262°F).

While syrup is cooking, beat egg whites until stiff but not dry. Then, when temperature is reached, pour syrup slowly over egg whites, beating constantly. Beat until mixture begins to appear dull and holds its shape. Add vanilla, peppermint flavouring, and nuts. Drop from tip of teaspoon into coconut on waxed paper and roll to shape candy into a ball and to coat with coconut. Decorate with cherries.

525. COCONUT PRALINES (USA)

Ingredients:

- Granulated sugar 2 cups
- Brown sugar (firmly packed) 1 cup
- Light corn syrup 3 tbsp.
- Light cream 1 cup
- Coconut (flaked) 2 2/3 cups
- Vanilla 1 tsp.
- Butter or margarine 1/4 cup

Method of preparation:

Combine sugars, corn syrup and cream in a heavy saucepan. Bring to boil over low heat, stirring constantly. Continue to boil gently, without stirring, until a small amount of mixture forms a soft ball in cold water (or to a temperature of 235°F). Remove from heat, add coconut, vanilla and butter. Stir to blend. Cool to lukewarm (110°F) without stirring.

Then beat vigorously just until candy begins to thicken, about 1 to 2 min. Drop by spoonfuls onto wax paper. Allow to stand until firm, about 2 hr. To store, wrap each praline in waxed paper.

526. COCONUT BUTTER-SCOTCH OATIES (USA)

Ingredients:

- All-purpose flour 1 cup
- Sugar 1 1/2 cups

- Salt 1/2 tsp.
- Milk 3/4 cup
- Butter 1/4 cup
- Butter-scotch pieces 1 cup (6-oz package)
- Quick-cooking rolled oats 2 1/2 cups
- Coconut (flaked) 1 cup
- Walnuts (chopped) 1 cup
- Vanilla extract 1 tsp.

Method of preparation:

In large saucepan combine flour, sugar, salt, milk and butter, bring to boil over low heat, stirring occasionally. Boil 3 min, stirring constantly. Remove from heat.

Stir in butter-scotch pieces and remaining ingredients; mix well.

Drop by tablespoon onto lightly greased cookie sheets. Bake at 325°F for 12 to 15 min. Cool slightly; remove from sheets.

527. COCONUT FINGERS (Malaysia)

Ingredients:

- Butter 2 ozs.
- Castor sugar 3 ozs.
- Desiccated coconut 6 ozs.
- Cochineal a little
- Flour 2 ozs.
- Eggs 2
- Boiling water 1/2 tbsp.

Method of preparation:

Beat the butter and sugar to a cream; add the eggs one at a time and beat well. Add 4 ozs. desiccated coconut to the cream and 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 20 minutes. Leave until cold. Mix the icing sugar with the boiling water and spread on the sponge mixture. Mix the remainder of the desiccated coconut with a few drops of cochineal and sprinkle on top of icing. Cut into fingers before icing is cold.

528. CORN FLOUR - COCONUT BISCUITS (India)

Ingredients:

- Cornflour 120 g.
- Flour 120 g.

Desiccated coconut	116 g.
Baking powder	1/2 tsp.
Milk	sufficient to knead dough
Sugar	90 g.
Eggs	2
Salt	1 pinch

Method of preparation:

Sift flour, baking powder, salt and cornflour together. Cream the butter and sugar. Into this, beat in the eggs and then gradually add in the flour. Knead to a soft smooth dough with the milk. Roll out and cut an eighth of an inch thick and place on greased tins. Lightly cover each biscuit with a shade of milk and sprinkle the coconut on them. Finally, bake biscuits in moderate oven.

529. FANCY COCONUT BISCUITS (India)**Ingredients:**

Flour	235 g.
Sugar	90 g.
Eggs	2 nos.
Butter	90 g.
Coconut	125 g.
Cocoa	1 tbsp.

For icing

Icing sugar	60 g.
Cocoa & Vanilla essence	1 spoon each
Salt	1 pinch

Method of preparation:

Sift flour, salt and baking powder. Knead the flour, butter, egg yolk and sugar, adding a teaspoon of vanilla essence until it is a smooth dough. Add cocoa and knead again. Mix the coconut. Roll out and cut the biscuits about 1/8 of an inch thick. Bake on greased tins and cool. When cool, ice the biscuits.

Icing is made by mixing the icing sugar, cocoa and essence together and forming a thick paste with warm water. Sprinkle grated chocolate on each biscuit.

530. BANANA COCONUT NUT BREAD (USA)**Ingredients:**

Soft butter	1/3 cup
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Sugar	2/3 cup
Eggs	2
Milk	3 tbsp.
Lemon juice	1 tsp.
Almond extract	1/2 tsp.
Plain flour	2 cups
Baking powder	1 tsp.
Soda	1/2 tsp.
Salt	1/2 tsp.
Ripe bananas (mashed)	1 cup
Flaked coconut (toasted)	1/2 cup
Walnuts (chopped)	1/2 cup

Method of preparation:

In a large mixing bowl, cream together butter and sugar. Beat in eggs, one at a time. Stir in milk, lemon juice and almond extract. Sift in the flour, baking soda, baking powder, and salt. Mix thoroughly. Stir in bananas, fold in toasted coconut and nuts. Pour into well-greased loaf pan (5 x 9 in.). Bake in preheated oven (350°F) for 55 min or until a toothpick inserted in center comes out clean. Cool in pan for a few minutes; turn out on wire rack to continue cooling.

531. COCONUT PIE (USA)**Ingredients:**

Sugar	1 1/4 cups
Flour	4 tbsp.
Salt	1/4 tsp.
Milk, scalded	2 cups
Egg yolks	3
Butter	2 tbsp.
Vanilla	1 tsp.
Coconut (shredded)	1 cup

Method of preparation:

Mix dry ingredients. Add milk slowly while stirring. Cook in double boiler until well-thickened. Pour over egg yolks stirring constantly. Add butter. Cook, if necessary. Add coconut and flavouring. Remove from heat. Pour into cooked pastry shell. Beat egg whites, add 4 tbsp sugar and pinch of salt and 1/2 tsp vanilla. Beat until very stiff. Pour over pie-pile lightly. Bake in moderate oven (350°F) for about 15 min.

532. COCONUT CHOCOLATE CHIP SQUARES (USA)

Ingredients:

Coconut (grated)	1 ¹ / ₃ cups
Butter (melted)	2 tbsp.
Granulated sugar	2 tbsp.
Graham cracker crumbs	1/4 cup
Butter	1/2 cup
Granulated sugar	1/2 cup
Brown sugar (firmly packed)	1/4 cup
Egg	1
Vanilla	1 tsp.
All-purpose flour (unsifted)	1 cup
Baking soda	1/2 tsp.
Salt	1/2 tsp.
Semi-sweet chocolate chips	1 package (6 oz)
Pecans (chopped)	1/2 cup

Method of preparation:

To make crust, combine coconut and 2 tbsp butter; mix well. Add 2 tbsp granulated sugar and the graham cracker crumbs. Mix thoroughly. Press firmly on bottom of a 9-inch square pan.

To make topping, beat butter, 1/2 cup granulated sugar, the brown sugar, egg and vanilla together until light and fluffy. Mix flour with soda and salt; blend into egg mixture. Stir in chocolate chips and pecans. Spread on top of crust. Bake at 350°F for 35 min or until golden brown. Cool. Cut in bars. Makes about 2 doz.

533. COCONUT SCOTCH SQUARES (USA)

Ingredients:

All-purpose flour (sifted)	1 ¹ / ₂ cups
Double-acting baking powder	2 tsp.
Brown sugar (firmly packed)	2 cups
Butter (melted)	1/2 cup
Eggs (slightly beaten)	2
Vanilla	1 tsp.
Walnuts (coarsely chopped)	1/2 cup
Coconut (flaked)	1/2 cup
Confectioner's sugar (optional)	

Method of preparation:

Sift flour with baking powder. Combine brown sugar and butter; stir in eggs and vanilla. Then blend in flour mixture. Stir in nuts and coconut. Spread in 13 x 9-in. pan. Bake at 325°F for about 40 min. or until cake tester inserted into center comes out clean. Cool in pan for 10 min. Remove from pan and cut into squares or bars. Roll in confectioner's sugar. Makes 1¹/₂ to 2 doz.

534. COCONUT-CHOCOLATE CHIP COOKIES (USA)

Ingredients:

Shortening	1/2 cup
Lemon flake cake mix	1 package
Water	1 tbsp.
Eggs	2
Coconut (flaked)	1 1/3 cups (about)
Semisweet chocolate chips	1 package (6 oz)

Method of preparation:

Cream shortening in bowl until softened. Add about half of the cake mix, the water, and eggs; blend well. Add remaining cake mix and beat until smooth. Stir in coconut and chocolate chips. Drop dough from teaspoon onto greased baking sheets. Bake at 375°F for 10 to 12 min. Remove from sheets and cool on racks. Store in tightly covered containers. Makes about 4 doz.

535. COCONUT ORANGE SQUARES (India)

Ingredients:

All-purpose flour (sifted)	2/3 cup
Double-acting baking powder	1/2 tsp.
Salt	1/2 tsp.
Butter	1/4 cup
Sugar	1 cup
Egg	1
Orange rind (grated)	1 tbsp.
Coconut (flaked)	1 cup
Semisweet chocolate (melted)	1/2 package (4 squares)

Method of preparation:

Sift flour with baking powder and salt. Cream butter. Gradually add sugar cream until light and fluffy. Add egg, milk, and orange rind; beat well.

Add flour and coconut, mixing only enough to blend. Place in an 8-in. square pan or a 9 x 5-in. loaf pan which has been lined on bottom with paper and then greased. Bake at 350°F for 25 min. Remove from pan and trim off edges. Spread with melted chocolate. Cool. Cut into squares.

536. SWEET POTATO COCONUT CAKE (USA)

Ingredients:

Shortening	1 cup
Light brown sugar	1 lb.
Eggs	3
Cinnamon	1 tsp.
Flour	3 cups
Sweet potatoes (baked and mashed)	1 cup
Baking powder	2 tsp.
Milk	1/2 cup
Vanilla	1 tsp.

Method of preparation:

Cream shortening and sugar, add eggs and beat. Stir in potatoes. Sift together cinnamon, baking powder and flour, add to creamed mixture. Beat in milk and vanilla. Divide into 3 greased and floured cake pans and bake 30 min at 350°F.

FROSTING FOR SWEET POTATO COCONUT CAKE

Ingredients:

Evaporated milk	1 cup
Sugar	1 cup
Margarine (1/2 cup)	1 stick
Egg yolks	3
Nuts (chopped)	1/2 cup
Coconut	1/2 cup (grated)

Method of preparation:

Over low heat, cook together sugar, egg yolks, margarine and milk for about 12 min, stirring constantly. Remove from heat, add nuts and coconut. Stir until thick enough to spread.

537. COCONUT PUFFS (Malaysia)

Ingredients:

Desiccated coconut	2 cups
Powdered sugar	1 cup

Whites of eggs	2
Flour	2 tbsp.

Method of preparation:

Mix desiccated coconut with powdered sugar, the beaten whites of eggs and flour; drop on buttered tins and bake quickly.

538. HONEY DELIGHT (USA)

Ingredients:

Grape-nuts (flakes)	1 1/2 cups
Angel Flake coconut	1 1/3 cups
Butter	1/4 cup
Orange gelatin	1 package (3 oz)
Boiling water	1 cup
Honey	1/2 cup
Lemon juice	2 tbsp.
Evaporated milk (chilled)	1 cup

Method of preparation:

Slightly crush cereal with rolling pin. Saute coconut in butter until golden brown, stirring constantly. Combine coconut with cereal and mix well; press half of mixture in bottom of a 9-in. square pan. Dissolve gelatin in boiling water. Add honey and lemon juice. Chill until slightly thickened. Whip chilled evaporated milk and fold into gelatin mixture. Pour into coconut-cereal-lined pan and top with remaining cereal mixture. Chill until firm. Cut in squares.

539. COCONUT CAKE (Vietnam)

Ingredients:

Desiccated coconut	1 kg.
Wheat flour	0.3 kg.
Eggs	4
Sugar	0.5 kg.
Vanilla	Few drops

Method of preparation:

Beat sugar with eggs, add flour and desiccated coconut. Mix once, spread in the cake tray after smearing with coconut oil and bake in a moderate oven till done.

540. COTILLION ORANGE-COCONUT CAKE (USA)

Ingredients:

Cake flour	3 cups (sifted)
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Sugar	1 ³ / ₄ cups
Double-acting baking powder	2 tsp.
Salt	1 ¹ / ₂ tsp.
Butter or margarine (at room temperature)	1 cup
Orange rind	2 tsp. (grated)
Milk	1 ¹ / ₂ cup
Whole eggs	3
Egg yolk	1
Flaked coconut	1 ¹ / ₂ cup
Orange flour	Four Minute frosting
Additional flaked coconut	for decoration
Fresh orange sections	as required

Method of preparation:

Sift flour with sugar, baking powder, and salt. Stir butter and orange rind just to soften butter. Add flour mixture and milk. Mix until all flour is moistened; then beat 2 min at medium speed of electric mixer or 300 vigorous strokes by hand, scraping side of bowl occasionally.

Add eggs and yolk. Beat 1 min longer with electric mixer or 150 vigorous strokes by hand. Fold in 1¹/₂ cup flaked coconut.

Pour batter into a greased and floured 10-in. tube pan. Bake at 375°F about 60 min; then loosen from sides and center tube with knife and gently pull out cake. Frost top and sides of cake with orange Four-Minute Frosting. Pat sides generously with additional coconut and top with orange sections.

ORANGE FOUR-MINUTE FROSTING**Ingredients:**

Egg white	1
Sugar	3 ³ / ₄ cup
Salt	a little
Orange juice	1 ¹ / ₄ cup
Water	1 tbsp.
Light corn syrup*	1 ¹ / ₂ tsp.
Orange rind (optional)	1 ¹ / ₄ to 1 ¹ / ₂ tsp. (grated)
Almond extract (optional)	few drops

* Or use lemon juice

Method of preparation:

Combine egg white, sugar, salt, orange juice, water, and corn syrup in top of small double boiler. Beat with electric mixer or rotary beater until

thoroughly mixed for about 1 minute. Place over boiling water and beat constantly at high speed of electric mixer or with rotary beater until frosting stands in stiff peaks - about 4 min. stir frosting up from bottom and sides of pan occasionally with rubber scraper, spatula, or spoon.

Remove from boiling water. For a very satiny frosting, pour at once into a large bowl for final beating. Add almond extract and orange rind. Beat mixture until thick enough to spread - about 1 min. Makes about 2¹/₂ cups frosting, or enough to cover top and sides of one 10-in. tube cake.

541. CRAB CAKES (Mauritius)**Ingredients:**

Oil	2 tbsp.
Onion	1 ¹ / ₂ cups (finely chopped)
Garlic cloves	2 (minced)
Tomatoes	3 ³ / ₄ cup (chopped)
Egg yolk	1 (beaten)
Salt	1 ¹ / ₂ tsp.
Pepper	1 ¹ / ₂ tsp.
Crab meat	500 g.
Coconut	1 cup (flaked)
Butter	125 g.

Method of preparation:

Heat the oil in a skillet; saute the onions and garlic for five minutes. Add the tomatoes, salt and pepper, cook over low heat for 5 minutes. Cool 10 minutes. Flake the crab meat, stir in the onion mixture, the coconut and egg yolk. Shape into 12 patties. Saute in the butter until browned on both sides.

542. CURRY COCONUT CHEESE BALLS (USA)**Ingredients:**

Coconut (grated)	1 1/3 cups
Curry powder	1 ¹ / ₂ tsp.
Cream cheese	2 package (16 oz)

Method of preparation:

Toast coconut with curry powder until well-mixed. Spread coconut thinly in shallow baking pan. Place in moderate oven (350°F) and toast 8 to 12 min, or until delicately browned. Stir coconut or shake pan often to brown evenly. Cool.

Meanwhile, form 64 small cheese balls. Roll

in half of the curry-coconut. Chill cheese balls in refrigerator to firm before serving. Makes 64 cocktail-size cheese balls.

543. MASAL VADAI (India - Konkan)

Ingredients:

Bengal gram dal	250 g.
Green chillies	4
Red chillies	2
Pepper corns	4
Salt	to taste
Coconut (shredded)	1 tbsp.
Curry leaves	2 sprigs
Asafoetida water	1 tsp.
Oil	for frying

Method of preparation:

Soak bengal gram dal in water for 2 hours wash and drain. Chop green chillies and curry leaves. Grind dal with red chillies coarsely. (Note: The mix should be stiff enough to shape into balls and flatten them). Add salt and pepper. Grind for another 2 minutes. Mix chopped green chillies, curry leaves, coconut shreds and asafoetida. Shape the vadai mix into balls of desired size. Flatten them a bit, one by one. Deep fry in hot oil, till golden brown and crisp, 7 or 8 at a time.

544. CASSAVA CHIVDA (India - Kerala)

Ingredients:

Cassava	500 g.
Groundnuts	2/3 cup
Cashewnuts	500 g.
Dried coconut (copra)	1/2 cup cut into thin slivers
Green chillies	2
Raisins	2 tbsp.
Turmeric powder	a pinch
Chilli powder	1 tsp.
Garam masala	1 tsp.
Curry leaves	10-15 nos.
Salt	to taste
Garlic	4 to 6 pods
Gingelly seeds	2 tbsp.
Sugar	1 tsp.
Oil	for frying

Method of preparation:

Cut cassava lengthwise into very thin 1" strips. Rub turmeric and salt on it. Fry deep in oil and

keep aside. Fry cashewnuts and remaining ingredients (2,4,5) separately in oil. Mix the fried materials with the fried cassava pieces and mix with chilli powder, garam masala and sugar.

545. CHIWDA (India)

Ingredients:

Beaten rice (thick type)	1/2 kg.
Ball copra slivers	1 cup
Peanuts	250 g.
Roasted bengal gram	50 g.
Salt	4 tsps.
Chilli powder	4 tsps.
Curry leaves	4 sprigs
Mustard seeds	2 tsps.
Cashewnuts	15 nos.
Turmeric powder	1 tsp.
Asafoetida powder	1/2 tsp.
Oil	for frying

Method of preparation:

Slice ball copra into fine shreds. Roast peanuts and skin them. Keep aside cashewnut halves and chopped curry leaves. Mix together salt, chilli, asafoetida and turmeric powders in a bowl. Heat oil in frying pan and fry beaten rice, on medium flame, in 5 or 6 instalments. Transfer to a basin and mix 2 tsps of the above powder mixture with every instalment by tilting the basin to and fro several times. Finish thus with all the fried beaten rice. Prepare seasoning with mustard, chopped curry leaves, copra slivers, peanuts, cashewnut bits and roasted bengal gram (hurigadale) - all in the same sequence using a little oil left over in the frying pan. Drop the fried beaten rice in the seasoning, and mix thoroughly.

CHUTNEYS AND DRINKS

546. DRY FISH AND COCONUT CHUTNEY

(India - Kerala)

Ingredients:

Dry Fish without bones fried and powdered	1/2 cup
Coconut	1/2 cup
Dry chillies	4
Button onion	4
Ginger small piece	1
Curry leaves	2 stalks
Fish tamarind (Garcinia)	to taste

Method of preparation:

Break the coconut into pieces and roast over coals or fry in oil. Prepare the dry chillies also likewise. Grind all the ingredients into a chutney and mix the fish powder.

As the dry fish is salty, salt is not added to the chutney.

547. MASALA BUTTERMILK (India - Konkan)**Ingredients:**

Thick butter milk	1 cup
Cumin seeds	1 tsp.
Pepper corns	1 tsp.
Ghee	3-4 tps.
Grated edible copra	1/2 cup
Curry leaves	3-4 sprigs
Salt	to taste

Method of preparation:

Wash curry leaves and allow to dry. Take 1 tsp. ghee in frying pan and roast copra gratings in it, till brown and keep aside. Take another tsp ghee in pan and roast 1/2 tsp cumin, pepper and curry leaves in it, till brown. Grind copra gratings with other roasted ingredients finely. Then take 1 tsp. ghee in a vessel. Add cumin. When it splutters add thick butter milk. Remove from flame. Mix the ground masala with butter milk, stir in salt and serve.

548. CABBAGE MALLUNG (Malaysia)**Ingredients:**

Shredded cabbage	2 1/2 ozs. (the tender inner leaves preferred)
Desiccated coconut, fine	1 dsp.
Onions (cut fine)	1 tsp.
Ripe chilli (cut fine)	1
Salt	2 tsp.

Method of preparation:

Boil the cabbage with the onions, chilli and salt in 8 dessertspoonfuls of water until the water evaporates. Add the desiccated coconut and stir well over a slow fire for 5 minutes. When large quantities are cooked, the stirring should continue longer if necessary (until all trace of the water disappears)

549. MUTTON CURRY (Malaysia)**Ingredients:**

Mutton (cut into small pieces)	1/2 lb.
Curry powder	1 tsp.
Salt	2 tsp.
Butter	1 tsp.
Desiccated coconut (fine)	1/2 lb.
Onions, cut fine	4 tsp.

Method of preparation:

Add the curry powder and the salt to the mutton and stir well. Pour 1/4 pint boiling water on the desiccated coconut and let it soak for 5 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 10 minutes over a slow fire. Then add the coconut milk, cover the saucepan and boil over a slow fire for 20 minutes. Take down as soon as thick gravy is formed, and add 1 tablespoonful of fresh lemon juice.

Note: The following curries can be made in the same way:- prawn, fish, chicken, and liver.

550. DRY COCONUT CHUTNEY

(India - Karnataka)

Ingredients:

Dry coconut	1
Red chillies	20
Urad dal (Black gram)	2 tbsps.
Curry leaves	1 sprig
Salt	to taste

Method of preparation:

Roast all the ingredients except coconut. Cut the coconut into small pieces and roast till red in colour. Pound the red chillies first, then the urad dal, curry leaves and salt. Finally add the coconut and pound well until a rough consistency is attained. Store in a clean bottle. This chutney can be stored for more than a month.

551. GARLIC CHUTNEY (Dry)

(India - Konkan)

Ingredients:

Ball copra (small)	1
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Garlic pods	2 - 3
Tamarind pulp	marble size
Red chillies	25
Ghee	2 tsps.
Cooking salt (grains)	1½ tbsps.

Method of preparation:

Grate copra and keep aside. Peel garlic cloves. Chop tamarind lump finely. Take ghee in frying pan. First roast garlic cloves, then copra gratings and lastly red chillies with the ghee. Powder the red chillies first, then garlic cloves, salt, chopped tamarind and copra gratings together in mixie. Mix all the powders well and store in a dry bottle.

**552. ROASTED COCONUT CHUTNEY
(India - Kerala)****Ingredients:**

Coconut (broken into pieces)	1/2
Dry chillies	4
Button onions	2
Ginger long slices	1 tsp.
Curry leaves	3
Tamarind	to taste
Salt	as required

Method of preparation:

Roast the coconut pieces and dry chillies over live coals or roast them holding over the gas fire or keeping them spread over a wire net over the gas. Grind these together with the remaining ingredients to a chutney.

**RECIPES WITH
TODDY, JAGGERY AND COCONUT OIL**

Toddy, Jaggery etc.



Idly



Velayappam



Palm Jaggery



Appam

553. APPA (HOPPERS) (Sri Lanka)**Ingredients:**

Slightly roasted rice-flour	500 g.
Coconut water	$\frac{3}{4}$ teacup
Thick coconut milk	1 teacup
Second extract of coconut milk (extract of one coconut)	1 teacup
Salt	to taste
Toddy	1 tablespoon

Method of preparation:

Mix the flour with the coconut water and toddy and keep overnight, kneading it well. About 2 or 3 hours before baking the hoppers add the coconut milk very gradually, first the thick milk and then the second extract, and stir the mixture well. Cover and let it stand.

Place a little iron pan over a light fire, grease it, pour a spoonful of the batter, cover with a chatty containing burning coals and bake till done. Before covering the pan, take it up with both hands and give it a circular twist till the sides of the pan upto about 2.5 cm. above the level of the batter are coated with the batter which, when the hopper is baked, forms the crisp brown border.

N.B.:— As hoppers are usually baked early in the morning it is advisable to use hot water for squeezing the coconut instead of cold.

The inside of a hopper pan should not be washed but greased with butter or gingelly oil and wiped.

The hoppers often stick to the pan and give trouble. This could be prevented by frying the yolk of an egg in the pan and rubbing the pan over with it. Hoppers can also be baked on a gas stove using a tight fitting lid to cover the pan instead of a chatty with coals.

554. APPAM (2) (India)**Ingredients:**

Rice	3 cups
Fenugreek	7 or 8 seeds
Milk of coconut	1 coconut ($1\frac{1}{2}$ - 2 cups)
Half-cooked rice	1 cup
Toddy	$\frac{1}{2}$ bottle
Salt	to taste
Oil	for frying

Method of preparation:

Wash and soak rice and fenugreek together for 1 hour. Then drain it completely and grind it with coconut milk and half-cooked rice to a very fine paste. Take out the batter. Wash the stone with toddy and add it to the batter with a little salt to taste. Mix well. Cover and keep it aside for 8 hours.

Keep the chapati tava or the hopper pan on the fire and rub with a little oil. Take a ladleful of batter, pour it on the tava and spread it with a rotating motion so that the sides have a frilly lace leaving the middle thick. Cover it until cooked. Remove and serve.

555. RAGI APPAM (RAGI HOPPERS)

(India)

Ingredients:

Fine ragi (Elucine coracana - finger millet grain powder)	2 cups
Fine rice flour	$\frac{1}{2}$ cup
Yeast granules	1 tsp.
Sugar	2 tsp.
Warm water	$\frac{1}{2}$ cup
Coconut water	1 cup
Coarse flour to make a gruel	$\frac{1}{4}$ cup
Water	1 cup
Coconut	2 cups (grated for extracting milk)
Sugar	1 dsp.
Salt	to taste

Method of preparation:

Dissolve the yeast and sugar in a cup of warm water and allow it to ferment. Mix the ragi powder, rice flour, yeast and coconut water without forming jumps. Make a gruel with the coarse flour and after cooling mix with the dough along with sugar and coconut milk. This must be done at night. Next morning add a little more sugar and salt and make laced appams.

556. SOFT VATTAYAPPAM (India)**Ingredients:**

Rice flour passed through a fine sieve	$\frac{1}{4}$ kg.
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Toddy	1½ cups
Grated coconut	2 cups
Sugar	1½ cups
Salt	two pinches
Fresh yeast	½ tsp.
Sugar	½ tsp.
Warm water	½ cup
Ghee	2 tbsp.
Fresh egg white	2

Method of preparation:

Pour toddy into the flour and knead well. Take ½ cup thick milk from 2 cups of grated coconut and mix into the dough. Only exact measurement of milk should be added, if not the vattayappam will not be soft. After taking the milk from the grated coconut, grind to a fine paste. Add sugar and salt to the dough and keep it for 3 hours.

In a cup, mix the yeast with warm water and sugar and keep it aside. After 10 minutes it will rise. (It is a sign of good yeast). Mix this with the dough which has risen at least $\frac{3}{4}$. Keep for another one hour and mix the melted ghee into it.

Whisk the egg white and mix into it slowly. Immediately pour into a ghee-applied flat vessel and steam in a steam cooker.

- Note: 1. If toddy is used appam will be soft and of good taste.
2. Yeast and egg should be fresh.
3. Instead of toddy, in a cup of coconut water add ½ tsp. yeast and 1 tsp. sugar and use when it rises.

557. IDLI (India - Karnataka)**Ingredients:**

Raw rice	4 cups
Urad dal	1 cup
Toddy	½ bottle

Method of preparation:

wash and soak dal and rice separately for 1 to 2 hours. Grind the dal till very fine. Remove and set aside. Then grind the rice to a fine paste. Mix it with ground urad dal. Wash the grinding stone with toddy and mix with the urad-rice paste. Cover and keep aside for fermentation for 5 to 6 hours. Then cook in an idly making vessel.

558. CASSAVA TODDY CAKE

(India - Kerala)

Ingredients:

Cassava flour (coarse)	1 tbsp.
Roasted cassava flour (fine)	1 cup
Sugar	1 tbsp.
Toddy	1 ounce
Thick milk of coconut	½ cup
Salt	to taste

Method of preparation:

Take 1 tbsp. of coarse cassava flour, add 1 cup of water and cook it into a paste.

Cool it till slightly warm and add to the flour. Mix with sugar and toddy, knead it well into a soft dough. After 8 hours, add coconut milk and salt and make into a thick batter. Let stand for 1 hour. Grease iron pan. Pour a ladlefull of batter. Tilt around to allow the batter to spread a little. Cover with a lid and cook. When done, remove and serve hot or cold with chutney or curries.

SNACKS**559. NEYYAPPAM (India)****Ingredients:**

Raw rice pounded and sieved through poottu sieve	1 kg.
Coarse flour (after sieving)	2 cups
Clean jaggery (Karipotti) (coconut , jaggary)	½ kilo
Coconut milk	2 cups
Coconut (cut into small pieces and fried in ghee)	½ cup
Cardamom or dry ginger and cumin seed powder	for flavour
Gingelly fried	2 dsp.

Method of preparation:

Cut jaggery into small pieces, pound it and add to the rice flour and mix well. Finally mix the coarse flour and keep it for 2 days in an earthen pot to make it soft. After two days add the coconut milk and mix to a thick consistency. Add all other ingredients and make neyappam in hot oil in onniappam vessel to get a regular shape. To make it more crisp put the neyappam to a big skillet of hot oil and fry till golden brown. Keep them in

an earthen pot so that the oil is absorbed.

Note: If the jaggery is not clean melt it and boil till it thickens to one thread consistency and after cooling mix the flour, the coarse flour and keep it for two days and make neyappams.

561. CHICKEN SATAI (Malaysia)

Ingredients:

Chicken	1 boiled
Jintan putch	1 tbsp. (cummin seed)
Sugar	125 g.
Chinese sauce vinegar	as required
Fried peanuts	125 g.
Salt	1/2 tsp.
Coriander	2 tbsps.
Coconut oil, with serai leaf	for flavouring

Method of preparation:

Pound the coriander and *Jintan in a mortar. When well pounded add the sugar and the salt. Cut

up the chicken which has been boiled, into small pieces. Put it on a large plate and mix well with the pounded coriander, etc.

Thread the pieces on to palm leaf sticks. Grill over a brazier keeping the chicken moist with a little coconut oil while it is on the fire.

* Jintan - Cumin seeds

562. DAL "PAYASAM" (India)

Ingredients:

Dal (chana dal)	2 teacups
Jaggery (coconut sugar)	500 g.
Coconut milk (thick)	2 cups
Coconut milk (thin)	8 cups

Method of preparation:

Fry the dal in an empty pan till it becomes brown. Then wash the dal and boil in the thin milk of the coconut till very soft. Add jaggery and mix well. Pour in the thick milk, and boil for 5 minutes. Serve hot or cold.

Table of Weights and Measures

WEIGHT AND VOLUME EQUIVALENT

The following units of equivalent weights volume can be used for recipe calculation

1 teaspoon	5 millilitres
1 tablespoon	3 teaspoons or $\frac{1}{2}$ fluid ounce
1 cup	8 ounces or 16 tablespoons or 235 millilitres (approximately)
1 ounce	30 grams approx.
8 ounces	225 grams
16 ounces	455 grams

LIQUID MEASURE

1 ounce	30 millilitres.
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APPROXIMATE EQUIVALENT WEIGHTS AND MEASURES

		Level	heaped
Atta	1 tablespoon	7 grams	16 grams
Besan (gram flour)	1 tablespoon	8 grams	12 grams
Besan (gram flour)	1 cup	95 grams	140 grams
Baking Powder	1 teaspoon	4 grams	6 grams
Coriander seeds	1 teaspoon	2 grams	3 grams
Coriander seeds	1 tablespoon	3 grams	
Coriander powder	1 dst. spn. (2 teaspoons)	3 grams	
Coriander powder	1 tablespoon	10 grams	
Cinnamon	2" piece		12 grams
Cinnamon powder	1 teaspoon	2 grams	
Cinnamon powder	1 tablespoon	6 grams	
Ginger powder	1 teaspoon	2 grams	
Ginger powder	1 tablespoon	5 grams	
Garlic	1 pod or clove		15 grams
Ginger	1" piece		3 grams
Ghee	1 tablespoon		20 grams
Gelatine	1 packet		12 grams
Golden Syrup	1 tablespoon		22 grams
Jeera	1 teaspoon	2 grams	3.5 grams
Maida (refined flour)	1 tablespoon	7 grams	11.5 grams
Oil	1 tablespoon		12 grams
Oil	1 cup		212 grams
Red chilli powder	1 teaspoon	2 grams	3 grams
Red chilli powder	1 tablespoon	10 grams	
Red chilli powder	1 dst. spn. (2 teaspoons)	8 grams	
Red chilli whole	5	20 grams	
Rice flour	1 tablespoon	9 grams	13 grams
Rice flour	$\frac{1}{2}$ cup		62 grams
Soda	1 teaspoon	5 grams	7 grams
Salt	1 teaspoon	6 grams	8 grams
Sugar	1 teaspoon	5 grams	8 grams
Sugar	1 tablespoon	14 grams	20 grams
Turmeric	1 teaspoon	2 grams	4 grams
Tamarind	size of walnut	2 grams	11.5 grams
1 ollock (Malaysia)	7 ounces	1 chupak (Malaysia)	1 quart
1 Katti (Malaysia)	$\frac{4}{3}$ lbs.,	1 grantang (Malaysia)	1 gallon

Measures

1	teacup flour	=	$\frac{1}{2}$	lb.
1	tablespoonful fine grain (flour)	=	1	oz.
1	level tablespoonful coarse grain (rice)	=	1	oz.
1	dessertspoonful	=	$\frac{1}{2}$	oz.
1	teaspoonful	=	$\frac{1}{4}$	oz.
1	ollock	=	1	measure or 7 ozs.
1	kati	=	$1\frac{1}{3}$	lbs.
1	gantang	=	1	gallon
1	chupak	=	1	quart

List of Abbreviations used

g	-	gram
Kg	-	Kilogram
L	-	litre
ml	-	millilitre
dsp	-	dessert spoon
tsp	-	tea spoon
tbsp	-	table spoon
<hr/>		
°C	-	degree Celsius
°F	-	degree Fahrenheit
"	-	inch
no(s).	-	number(s)

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Glossary

Achuete (Pilipino)

– Red anatto (*Bixa orellana*) seeds used for food colouring

Adrak (Hindi) – ginger (English)

– Rhizomes of *Zingiber officinale*

Alamang (Pilipino) – small shrimps.

Amchur (Hindi) – Mangopowder (English) – powder of dried fruits of *Mangifera indica*.

Ampaleya (Pilipino) – bitter lemon.

Anatto (English)

– A red – yellow dye obtained from the seeds of a small tree *Bixa orellana*, widely used for colouring food products.

Anis mascado (Pilipino) – Nutmeg (English)

– Seeds of *Myristica fragrans*

Anise – Aniseed (English)

– Seeds of *Pimpinella anisum*

Asado de carajay (Pilipino) – par boiled

Ash gourd (English) – fruits of *Benincasa hispida* used for making vegetables and sweets (Petha) in India.

Ayer kelapa (Malay) – Coconut water.

Badam (Hindi) – Almonds (English) Seeds of the almond tree *Prunus amygdalus* used widely in cooking. Oil extracted from seeds is used in toiletries.

Bagoong alamang (Pilipino) – salted and fermented shrimps.

Bake (English) – Cook in an oven at a desired temperature (using dry heat).

Banana (English) – Fruits of *Musa paradisiaca*. Raw fruits are used for preparing vegetables and wafers. Ripe fruit is consumed as such and also as ingredient

in desserts & snacks.

Bangus (Pilipino) – Milk fish

Basala (English) leaves & tender shoots of *Basella alba*. 'Poi' – (Hindi)

Batter (English) – Homogeneous Mixture of ingredients beaten up with liquid to get a soft plastic character – used for cooking.

Bawang (Pilipino) – Garlic (English) Bulbs of *Allium sativum* – Pungent scent imparted by this is relished in vegetables and meat alike.

Belanga – (Malay) sauce pan.

Bengal gram (English) – Chickpea. Seeds of *Cicer arietinum*

Bijon (Pilipino) – Rice noodle used for pancit.

Belimbing (Malay) – fruits of *Averrhoa bilimbi* – a sour fruit – green in color used for cooking and pickles.

Bisocho (Pilipino) – powdered crusts of bread dried, but not brown.

Bitter gourd (English) – fruits of *Momordica charantia* used for preparing vegetables and wafers.

Bottle gourd or calabash cucumber (English) – fruits of *Lagenaria vulgaris* used widely in India in preparing vegetables.

Brinjal (English) – eggplant – fruits of *Solanum melongena* used for cooking a variety of preparations.

Buko (Pilipino) Immature coconut – tender nut with soft flesh and sweet water.

Butuan (Pilipino) – Seedy variety of banana.

Cabbage – bud or head of *Brassica oleracea* L. var *capitata*, used widely as a vegetable.

Calamansi (Pilipino) – small lemon native to Philippines.

Capsicum (English) – Bell pepper – fruits of *Capsicum annum*

Caraway (English) – Seeds of *Carum carvi* – widely used in baking.

Carrot (English) – Root tubers of *Daucus carota* used in the preparation sweets, pickles, vegetables and balads.

Cashew nut (English) – Seeds of *Anacardium occidentale* used widely for garnishing snacks, vegetables and desserts.

Cauliflower (English) – flower heads of *Brassica oleracea var. botrytis* – used as vegetable.

'Chatty' – (Tamil, Malayalam, Sinhalese etc.) – wide-mouthed earthenware vessel used for cooking.

Chuku Kelapa (Malay) – Coconut vinegar.

Coccinia (English) – fruits of *Coccinia grandis* – a vegetable commonly used in Indian cooking.

Coconut flour (English) – An extremely fine cut of desiccated coconut more commonly referred to as fine or extra fine coconut. Used widely in rotary and wire cut and short bread cookies so as to retain their design and also to preserve their eating qualities.

Coconut honey – Prepared by cooking coconut skim milk with half the amount of refined sugar and one fourth part of glucose and then blended with sodium alginate at 0.5% as stabilizer. Coconut cream may be added to improve the flavour of the product. The mixture is heated for 15 minutes, homogenized and cooked in stem jacketed kettles to a TSS reading of about 75%. It is poured hot into sterilised containers and sealed hermetically.

Coconut Syrup – This is prepared by cooking coconut milk with an equal amount of refined sugar and di sodium phosphate equivalent to 0.25% of the volume of milk, until the mixture attains a TSS content of 68.7%. The hot mixture is poured into sterilized containers and sealed hermetically.

Condol (Pilipino) – Wax gourd – fruits of *Benincasa hispida*.

Creaming – The process of mixing and aerating fat along with solids such as sugar.

Creamed coconut – Also referred to as liquid coconut or plastic coconut.

It is a milled (until practically all of the oil has been freed from the fibre), unsweetened coconut, stabilized, chilled and whipped with nitrogen to a shortening-like consistency.

Coriander leaves – leaves of *Coriandrum sativum* used for garnishing vegetables, soups, snacks etc.

Coriander (English) – seeds of *Coriandrum sativum* (Family – Umbelliferae)

Dried aromatic coriander seed is widely used in spice mixtures and curry powders in India. It is also known as 'Dizzy corn'. It has a distinct sweet aromatic flavour and spicy scent when crushed. Raw or roasted seeds are ground to form masala.

Crusting (English) – The formation of a dry crust on the surface of doughs due to the evaporation of water from the surface.

Cucumber (English) – Fruits of *Cucumis sativus* – used raw (as salad) or cooked into many types of vegetables.

Curry leaves (English) – Leaves of *Murraya koenigii* of family Rutaceae. A large shrub cultivated for its fragrant leaves which are used widely for garnishing Indian dishes.

Cut and fold – To lift and lap the batter to itself to mix the ingredients lightly.

Dal (Hindi) – Split seeds of legumes used in culinary preparations.

Dalag (Pilipino) – mudfish or murrel.

Dalchini (Hindi) – Cinnamon (English) bark of *Cinnamomum zeylanicum* or *Cinnamomum cassia*, used for flavouring desserts, pulao, sweets vegetables, tea etc.

Dayap (Pilipino) – lime.

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Dayap (Pilipino) – lime.

Dekchi (Hindi) -- deep frying pan Kadai (Hindi)

Dilao (Pilipino) -- Turmeric -- tubers of *curcuma longa* used for coloring vegetables & rice.

Drumstick (English) -- Horseradish tree fruits of *Moringa oleifera* -- used as vegetable.

Dumalaga (Pilipino) -- Young hen.

Elaichi (Hindi) -- Cardamom (English) -- fruits of *Elettaria cardamomum* and fruits of *Amomum subulatum* used for imparting warm sweet aroma to stews, vegetables, rice, desserts, drinks etc.

Elephant foot yam (English) -- Corms of *Amorphophallus campamulatus* (Rob) -- used widely as a vegetable

Flake (English) -- A cut in desiccated coconut. Small loose bits, like petals.

Flaked coconut -- Desiccated coconut -- thread mill speciality grade used for baking. Toasted flakes are used for topping mash-mallows, as nut meat in doughs and as topping on caramel coated items.

Gabi (Pilipino) -- Taro -- Colocasia yam (English) Tuberous rhizomes of *Colocasia* or *Xanthosoma esculenta* -- used extensively as vegetable and also as main dish.

Galapong (Pilipino) -- dough of ground rice and water made to stand overnight.

Garbanzos (Pilipino) -- Spanish chickpeas.

Garnish (English) -- to embellish -- to add decorative or savoury touches to food.

Greasing (English) -- Spreading a film of fat on a surface.

Green gram (English) Mung (Hindi) -- Seeds of *Vigna radiata*.

Groundnut -- Peanut (English) -- seeds of *Arachis hypogaea* roasted or boiled is extensively used as such or as ingredients in snacks, desserts or vegetables.

Gula kelapa (Malay) -- Coconut sugar.

Gulaman (Pilipino) -- Agar -- agar -- Chinagrass/ ceylon moss, sea-weed (*Gelidium corneum*)

Gur (Hindi) -- Jaggery (English)

Haldi (Hindi) -- Turmeric -- Rhizomes of *Curcuma longa*. Fresh or dry tubers are used for grinding masalas or are powdered. Used for imparting color and special flavour to cooked food.

Hara Dhania (Hindi) -- Coriander leaves.

Hito (Pilipino) -- Fresh water cat-fish.

Hing (Hindi) -- Asafoetida -- A resinous substance obtained from *Ferula asafoetida* used for seasoning foods and in the preparation of medicines.

Hog-plum (English) -- Fruits of *Spondias pinnata* which imparts a sour taste to vegetables when cooked along with it. It is often used as substitute for tamarind in Indian cooking.

Imli (Hindi) -- Tamarind -- Fruits of *Tamarindus indica*.

Jintan manis (Malay) -- Sweet cumin seed.

Jinga (Hindi) -- Prawn.

Jeera (Hindi) -- Cumin seeds. -- Seeds of *Cuminum cyminum* used for imparting a delicate flavour to soups, stews, vegetables etc. Used as raw, roasted, as powder, or ground into masala.

Jack fruit -- Mature or immature fruits of *Artocarpus integrifolia* used raw in cooking vegetables and eaten as such when ripe.

Kopra (Hindi) -- Dry kernel of coconut (*Cocos nucifera*) -- Ball kopra -- when whole nut has been dried and the dry kernel retrieved as a whole.

Kondol (Pilipino) -- Candied melon.

Kishmish (Hindi) -- raisins -- Dried fruits of seedless variety of grapes -- *Vitis vinifera*.

Kinchay (Pilipino) -- chinese celery. (*Apium graveolens*).

- Khus-Khus (Hindi) – Poppy seeds (English). Seeds of *Papaver somniferum*.
- Khajoor (Hindi) – dates (English) – fruits of *Phoenix dactylifera*.
- Kesar (Hindi) – Saffron – dried stigma and tops of styles of *Crocus sativus*.
- Katuray (Pilipino) – flowers of *Sesbania* tree.
- Kakang gata (Pilipino) – Thick cream (milk) of coconut.
- Kadai (Hindi) – deep frying pan.
- Luya (Pilipino) – ginger (English) – Rhizomes of *Zingiber officinale*.
- Linga (Pilipino) sesame seeds (English) – seeds of *Sesamum indicum*.
- Lime/Lemon (English) – fruits of *Citrus aurantifolia*.
- Ligia (Pilipino) – wood ash lye.
- Laung (Hindi) Cloves (English) – Dried flower buds of *Syzygium aromaticum*.
- Latik (Pilipino) – Resulting precipitate when coconut milk is made into coconut oil by boiling.
- Labong (Pilipino) (English) – bamboo shoots – tender shoots of various kinds of Bamboos (*Dendrocalamus* species and *Bambusa* species)
- Labahita (Pilipino) (English) – surgeon fish (English)
- Methi (Hindi), Fenugreek (English) – seeds of *Trigonella foenum graecum*.
- Mango (English) – Fruits of *Mangifera indica*.
- Malunggay (Pilipino) (English) – Horse radish tree (English) – (*Moringa oleifera*)
- Malagkit (Pilipino) – Glutinous (English) rice (sticky)
- Makapuno (Pilipino) freak coconut full of soft meat – a delicacy.
- Maida (Hindi) – Flour – Finely ground meal of wheat.
- Okra -- Lady's finger. (English) -- Fruits of *Abelmoschus esculentus*. Tender fruits are used as Vegetable.
- Onion (English) – Bulbs of *Allium cepa* used as vegetable, salad, flavouring etc.
- Orange (English) – Fruits of *Citrus reticulata*.
- Otak-otak (Malay) – Nipa palm – *Nypa fruiticans*.
- Pancit (Pilipino) – Dish containing noodles.
- Palak (Hindi) -- *Spinach* (English) -- leaves of *Beta vulgaris* and *Spinacia oleracea*.
- Panocha (Pilipino) – Crude sugar or jaggery.
- Papaya (English) – fruits of *Carica papaya* -- Raw fruit is cooked as vegetable and along with meat. Ripe fruits are used as desserts, salad etc.
- Patis (Pilipino) – boiled sauce from salted and fermented fish.
- Patola (Pilipino) – Sponge gourd (English) -- young fruits of *Luffa* used as vegetable.
- Pinipig (Pilipino) – immature rice roasted and pounded.
- Potato (English) – tubers of *Solanum tuberosum*.
- Pudina (Hindi) – Mint. (English) Leaves of *Mentha arvensis*.
- Pumpkin (English) -- Vegetable marrow -- fruits of *Cucurbita pepo*.
- Pusong Saging (Pilipino) – banana blossom.
- Quesong puti (Pilipino) – white philipine cheese.
- Queso de bola (Pilipino) – edam cheese or hard rennet cheese, ballshaped with red rind.
- Radish (English) – Root tubers of *Raphanus sativus*.

- Ridge gourd (English) – Fruits of *Luffa acutangula*.
- Rempah (Malay) – mixed spices eg. Coriander, turmeric and chilli.
- Raisin (English) – dried fruits of *Vitis vinifera* (Dried seed)
- Saba (Pilipino) – Cooking variety of banana.
- Sapal (Malay) – Grated coconut meat residue remaining after milk has been extracted.
- Santan (Malay) – Coconut milk.
- Saunf (Hindi) – Fennel (English) Seeds of *Foeniculum vulgare* used widely for its warm sweet aroma.
- Semolina (English) – Coarsely powdered wheat. - sooji (Hindi)
- Sinkamas (Pilipino) – yam bean. (*Pachyrhizus erosus*)
- Sirka (Hindi) – Vinegar
- Silileveas (Pilipino) – leaves of *Capsicum frutescens* (Chilli leaves)
- Sili labuyo (Pilipino) – Small hot red pepper – fruits of *Capsicum frutescens*.
- Sigadillas (Pilipino) – Winged beans. Fruits of *Psophocarpus tetragonalobus*.
- Sibuyas tagalog (Pilipino) – Small red onions.
- Serai (Malay) – Lemon grass (English) – *Cymbopogon citratus*.
- Sitao (Pilipino) long variety of cow pea. String beans (English) – *Vigna sinensis*.
- Sitsaron (Pilipino) – pork cracklings.
- Sitsaro (Pilipino) – Peas.
- Snake gourd (English) – Fruits of *Trichosanthes anguina*, used as a vegetable.
- Sotanghon (Pilipino) variety of rice noodle which becomes somewhat transparent when cooked.
- Suji (Hindi) – Semolina.
- Sweet Potato (English) – tubers of *Ipomoea batatas*.
- Somen (Thai) – Noodles.
- Tajure (Pilipino) – fermented soybeans, caked.
- Talaba (Pilipino) – oyster.
- Talong (Pilipino) – brinjal (fruits).
- Tapioca – Cassava (English) – tubers *Manihot esculenta*.
- (Pilipino) Tausi – fermented soybeans.
- Tejpatta (Hindi) – Bay leaf (English) – Leaves of *Cinnamomum tamala*.
- Til (Hindi) – sesame seed.
- Togue (Pilipino) – sprouted green gram.
- Tokua (Pilipino) – Soy bean curd.
- Toyo (Pilipino) – Soy sauce.
- Tur dal (Hindi) – split seeds of *Cajanus cajan*.
- Turmeric (English) – Haldi (Hindi) – Tubers of *Curcuma longa*.
- Ube (Pilipino) – yam, violet in color.
- Ubod (Pilipino) – (coconut heart)
- Upo (Pilipino) – bottle gourd (English) – Fruits of *Lagenaria vulgaris*.
- Urid (Hindi) – Seeds of *Vigna mungo*.
- Vino blanco (Pilipino) – white wine.



Tender Coconut



Egg Curry

