Coconut Milk

Coconut milk is often called for in recipes that are tropical in origin. It does not mean milk from the inside of the coconut, but rather milk that has had coconut soaked in it.

Ingredients

- Meat from 2 coconuts
- 2 cups cream
- 1 cup milk

Instructions

1. Dice coconut or cut into small slices about 1/4-inch thick.
2. Combine cream and milk and bring to a boil.
3. Place 1 cup diced coconut in blender with 1/2 cup hot cream-milk.
4. Cover and turn on high speed for 10 seconds.
5. Pour into bowl.
6. Repeat process until all coconut meat and cream-milk is used.
7. Cool.
8. Pour through strainer, pressing down on coconut with wooden spoon to squeeze milk out of coconut.

COCONUT MILK

Coconut milk is often called for in recipes that are tropical in origin. It does not mean milk from the inside of the coconut, but rather milk that has had coconut soaked in it.

Meat from 2 coconuts
2 cups cream
1 cup milk

Dice coconut or cut into small slices about ¼-inch thick. Combine cream and milk and bring to a boil. Place 1 cup diced coconut in blender with ½ cup hot cream-milk. Cover and turn on high speed for 10 seconds. Pour into bowl. Repeat process until all coconut meat and cream-milk is used. Cool. Pour through strainer, pressing down on coconut with wooden spoon to squeeze milk out of coconut.

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