



Coconut



Open

- Hold the coconut and find the 3 “eyes”. Place on a towel to hold it steady and using a hammer and a sharp object like a clean nail tap into the eyes until you make a hole.
- Turn the coconut upside down and drain the coconut water into a bowl or jug.

Or

- To open a coconut hold it in your hand over the sink.
- Hit around the middle or “waist” with the hammer a few times until it cracks open cleanly into 2 halves
- Catch the juice in the bowl as it drains - this is coconut water which is delicious to drink!

Prepare

- Using a bread and butter knife remove the flesh from the shell
- You can peel off the brown skin attached to the shell side of the flesh with a vegetable peeler. But it is also fine to eat the brown skin.
- Now your coconut is ready to eat as a snack.

Shredded Coconut for use in Cooking – use a cheese grater or food processor.

Add Flavour

Make Coconut Cream and Milk

- Chop or grate the flesh as finely as possible and place in a bowl. Add 2 cups boiling water and allow to sit for 10 minutes. Strain through a fine mesh strainer or clean cloth you will have to wring it to extract the cream – this is coconut cream.
- Pour more boiling water over the coconut and leave for another 10 minutes. Repeat the process into another bowl – this is coconut milk.