

SOMETHING OUT OF NOTHING..

COCO-MEAL

By MARIA Y. OROSA

OF WHAT use was coconut sapal before? I mean, grated coconut after extracting the milk from it. Well, for one thing we fed it to the pigs. Then, some very resourceful housewife would polish her bamboo floors with it. Most of the time we threw it away. Coconut sapal is still just coconut sapal. Only today we may bake delicious cakes and cookies from it because we can turn it into flour by a very simple home method.

We had many uses for coconut oil, but whoever thought of using it as shortening in place of butter or margarine and as salad oil? The Plant Utilization Division made attempts and found it as reliable and good and, very definitely, more economical. Wonderful emergency stand-bys, aren't they?

How To Make Coco-Oil

Grate coconut fine. Squeeze the milk, using hand pressure. Add small amounts of hot water; work with hand to extract as much milk as possible, and squeeze out milk. Repeat this operation twice.

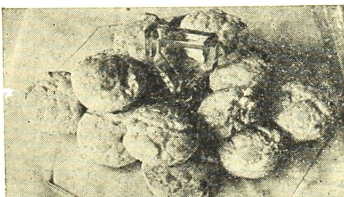
For every 3 cups of grated coconut use about 1 cup of hot water. (Use 1/2 cup of hot water per operation, or 1 cup for the two operations). Combine all extract (milk) and cook over a slow fire. When the oil begins to appear, add to the formula 1 pandan leaf, or about 1 teaspoon of grated lime peel or lemon peel and continue cooking until all oil is extracted.

From many experiments made, the following results have been obtained:

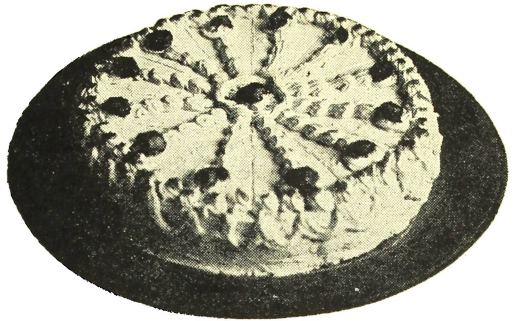
One regular sized coconut yields about 3 cups of grated meat, and about 1/3 cup of coconut oil. The oil made by the above process is very pleasant, and may satisfactorily be used as a shortening and as salad oil. Cakes and cookies were made with this oil and proved to be very palatable. They cannot be distinguished from cakes made with butter. Mayonnaise made with this oil was found to be as tasty.

How To Make Coco-Meal

After extracting the milk from the grated coconut, the residue or sapal may be washed with hot water, dried in the sun or in a slow oven, ground to flour-consistency and there you have coco-meal or coconut flour.



Cocomeal hot cakes



Cocomeal Cake

COCONUT "SAPAL" CAKE WITH COCONUT OIL

- 3/4 cup coconut-sapal flour
- 1/4 cup cassava flour
- 1/3 cup coconut oil
- 4 eggs
- 1 cup sugar
- 2 1/3 teaspoons baking powder
- 1 teaspoon vanilla
- 1/2 cup coconut milk
- Pinch of salt

Beat egg yolks and add oil gradually beating continuously. Add sugar and mix well.

Sift coconut flour, cassava flour, baking powder, and salt three times. Add to first mixture alternately with milk. Add vanilla. Fold in stiffly beaten egg whites. Pour in greased cake pan and bake in moderate palayok-oven 20 minutes.

COCONUT MAJA BLANCA

- 1 cup cocomeal
- 1 cup corn flour
- 1 cup sugar
- 4 cups coconut milk
- Anis and latik to garnish

Mix cocomeal and corn flour. Add coconut milk. Stir well, and cook in an open vessel, stirring while cooking. When half done, add sugar and continue cooking until very thick.

Place on a well greased plate. Garnish with latik and anis.

COCOMEAL HOT CAKE

- 1 cup cocomeal
- 1 cup flour
- 1 cup water
- 1/2 cup milk
- 2 eggs
- 4 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons melted purico or butter
- 2 teaspoons sugar

Beat eggs, add sugar, salt, milk, purico, water and mix well. Then add the sifted flour, cocomeal, and baking powder.

Grease a hot frying pan and drop the dough from a spoon. When the dough bubbles and shows holes, turn pancake upside down to brown the other side. Remove from pan. Serve with coco honey or syrup and butter.