

# CRUNCH TIME

## All About Coconut



**Serve Information: 1 cup coconut cream,  
2 cups coconut milk, 1 cup coconut whipped cream**

### INGREDIENTS:

- 1 Immature coconut, opened with cleaver
- 1 Mature coconut, cracked open
- 2 Cups boiled water, still hot
- 1 Cup coconut cream
- 1 Cup coconut milk
- 1 Cup whipped coconut cream with 5g Vanilla and 25g sugar
- 1 Cup shredded coconut
- 1 Cup desiccated coconut

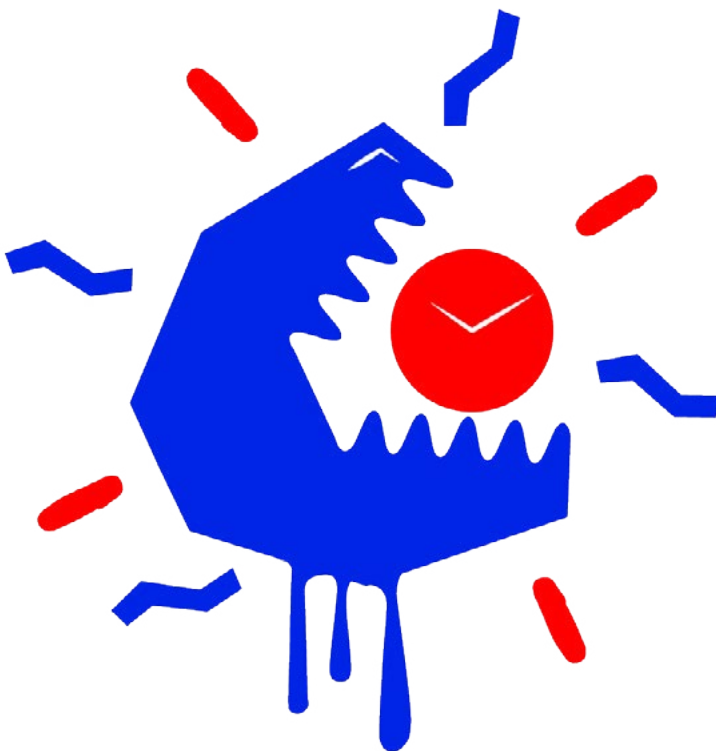
### EQUIPMENT:

- Cutting board
- Knife
- Sieve or cheesecloth
- Blender
- 2 large bowls



## METHOD:

1. The first thing to look for in a good immature coconut is hearing plenty of liquid sloshing about inside
2. Use a cleaver to open the coconut and drain coconut water. Taste coconut water
3. Take mature coconut and carve away some coconut meat
4. Roughly chop up the coconut meat and taste coconut meat
5. Add reserved coconut water to coconut meat in the blender, pour in hot water and process till foamy.  
Pour into another bowl
6. If you let this sit for about an hour, the cream will rise to the top and can be skimmed off.  
Show and taste pre-made coconut cream and coconut milk
7. Show and taste whipped coconut cream, desiccated coconut and shredded coconut
8. Talk about how to use coconut in different recipes



[crunch-time.tv](http://crunch-time.tv)