



Spice Up Your Spring!

Maynard Library

Spice Club

COCONUT MILK

SPICE INFORMATION

Coconut milk is an opaque, milky-white liquid extracted from the grated pulp of mature coconuts. The opacity and rich taste of coconut milk are due to its high oil content, most of which is saturated fat. Coconut milk is a traditional food ingredient used in Southeast Asia, Oceania, South Asia, and East Africa. It is also used for cooking in the Caribbean, tropical Latin America, and West Africa, where coconuts were introduced during the colonial era.



Coconut milk is differentiated into subtypes based on fat content. They can be generalized into coconut cream (or thick coconut milk) with the highest amount of fat; coconut milk (or thin coconut milk) with a maximum of around 20% fat; and coconut skim milk with negligible amounts of fat. This terminology is not always followed in commercial coconut milk sold in

Western countries.

Cream of coconut is a thick, heavily sweetened, processed coconut milk product resembling condensed milk. It is originally produced by the Puerto Rican company Coco López and is used most notably in piña coladas in the United States. It can also be used for other cocktail drinks and various desserts. It should not be confused with or used as a substitute for coconut cream.

Coconut milk can also sometimes be confused with coconut water. Coconut water is the clear fluid found within the coconut seed.

Coconut milk is traditionally made by grating the white inner flesh of mature coconuts and mixing the shredded coconut pulp with a small amount of hot water in order to suspend the fat present in the grated pulp. The grating process can be carried out manually or by machine.

Coconut cream is extracted from the first pressings of grated coconut pulp directly through cheesecloth. Sometimes a small amount of hot water may also be added, but generally coconut cream is extracted with no added water.

Coconut cream contains a higher amount of soluble, suspended solids, which makes it a good ingredient for desserts, and rich and dry sauces. Because thin milk contains a lesser amount of these soluble solids, it is mainly used in general cooking.

https://en.wikipedia.org/wiki/Coconut_milk

RECIPES

Homemade Coconut Milk

In a small saucepan combine 1 cup of unsweetened shredded coconut with $\frac{1}{2}$ cup of water. Bring to a boil. Remove from heat and allow the coconut to seep for 30 minutes. Strain out the shredded coconut through a sieve. To make coconut cream follow the same process using $\frac{1}{2}$ cup of milk instead of water.

Coconut Whipped Cream

<https://minimalistbaker.com/how-to-make-coconut-whipped-cream/>

Servings: 6 (1/4-cup servings)



Ingredients

- 1 (14-ounce) can coconut cream
- $\frac{1}{4}$ – $\frac{3}{4}$ cup powdered sugar
- $\frac{1}{2}$ tsp vanilla extract (optional)

Steps

1. Chill your coconut cream in the refrigerator overnight.
2. The next day, chill a large mixing bowl 10 minutes before whipping.
3. Remove the coconut cream from the fridge without tipping or shaking and remove the lid. Scrape out the top, thickened cream and leave the liquid behind (reserve for use in smoothies).
5. Place hardened cream in your chilled mixing bowl. Beat for 30 seconds with a mixer until creamy. Then add vanilla and powdered sugar and mix until creamy and smooth – about 1 minute. Avoid overwhipping because it can cause separation. Taste and adjust sweetness as needed.
7. Coconut whipped cream is perfect for topping desserts like pie, hot cocoa and ice cream. It's also ideal for French toast, pie fillings, mousse, and even no-churn ice cream.

Coconut Buttercream Frosting

<https://www.bakedbyanintrovert.com/coconut-buttercream-frosting/>

Makes 3 Cups

Ingredients

- 1 ½ cups unsalted butter, softened
- 5 cups (600 g) confectioners' sugar, sifted
- ⅛ teaspoon salt
- 6 tablespoons canned unsweetened coconut milk, or coconut cream, well shaken

Steps

1. Using a handheld mixer or stand mixer fitted with the paddle attachment, beat the butter on medium-high speed until smooth and creamy, about 5 minutes.
2. Add 2 cups of confectioner's sugar, beat on medium-low speed until most of the sugar is moistened. Gradually add in the remaining sugar, one cup at a time, mixing well after each addition. Stop to scrape down the sides of the bowl as needed.
3. Add the salt and the coconut milk, one tablespoon at a time, beating on medium speed until fully incorporated. You may need more or less of the coconut milk depending on how strong you'd like the flavor.
4. Turn the speed up to medium-high and beat until light and fluffy. Scrape down the sides of the bowl as needed.



Vegan Alfredo Sauce with Coconut Milk

<https://thehiddenveggies.com/alfredo-sauce-coconut-milk/>



Ingredients

- 1 (13.5 oz) can coconut milk
- 1/2 cup water
- 1 tablespoon nutritional yeast
- 1 teaspoon salt
- 4 teaspoon tapioca starch
- 2 cloves minced garlic
- 1 tablespoon liquid smoke or smoked paprika, optional
- 1 16 oz. fettuccine noodles

Steps

1. Cook pasta of choice according to package directions.
2. While the pasta is cooking, pour a can of full-fat coconut milk into a saucepan and add water, salt, nutritional yeast, garlic, and tapioca starch to the milk and give it all a stir.
3. After the ingredients are mixed, turn on the heat to medium-low and heat the sauce while stirring frequently until it starts to boil and thicken.
4. Allow it to boil for about 30 seconds and then turn off the heat.
5. Once the pasta has been cooked, drained and rinsed, pour the Alfredo sauce over it. Mix well and serve hot.

Notes

- For a Smoked Gouda Alfredo, simply add 1-2 tbsp liquid smoke or paprika to the sauce.
- You may sub corn starch, potato starch, or arrowroot powder for the tapioca starch, but it will not deliver the same texture.

Virgin Pina Colada

<https://www.thespruceeats.com/virgin-pina-colada-recipe-2097115>



Ingredients

- 1 1/2 cups unsweetened frozen pineapple chunks
- 1/4 cup ice
- 3/4 cup unsweetened pineapple juice
- 3/4 cup unsweetened coconut milk
- 1 to 3 tablespoons brown sugar, optional
- Fresh pineapple wedges, for garnish
- Maraschino cherries, for garnish
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Steps

1. Place 1 1/2 cups unsweetened frozen pineapple chunks and 1/4 cup ice in a blender.
2. Pour 3/4 cup unsweetened pineapple juice and 3/4 cup unsweetened coconut milk over the top. Add 1 to 3 tablespoons brown sugar, if using. Puree until smooth. Taste to test the sweetness and add more sugar, if desired.
3. Pour into glasses and garnish with fresh pineapple wedges and/or maraschino cherries.

Coconut French Toast

<https://onesweetappetite.com/coconut-french-toast/>

Ingredients

- 4 large eggs
- 1/4 cup coconut milk
- 1/2 teaspoon vanilla extract
- pinch cinnamon
- 8 slices bread
- 1 cup sweetened coconut flakes

Steps

1. Preheat the oven to 425 degrees. Line a baking tray with parchment paper or a silicone baking mat for easy cleanup.
2. Whisk together the eggs, milk, vanilla, and cinnamon for 1 minute, or until fully incorporated in a shallow bowl.
3. Place the shredded coconut in a shallow bowl or plate.
4. Dip each side of the bread pieces in the egg mixture followed by the coconut pieces.
5. Line on the baking tray.
6. Bake 10 minutes, flipping the pieces halfway through.
7. Remove when the coconut is lightly browned and the toast is cooked.
8. Serve warm with butter and syrup



Chicken Tom Kha Soup (Authentic Tom Kha Gai)

<https://hot-thai-kitchen.com/tom-ka-gai/>

Servings: 4

Ingredients

- 2 cups chicken stock, unsalted, preferably homemade
- 1 ½ cups coconut milk
- 1 teaspoon kosher salt, or half the amount of table salt
- 1 lb chicken thigh, boneless skinless, bite-sized pieces
- 1 stalk lemongrass, bottom half only, smashed and cut into 2-inch pieces
- 12 thin slices galangal (or ginger)
- 5 makrut lime leaves, roughly torn into big chunks, center stems removed
- 3-4 Thai chilies, bruised or cut into large pieces
- 2 tablespoon fish sauce
- 1 teaspoon finely chopped palm sugar, or granulated sugar
- 5.5 oz oyster mushrooms
- 2 ½ tablespoon lime juice
- chopped green onion and/or cilantro, for garnish
- Jasmine rice, for serving
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Steps

1. Bring chicken stock to a boil, then add salt and chicken. Let simmer gently for 15-20 minutes or until chicken is fork tender.
2. Add coconut milk, lemongrass, galangal, makrut lime leaves, chilies, about half of the fish sauce, and sugar. Simmer for 5 minutes to infuse.
3. Add the mushrooms, bring back to a simmer, and cook for 1-2 minutes or until cooked through.
4. Taste and add more fish sauce as needed. Turn off the heat and add 2 tablespoons of the lime juice, then taste and add more as needed. Top with green onions and/or cilantro.
5. Serve with jasmine rice as part of a larger Thai meal, or you can put rice in the soup and enjoy on its own.
6. The lemongrass, galangal and makrut lime leaves are meant for infusion only and not meant to be eaten. Please inform your guests or remove them before serving.



Smoked Paprika Carrot Soup

<https://www.goya.com/en/recipes/smoked-paprika-carrot-soup>

Ingredients

- 3 tbsp. extra virgin olive oil
- 1 onion, finely chopped
- 2 tsp. minced garlic
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. smoked paprika
- ½ tsp. ground cinnamon
- ½ tsp. adobo seasoning
- ¼ tsp. cayenne pepper
- 4 cups chicken broth
- 1 can (13.5 oz.) coconut milk
- 2 cans (14 oz. each) sliced carrots, drained
- 2 tbsp. lemon juice
- ¼ cup shaved red onion
- 4 large fresh basil leaves, torn

Steps

1. Heat 2 tbsp. extra virgin olive oil in large saucepan set over medium heat; cook onion for about 5 minutes or until softened but not browned. Add garlic, cumin, coriander, paprika, cinnamon, Adobo and cayenne; cook for about 2 minutes or until fragrant.
2. Add broth, coconut milk and carrots; bring to simmer. Cook for about 15 minutes or until flavorful. Remove from heat and stir in lemon juice. Carefully transfer to blender; purée, in batches, until smooth. Ladle into bowls; drizzle with remaining extra virgin olive oil and garnish with red onion and basil.



Jamaican Rice and Peas

<https://www.foodandwine.com/recipes/jamaican-rice-and-peas.com>

Servings: 6 to 8



Ingredients

- 1 cup dried kidney beans, rinsed, soaked overnight, and drained
- 3 cups water
- 1 small onion, finely chopped
- 2 scallions, finely chopped
- 3 garlic cloves, minced
- 5 allspice berries
- 5 thyme sprigs
- 1 Scotch bonnet pepper
- 1/2 teaspoon grated fresh ginger
- 2 teaspoons kosher salt, plus more to taste
- 1/2 teaspoon black pepper
- 1 (13.5-ounce) can unsweetened coconut milk
- 2 cups long-grain white rice

Steps

1. In a large saucepan, cover the beans with the water and bring to a boil over moderately high heat. Stir in the onion, scallions, garlic, allspice, thyme, Scotch bonnet, ginger, salt, and pepper.
2. Stir in the coconut milk and bring to a simmer.
3. Cover and simmer over low heat until the beans are tender, about 1 hour; adjust the heat as necessary to maintain a gentle simmer.
4. Stir in the rice; cover and simmer over low heat until the rice is tender and the liquid is absorbed, about 30 minutes.
5. Remove from the heat and let steam for 10 minutes, then discard the thyme stems, allspice berries, and Scotch bonnet. Using a fork, fluff the rice and beans and season with salt.
6. Serve hot.

Chickpea & Spinach Curry with Coconut Milk

<https://slowthecookdown.com/chickpea-spinach-curry-coconut-milk/>



Ingredients

- 3 ½ cups coconut milk
- 1 teaspoon turmeric
- 1 teaspoon olive oil
- 2 green chillies sliced
- 3 garlic cloves minced
- 1 star anise, optional
- ½ cinnamon stick
- 1 large red onion thinly sliced
- 16-18 oz canned chickpeas
- 8 oz spinach leaves
- juice ½ lime

Steps

1. Stir the turmeric into the coconut milk and leave to one side.
2. Heat the oil on a medium heat in a saucepan. Once hot add the chilli, garlic, star anise and cinnamon stick. Heat for a few minutes to release the aromas.
3. Turn the heat to high, and add in the sliced onion. Cook for 5-10 minutes, stirring occasionally, until the onions have softened.
4. Add in the coconut and bring to a boil, then simmer for 5 minutes. Add in the chickpeas and cook for another 5 minutes.
5. Add in handfuls of the spinach and stir into the curry until wilted. Stir in the lime juice.
6. Serve with rice and naan.

Quick & Easy Malaysian Curry Tofu

<https://christieathome.com/blog/malaysian-curry-tofu/>

Servings: 2

Ingredients

- 5 oz Fried Tofu Balls or substitute firm tofu
- 1 small yellow onion
- 1 inch ginger
- 2 tablespoon garlic
- 1 tablespoon lemongrass, optional
- 4 cups vegetable stock
- 1 cup coconut milk
- 1 tsp vegetable oil or any neutral oil

Curry Powder Mix

- 6 cloves
- 2 star anise
- 2 bay leaves
- 2 teaspoon salt
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
- 1 teaspoon fennel seeds
- 1 tsp turmeric
- 1 tsp cinnamon
- ½ tsp ground nutmeg
- ½ tsp black pepper

Steps

1. In a small bowl, combine curry powder ingredients with a whisk. Set aside.
2. Into a food processor or blender, grind onion, ginger, garlic and lemongrass (optional). If you don't have a food processor or blender, chop these ingredients finely. Set aside.
3. Heat vegetable oil in a medium-sized pot. Fry onions, garlic, ginger and lemongrass (optional) until soft and translucent, about 2-3 minutes.
4. Add curry powder mix. Stir fry until everything begins to steam.
5. Then toss in fried tofu balls.
6. Add coconut milk and vegetable stock and mix well.
7. Bring to a boil on medium-high heat. Reduce to medium-heat and simmer for 15-20 minutes until the sauce has reduced by half. Serve and enjoy with rice!



Encocado De Pescado Y Camarón (Fish and Shrimp in Coconut Sauce)

<https://www.mycolombianrecipes.com/encocado-de-pescado-y-camaron-fish-and-shrimp-in-coconut-sauce/>

Servings: 4



Ingredients

- 1 white onion finely chopped
- 4 garlic cloves chopped
- Juice of 1 lime
- 1 pound swordfish or any other firm fish cut in medium chunks
- 1 tablespoon canola or vegetable oil
- 2 small tomatoes peeled and chopped
- 3 scallions finely chopped
- 1 bell pepper diced
- 1 teaspoon ground cumin
- ½ teaspoon ground achiote, optional
- 14 oz can of coconut milk
- ½ pound shrimp peeled and deveined
- ¼ cup fresh cilantro finely chopped
- Salt and pepper to taste

Steps

1. In a bowl, mix together half of the onion, half of the garlic and lime juice. Add the fish and toss to coat. Cover with plastic wrap and let it marinate in the fridge for 1 hour.
2. Heat the oil and add the rest of the onions, tomatoes, bell peppers, scallions and the rest of the garlic, cook for about 5 minutes over medium heat.

3. Add the coconut milk, cumin and achiote to the tomato mixture, stir and cook for about 8 minutes. Add the fish, cover the pan, reduce the heat to low, and simmer for about 10 to 15 minutes. Add the shrimp and cover partially and let simmer for about 10 minutes more or until the fish is soft and the shrimp is cooked. Season with salt and pepper. Add fresh cilantro and serve with rice on the side.

Indonesian Rendang Curry with Chicken

<https://www.thespruceeats.com/indonesian-rendang-curry-3217286>



Ingredients

For the Sauce:

- 1 medium onion, quartered
- 1 thumb-size piece galangal or ginger
- 1 to 3 small fresh red chile peppers, to taste
- 4 cloves garlic
- 1/2 can unsweetened coconut milk
- 1/4 cup plus 1 Tablespoon fish sauce
- 2 tablespoons finely chopped fresh lemongrass
- 1 heaping tablespoon ground coriander
- 1 tablespoon brown sugar
- 1 tablespoon ground cumin
- 3/4 tablespoon tamarind paste
- 2 teaspoons soy sauce
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon freshly grated nutmeg
- 1/4 teaspoon ground cloves

For the Chicken:

- 1 pound boneless, skinless chicken breast, or thighs; cut into pieces
 - 2 pods star anise, optional
 - Fresh cilantro, for garnish
- Carrots or eggplant would be nice additions.

Steps

1. To a food processor or blender, add onion, ginger, peppers, garlic, coconut milk, fish sauce, lemongrass, coriander, brown sugar, cumin, tamarind, soy sauce, cinnamon, turmeric, nutmeg, and cloves. Process until a thick paste forms.
2. Place the sauce in a large wok or saucepan over medium-high heat. Add chicken and star anise, if using. Mix well to combine. Bring to a boil, stirring occasionally. Reduce heat to a simmer. Do not cover, as you want the sauce to reduce and become thicker.
3. Reduce the heat to low and let the curry simmer, stirring occasionally, until the chicken is cooked and tender, about 30 minutes. The sauce will mostly reduce and coat the meat, but a little sauce will remain in the pan.
4. Bring to the table and serve directly from the wok, if desired. Garnish with a sprinkling of fresh cilantro, if using.

Chicken Adobo Sa Gata

<https://panlasangpinoy.com/chicken-adobo-sa-gata/>



Ingredients

- 2 lbs. chicken cut into serving pieces
- 1 head garlic crushed
- 1 tablespoon crushed peppercorn
- 2 cups coconut milk
- 5 pieces dried bay leaves
- 6 tablespoons soy sauce
- 5 tablespoons white vinegar
- 3 tablespoons cooking oil

Steps

1. Combine chicken, soy sauce, half of the crushed garlic, and crushed peppercorn in a bowl. Mix well. Marinate the chicken for 20 minutes.
2. Heat oil in a cooking pot.
3. Once the oil is hot enough, saute the remaining garlic until it turns light brown.
4. Add the chicken (including all the marinade ingredients) and dried bay leaves. Cook until the chicken browns.
5. Pour vinegar into the pot. Let boil. Stir and continue to cook for 5 minutes.
6. Pour the coconut milk. Let boil. Cover and simmer until the chicken becomes tender. Note: you can continue cooking until the sauce reduces to your desired consistency.
7. Transfer to a serving bowl.

Maple Pecan Vegan Bread Pudding

<https://www.connoisseursveg.com/vegan-bread-pudding/>

Servings: 8

Ingredients

- 5 cups torn (2-inch pieces) day-old bread
- 1 (14 ounce or 400 ml) can coconut milk
- $\frac{2}{3}$ cup maple syrup
- 2 teaspoons ground cinnamon
- 1 teaspoon salt, divided
- 1 $\frac{1}{4}$ cups unflavored non-dairy milk, chilled
- $\frac{1}{3}$ cup cornstarch
- 2 teaspoons vanilla extract
- 1 cup pecan halves
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup vegan butter, melted



Steps

1. Preheat the oven to 350° and lightly oil a 2 $\frac{1}{2}$ quart baking dish.
2. Arrange the bread pieces in the baking dish.
3. Whisk the coconut milk, maple syrup, cinnamon, and $\frac{1}{2}$ teaspoon of salt together into a medium saucepan.
4. Place the pan over medium heat and bring the mixture to a simmer.
5. While the coconut milk mixture heats up, stir the chilled non-dairy milk and cornstarch together in a small bowl or liquid measuring cup. Stir until the cornstarch dissolves completely.
6. Once the coconut milk mixture comes to a simmer, whisk in the cornstarch mixture.
7. Bring the mixture back up to a simmer and allow it to cook, whisking frequently, until it thickens up to about the consistency of pudding, 1-2 minutes.
8. Remove the pot from heat and stir in the vanilla.
9. Pour the mixture over the bread pieces. Distribute the mixture with a spatula, if needed.
10. Stir the pecans, brown sugar, butter and the remaining $\frac{1}{2}$ teaspoon of salt together in a small bowl.
11. Spread the pecan mixture over the bread mixture.
12. Bake, uncovered, until bubbly and lightly browned on top, about 45 minutes.
13. Remove the pudding from the oven and allow it to cool for a few minutes and serve warm, or allow it to cool and set completely before serving.

Notes

- An average-sized loaf of Italian or French bread should be more than enough to make this recipe.

Habichuelas Con Dulce (Sweet Cream of Beans)

Dominican Republic

<https://www.dominicancooking.com/habichuelas-con-dulce-dominican-sweet-beans>

Servings: 8



Ingredients

- 4 cups boiled red kidney beans, (or pinto beans)
- 6 cup water, (from boiling the beans or tap water)
- 2 cups coconut milk
- 3 cups evaporated milk
- ½ teaspoons salt
- 1 cup sugar
- 1 teaspoon vanilla
- 2 cinnamon sticks
- 10 cloves
- ½ pound sweet potato, cut into small cubes
- ½ cup raisins

For garnish:

- 2 teaspoons salted butter, may be omitted
- 1 cup milk cookies (substitute animal crackers)

Steps

1. Put the beans and water in a blender and puree. Strain the beans to get rid of the skins and undissolved solids.
2. Pour the beans, coconut milk, evaporated milk, salt, sugar, vanilla, cinnamon, cloves, and sweet potatoes into a pot.
3. Simmer over very low heat until the sweet potatoes are cooked through. Stir regularly to avoid sticking.
4. Add the raisins and simmer for another 10 minutes (this will get much thicker when chilled). Remove the cinnamon sticks (and cloves, if you like).
5. Remove from the heat and cool to room temperature. Chill before serving.
6. Serve with cookies on top of the beans when you serve.

Banana Tapioca (Che Chuoi)

<https://onolicioushawaii.com/banana-tapioca-che-chuoi/>

Servings: 8

Ingredients

- 1 pound bananas
- ½ cup tapioca pearls
- 1 can coconut milk
- ½ cup sugar
- 1 teaspoon salt
- ¼ cup peanuts



Steps

1. Peel the bananas. Cut them in half horizontally. Cut each piece in half again, vertically. Each banana makes four long pieces. Set aside.
2. Prepare the tapioca pearls. Bring 10 cups of water to a boil in a big pot. Add the tapioca pearls to the boiling water (use one hand to pour in the tapioca and the other hand to swirl the water around with a wooden spoon - this keeps the tapioca from clumping together as it cooks). Put a lid on the pot and turn the heat to low. Cook for 10 minutes. You can tell it is done when the tapioca pearls are nearly translucent and you can just see a tiny white dot in the center of each pearl. Don't overcook, or the tapioca will completely melt.
3. Strain the tapioca under cold running water. This will stop the cooking and remove excess starch (which makes the tapioca pearls stick together). Set aside and let drain.
5. Rinse out the big pot, then add 2 cups of water, the drained tapioca pearls and tapioca sticks (if using). Bring to a gentle boil. Add the sugar and ½ teaspoon salt. Turn the heat to medium. Stir until the sugar dissolves. Add the coconut milk (don't let the coconut milk boil). Stir to gently mix. Then add the sliced bananas. Simmer for a few more minutes to warm the bananas. Turn off the stove.
6. Prepare the salted peanut topping: grind ¼ cup peanuts and ½ teaspoon salt in a food processor. Pour into a small bowl and set aside.
7. Spoon the finished banana tapioca into bowls, sprinkle the peanut-salt mixture on top, and eat! It's wonderful hot from the pot. And even better when chilled.

Coconut Milk Cookies

<https://themondaybox.com/coconut-milk-cookies/>



Ingredients

- 1 ½ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¾ cup brown sugar
- ½ cup unsalted butter room temperature
- 2 egg yolks
- 1 teaspoon vanilla extract
- ½ cup coconut milk or coconut cream
- ¾ cup cacao nibs or mini chocolate chips
- ¼ cup unsweetened coconut shredded
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Topping

- ½ cup unsweetened coconut shredded
- ¼ cup cacao nibs or mini chocolate chips

Steps

1. Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper.
2. In a large mixing bowl, whisk together the flour, baking powder, salt, and brown sugar.
3. Cut in the butter with a fork, until the dough is crumbly like coarse meal.
4. Mix in the yolks, vanilla, and coconut milk.
5. Fold in the nibs (or chocolate chips) and coconut until evenly distributed.
6. Using a small (2 teaspoon) cookie scoop, place balls of dough on the prepared cookie sheet 1"-2" apart.
7. Top each coconut cookie dough ball with a pinch of shredded coconut and a few cocoa nibs (or mini chocolate chips).
8. Bake cookies for 12-14 minutes until golden brown.
9. Cool five minutes on the baking sheet before moving to a wire rack to cool completely.
10. Store in an airtight container at room temperature for up to one week.

Thai Mango Coconut Pudding

<https://nishkitchen.com/thai-mango-coconut-pudding-video/>

Servings: 5

Ingredients

- 2 large ripe mangoes
- 3/4 cup coconut milk (canned or fresh)
- 1/2 cup water
- 2 teaspoons gelatin powder
- 1/4 cup white sugar
- Chopped ripe mangoes, to decorate (optional)
- Glazed cherries, to decorate
- Mint leaves, to decorate

Steps

1. Scoop out flesh from the mangoes. Add to a food processor. Process to make a smooth purée. Transfer to a bowl. Add coconut milk. Stir to combine. Set aside.
2. Pour boiling water into a large bowl. Sprinkle gelatin powder over water. Stir to dissolve gelatin. Add sugar. Stir again to dissolve sugar. Add mango-coconut mixture. Stir to combine.
3. Pour into small glasses. Leave to set for about 2 hours in the refrigerator.
4. Decorate with chopped mangoes, halved cherries and mint leaves if you like.

Notes

- Add more or less sugar depending on the sweetness of the mangoes Add more or less sugar depending on the sweetness of the mangoes
- Make this pudding 2 days ahead and store it in the refrigerator



Haupia (Hawaiian Coconut Pudding)

<https://onolicioushawaii.com/haupia/>



Ingredients

- 1 can coconut milk
- 5 tablespoons cornstarch
- 4 tablespoons sugar
- ½ cup water

Steps

1. Mix cornstarch and water in a small bowl. Mix till the cornstarch is completely dissolved. Set aside.
2. In a small saucepan over medium heat, combine the whole can of coconut milk and sugar. Whisk together, and keep whisking until it's just about to boil.
3. Slowly pour in the cornstarch/water mixture while whisking.
4. Turn the heat to low, and keep cooking for 10-15 minutes. You'll want to stay at the stove at this whole time, and whisk pretty frequently. You'll know the haupia is ready when it gets much thicker (almost "gluey") and starts to pull away from the side of the saucepan when you whisk.
5. Pour into a greased (or parchment paper lined) 8x8

pan. Let cool at room temperature for 15 minutes. Then cool in the fridge for 1-2 hours until set. Cut into squares and enjoy chilled.

Notes

- Increase the cornstarch if it you prefer the haupia more firm set. Decrease the cornstarch if it you prefer it more loose/pudding-like.

ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>

<https://www.thespruceeats.com/okinawa-sweet-potatoes-recipe-3377372> (purple)

<https://www.thespruceeats.com/tanzanian-pilau-rice-recipe-39510>

<https://food52.com/recipes/22091-coconut-tres-leches>

<https://barefeetinthekitchen.com/toasted-coconut-pina-colada-ice-cream/>

<https://www.thespruceeats.com/chinese-raspberry-snowflake-cake-4054320>

<https://www.thespruceeats.com/thai-basil-shrimp-3217540>

<https://www.epicurious.com/recipes/food/views/coconut-lime-dressing>

<https://whatgreatgrandmaate.com/coconut-milk-thai-iced-coffee-paleo-vegan/>

<https://minimalistbaker.com/coconut-curried-greens-30-minutes/>
<https://www.joyfulhealthyeats.com/coconut-strawberry-banana-smoothie/>
<https://www.thespruceeats.com/mushroom-stroganoff-4802362>
<https://www.thespruceeats.com/chicken-khao-soi-4770263>
<https://www.forkknifeswoon.com/creamy-coconut-and-mixed-berry-popsicles/>

<https://cooking.nytimes.com/recipes/1024095-kerala-style-vegetable-korma>
<https://cooking.nytimes.com/recipes/1024399-eggplant-adobo>
<https://cooking.nytimes.com/recipes/1020631-thai-inspired-chicken-meatball-soup>

SHARING RESULTS

We'll have a potluck buffet and discussion on **Saturday, March 23 @ 12 pm**. Feel free to use one of these recipes for your dish or find one on your own.