

Coconut Milk Made From a Fresh Brown Coconut



Makes about 4 cups (32 oz)

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Coconut milk from a fresh brown coconut is delicious and creamy. Make this recipe if you want to coconut cream, as it will naturally separate when you refrigerate it. Place the coconut milk in a wide mouthed jar so that you can easily scoop the cream off. The result will not be the same if you use a young green coconut.

INGREDIENTS

- the flesh from 1 fresh brown coconut, roughly chopped
- 1.5 cups filtered water

EQUIPMENT

Blender, hammer or mallet, nut milk bag or cheesecloth in a strainer

DIRECTIONS

1. Hold the coconut in a folded towel in your hand. With your other hand, hit the coconut with the mallet. Rotate the coconut and continue to hit it until a crack forms. When the coconut water starts seeping out, hold the coconut over a bowl and pry it open a bit with a butter knife so the water runs out.
2. Continue to hit the coconut until it cracks in half.
3. Place your folded towel on a cutting board and put the coconut half on it, flesh side down. Hit the coconut until it breaks into smaller pieces. Use a spoon to pry the flesh from the shell. You do not need to remove the brown skin that is on the flesh.
4. Chop the coconut into smaller chunks and add to the blender with the water.
5. Slowly turn the speed on your blender from low to high. Blend for 2 minutes on high.
6. Filter through a nut milk bag and squeeze out as much as you can.
7. Refrigerate for about 1 week. Separation is natural.
8. To collect the coconut cream, refrigerate in a bowl or widemouth jar and scoop off the top layer when solidified.