

Fresh Coconuts



Serves	1
Prep time	15 minutes
Cook time	15 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical
Meal type	Ingredient , Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable

Ingredients

- Whole coconuts

Directions

1. Pre-heat the oven to 200°C.
2. Pierce the soft eye of the coconut with a skewer and drain the juice (this is the coconut water). If you want to use the coconut water put it aside and refer to step 10.
3. Place the coconut in the oven for 10 to 15 minutes until the shell cracks.
4. Hold the shell and carefully crack open with a hammer.
5. Scrape off any discoloured flesh from the surface. Separate the flesh from the shell with a bread and butter knife (not a sharp one). Dunk the flesh in cold water immediately.
6. Store the pieces in an airtight container until ready to use.
7. Grate the coconut by hand or in a food processor. I use the cutting blade to just finely chop it.



8. Store grated coconut in the freezer.



9. To toast the coconut preheat the oven to 150°C. Line a tray or baking pan with baking paper and spread the coconut over the baking paper. Cook for approximately 20 minutes until the coconut is golden brown, stirring every 5 minutes to make sure it cooks evenly. Store toasted coconut in an airtight container.



10. To use the coconut water, firstly pour it through a clean tea towel or muslin cloth to remove the bits of shell and grit. Store it in the fridge for a couple of days or freeze it in ice cube trays and then transfer to a zip lock bag or sealed container.



Note

Moderate Salicylates, Moderate Amines, Low Glutamates

You can just smash open the coconut, but I find this method requires a lot less brute strength and it's easier to get the shell off the flesh. The cooking also doesn't affect the taste or texture of the coconut flesh.

I don't know what the amine and salicylate content of coconut water is, but the flesh develops from the water so I suspect it is at least moderate. I use it in small amounts (1 ice cube) to add flavouring to stir fries and creamy dishes.