



Welcome to the Connecticut Coconut Recipe & Ideas Book.

Please feel free to browse by clicking on the recipe name.
It will take you to the actual recipe file.

Enjoy!

Table of Contents

<i>Pan De Sal (Bread)</i>	3
<i>Coconut Banana Bread</i>	4
<i>Whole-Wheat & Coconut Muffins</i>	5
<i>Blueberry Coconut Muffins</i>	6
<i>Brownies</i>	7
<i>Oatmeal Double Coconut Cookies with Chocolate Chips</i>	8
<i>Ranger Cookies</i>	9
<i>Coconut Cookies</i>	10
<i>Coconut Oatmeal Cookies</i>	11
<i>Coconut Pound Cake</i>	12
<i>Macaroons</i>	13
<i>Yogurt Smoothie</i>	14

<i>Cinnamon Macaroon Peaches</i>	15
<i>Granola</i>	16
<i>Pineapple and coconut pancakes</i>	17
<i>Coconut Banana Pancakes</i>	18
<i>Whole-Wheat Coconut Pancakes</i>	19
<i>Hash Browns</i>	20
<i>Cream of Artichoke Soup</i>	21
<i>Chicken Oriental</i>	22
<i>Broccoli Smothered in Coconut Chicken Sauce</i>	23
<i>Asian Shrimp and Noodles</i>	24
<i>Marinara Sauce</i>	25
<i>Herb-Roasted Potato Fries</i>	26
<i>Marinated Tomato and Sardine Salad</i>	27
<i>Creamy Tomato Soup</i>	28
<i>Pumpkin Soup</i>	29
<i>Coconut Prawns</i>	30
<i>Coconut Shrimp Criollo</i>	31
<i>Tempura Coconut Shrimp</i>	32
<i>Seared Sesame Tuna with Lemon Grass and Lychee Coulis</i>	33
<i>Coconut Shrimp Scampi</i>	35

PAN DE SAL (BREAD)

Yield: 295 pieces

Ingredients:

2700 grams Bread Flour
300 grams Coconut Flour
1860 grams Water
300 grams Lard
45 grams Salt
600 grams Sugar
40 grams Yeast

Dough Requirements

Weight of dough 5810 grams

Weight of 1 pc of Pan de Sal 20 grams

Procedure:

1. Mix all dry ingredients in a mechanical mixer.
2. Add water gradually.
3. Mix for 15 minutes in dough mixer.
4. Ferment dough for 20 minutes. To prevent moisture loss and to maintain ideal dough temperature cover with plastic or until the dough does not spring back when pressed.
5. dough and proof for another 15 minutes.
6. Proof for another 45 minutes before baking.
7. Bake in a pre heated oven (350oF) for 8 minutes.

[BACK TO TABLE OF CONTENTS](#)

COCONUT BANANA BREAD

Ingredients:

1 cup organic virgin coconut oil
2 cups sugar
1 can (5 1/2 ounces) crushed pineapple with juice
4 eggs
1 ripe banana, mashed
3 1/2 cups flour
1/2 cup coconut flour
1 cup desiccated coconut, flakes or shred cuts
2 teaspoons baking powder
1 teaspoon baking soda
3/4 teaspoon salt

Procedure

Preheat oven to 350 degrees F. Stir together organic virgin coconut oil and sugar. Mix in pineapple with juice, eggs, and banana. Add flours, desiccated coconut, baking powder, baking soda, and salt. Pour batter into two greased and floured 9" x 5" loaf pans. Bake about 60 minutes, or until knife inserted in the center comes out clean. Loaf can be cut into about 16 1/2 inch slices. Each slice contains 1 tablespoon organic virgin coconut oil.

[BACK TO TABLE OF CONTENTS](#)

WHOLE-WHEAT & COCONUT MUFFINS

Ingredients:

3/4 cup lukewarm water
1 egg
1/3 cup honey
1/2 cup applesauce
1 teaspoon vanilla
3 tablespoons melted organic virgin coconut oil
1 1/2 cup whole-wheat flour
1/2 cups coconut flour
2 teaspoons baking powder
1/4 teaspoon salt

Procedure

Preheat oven to 400 degrees F. Combine water, egg, honey, applesauce, vanilla and melted organic virgin coconut oil (not hot) in a bowl and mix thoroughly. In a separate bowl mix together flour, baking powder, and salt. Add the dry ingredients to the liquid, mixing just until moistened. Pour into greased muffin cups. Bake for 15 minutes. Each muffin contains 1/4 tablespoon oil. If you increase the organic virgin coconut oil in the batter to 6 tablespoons, then each muffin will contain 1/2 tablespoon oil.

[BACK TO TABLE OF CONTENTS](#)

BLUEBERRY COCONUT MUFFINS

Ingredients:

1/2 cup lukewarm water
1 egg
1/2 cup honey
1 teaspoon vanilla
3 tablespoons melted organic virgin coconut oil
1 1/2 cup whole-wheat flour
1/4 cup coconut flour
2 teaspoons baking powder
1/4 teaspoon salt
1 cup fresh blueberries

Procedure

Preheat oven to 400 degrees F. Combine water, egg, honey, vanilla, and melted organic virgin coconut oil in a bowl and mix thoroughly. In a separate bowl mix together flour, baking powder, and salt. Add the dry ingredients to the liquid, mixing just until moistened. Fold in the blueberries. Pour into greased muffin cups. Bake for 15 minutes. Each muffin contains about 1/4 tablespoon oil.

[BACK TO TABLE OF CONTENTS](#)

BROWNIES

Yield: 36 brownies (With 25% coconut flour)

Ingredients:

1 cup butter
¼ cup coconut flour
2 cups sugar
½ tablespoon baking soda
6 pieces eggs
½ teaspoon salt
1 teaspoon vanilla
1 cup cocoa
¾ cup all purpose flour
1 cup chopped nuts

Procedure:

1. In a bowl add butter, and then add sugar gradually.
2. Add eggs one at a time mixing well after each addition. Mix in vanilla.
3. In another bowl, mix together all purpose flour, coconut flour, baking soda, salt and cocoa.
4. Add flour mixture to the creamed butter and mix until well blended. Add 1/8 cup of chopped nuts.
5. Pour into greased pan. Smoothen surface with a rubber scraper and top with the remaining nuts.
6. Bake for 350°F for about 15 minutes.

[BACK TO TABLE OF CONTENTS](#)

OATMEAL DOUBLE COCONUT COOKIES WITH CHOCOLATE CHIPS

Yield: Makes 4 dozen

These cookies stay soft and moist which makes them ideal for the cookie jar!

1 cup organic virgin coconut oil
1-½ cup brown sugar
½ cup granulated organic sugar
2 eggs, or equivalent
1 teaspoon almond extract
1-2/3 cup unbleached all purpose flour
1 teaspoon baking soda
1 teaspoon cinnamon
¼ teaspoon nutmeg
2-½ cup rolled oats
½ cup desiccated coconut (flakes or shred cuts)
½ cup chocolate chips

Procedure:

Preheat the oven to 350 degrees. Measure the Organic Virgin Coconut oil into a large bowl. Beat using a wooden spoon until creamy. Add the brown and white sugars and beat until well blended. Add the eggs and almond extract. Beat until well blended. In a separate bowl, measure the flour, baking soda, cinnamon, and nutmeg. Sift this into another bowl. Add this to the creamed mixture, all at once, and stir to mix well. Add the rolled oats, coconut flakes or shred cuts, and chocolate chips. Stir well to combine. The batter will be stiff. Spray 2 cookie sheets with Organic Virgin Coconut oil. Drop teaspoonfuls of the batter onto the prepared cookie sheets, leaving an inch of space in between each. Bake in the preheated oven for about 12 minutes until just set and golden brown, and a tester inserted into the center of a cookie comes out clean. Allow to set for a couple of minutes before transferring to a platter to cool. Continue baking the remaining cookies.

[BACK TO TABLE OF CONTENTS](#)

RANGER COOKIES

Yield: 60 (2- to 2 1/2- inch) cookies.

These cookies will knock your socks off with sweetness!

1 cup (6 1/4 ounces) vegetable shortening or butter
1 cup (7 1/2 ounces) brown sugar, firmly packed, light or dark
1 cup (7 ounces) granulated sugar
1 teaspoon vanilla
1 teaspoon salt
2 large eggs
1 1/2 cups unbleached All-Purpose Flour
1/2 cups unbleached coconut flour
1/2 teaspoon baking powder
1 teaspoon baking soda
1 cup (3 1/2 ounces) old-fashioned rolled oats
1 cup (2 1/2 ounces) shredded coconut
1 cup (6 ounces) chocolate chips
3 cups (2 3/8 ounces) crispy rice cereal or cornflakes

Procedure:

Beat together the shortening and sugars, vanilla and salt until fluffy; add the eggs and beat until smooth.

In a separate mixing bowl, whisk together the flours, baking powder and baking soda; add the flour mixture to the shortening mixture and beat until well blended. Stir in the oats, shredded coconut, chips and cereal, mixing just until blended.

Drop the dough by rounded teaspoonfuls onto lightly greased or parchment-lined cookie sheets. Bake the cookies in a preheated 350°F oven for 10 to 12 minutes, or until they're golden brown.

[BACK TO TABLE OF CONTENTS](#)

COCONUT COOKIES

Ingredients:

3 cups flour
1 1/2 cups grated or desiccated coconut, flakes or shred cuts
1 1/2 teaspoons baking powder
1 teaspoon salt
1 1/4 cups coconut oil
3 eggs
1 1/2 cups sugar
1 1/2 teaspoons almond extract

Procedure:

Preheat oven to 375 degrees F. Mix together flour, coconut, baking powder, and salt and set aside. Blend organic virgin coconut oil, eggs, sugar, and almond extract. Mix wet and dry ingredients together. Roll dough into 1 1/2 - inch balls and place 2 inches apart on cookie sheet. Flatten balls to about 1/2-inch thickness. Bake for 12 to 15 minutes, until pale tan. Transfer to wire racks to cool. Each cookie contains 1/2 tablespoon organic virgin coconut oil.

[BACK TO TABLE OF CONTENTS](#)

COCONUT OATMEAL COOKIES

Ingredients:

1 cup brown sugar
1/2 cup virgin coconut oil
2 eggs
1/2 teaspoon vanilla extract
1 1/2 cups flour
1 cup oats
1/2 cup shredded or grated coconut, flakes or shred cuts
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/4 teaspoon salt
1/2 cup walnuts, chopped

Procedure:

Preheat oven to 375 degrees F. Mix together sugar, organic virgin coconut oil, eggs, and vanilla. In a separate bowl, combine flour, oats, coconut, baking soda, cinnamon, and salt; stir into wet mixture. Fold in walnuts. Roll into 1 1/2 - inch balls and place on ungreased cookie sheet 2 inches apart and slightly flattened. Bake for 15 minutes. Each cookie contains 1/3 tablespoon organic virgin coconut oil.

[BACK TO TABLE OF CONTENTS](#)

COCONUT POUND CAKE

Yield: 24 servings.

Ingredients:

1 cup (2 sticks) butter, softened
1/2 cup vegetable shortening
3 cups sugar
6 eggs
2 1/2 cups sifted flour
1/2 cups coconut flour
1/4 teaspoon salt
1 cup milk
7 ounces- desiccated coconut Flake
1 teaspoon Almond Extract

Glaze:

1 1/2 cups sugar
3/4 cup water
1/2 teaspoon Coconut Extract

Procedure:

1. Preheat oven to 350°F. Greased and flour 10-inch baking pan.
2. Beat butter, shortening and sugar in large bowl with electric mixer on medium speed until light and fluffy. Beat in eggs, one at a time. Sift flours with salt. Gradually add to butter mixture alternately with milk, beginning and ending with dry ingredients. Stir in desiccated coconut and extracts. Pour into prepared pan.
3. Bake 1 hour and 15 minutes or until toothpick inserted in center comes out clean.
4. For the Glaze, mix sugar, water and extract in saucepan. Stir to dissolve sugar. Bring to boil; cook 1 minute.
5. Remove cake from oven. Cool 10 minutes in pan. Invert onto wire rack. Brush glaze onto cake while cake is hot.

[BACK TO TABLE OF CONTENTS](#)

MACAROONS

Yield: 100 pcs

Ingredients:

1 can condensed milk
3 pcs eggs, well beaten
¼ cup butter, melted
½ cup sugar
½ cup all purpose flour
2 cups desiccated coconut, flakes or shred cuts
1 tsp vanilla
2 tsp baking powder
100 pcs 1 oz. paper cups

Procedure:

1. Mix together all ingredients until well blended.
2. Pour mixture into paper bake cups. Fill up only to ½ full of the paper cup to avoid overflow during baking.
3. Place on baking sheet and bake in pre-heated oven (350°C) for 15 to 20 minutes

[BACK TO TABLE OF CONTENTS](#)

YOGURT SMOOTHIE

Ingredients:

1 cup vanilla yogurt
1 cup fruit juice
2 cups fruit
2 tablespoons (liquid) organic virgin coconut oil

Procedure

Chill all ingredients except organic virgin coconut oil before using. Fruit can be frozen. Blend yogurt, juice, and fruit in a blender until smooth. Just before turning off the blender, slowly pour in melted organic virgin coconut oil.

[BACK TO TABLE OF CONTENTS](#)

CINNAMON MACAROON PEACHES

Yield: 4 servings.

Ingredients:

1 can (14 1/2 ounces) cling peach halves
1/4 cup finely chopped slivered almonds
1/4 cup desiccated coconut flakes
1/4 cup quick-cooking oats
2 tablespoons packed brown sugar
1 teaspoon Ground Cinnamon
2 tablespoons cold butter, cut into small pieces
1/2 teaspoon Vanilla Extract

Cinnamon Cream:

1/3 cup sour cream	1 tablespoon packed brown sugar
1/2 teaspoon Ground Cinnamon	1/2 teaspoon Vanilla Extract

Procedure:

1. Preheat oven to 400°F. Drain peach syrup, reserving 1/4 cup. Arrange peach halves in small baking dish, cut side up. Prepare macaroon mixture by mixing almonds, desiccated coconut, oats, brown sugar and cinnamon in small bowl. Cut in butter until crumbly.
2. Top each peach half with 1/4 of the macaroon mixture. Add vanilla to reserved peach syrup; spoon over top.
3. Bake 8 to 10 minutes or until peaches are hot and macaroon topping is lightly toasted.
4. Mix sour cream, brown sugar, cinnamon and vanilla. Serve with peaches.

[BACK TO TABLE OF CONTENTS](#)

GRANOLA

Ingredients:

6 cups old-fashioned oats
2 teaspoons cinnamon
4 cups of desiccated coconut, flakes or shred cuts
2 cups pecans, chopped
1 cup sunflower seeds
1 cup organic virgin coconut oil
1 cup honey
1 tablespoon vanilla extract
1 cup raisons

Procedure

In a large bowl mix together oats, cinnamon, coconut, pecans, and sunflower seeds. Heat organic virgin coconut oil and honey in a small saucepan over medium heat until just melted, but not hot; remove from heat and add vanilla. Stir honey mixture into oat mixture. Pour into large baking dish. Bake at 325 degrees F for 1 hour and 15 minutes or until oats are golden brown. Stir occasionally while cooking for even browning. Remove from oven and cool. Add raisons. Store in an airtight container. Each serving contains about 1 tablespoon organic virgin coconut oil.

[BACK TO TABLE OF CONTENTS](#)

PINEAPPLE AND COCONUT PANCAKES

Makes 16 small pancakes

Ingredients:

250g/10 oz pancake mix.

110g/4 oz sweetened desiccated coconut

1 egg, whisked

2 tbsp Lyle's Golden Syrup

350ml milk

200g/8 oz can of crushed pineapple

organic coconut oil, for frying

plain yoghurt for serving

Procedure:

In a large bowl combine the pancake mix, sweetened desiccated coconut, egg, milk and crushed pineapple together to make the batter. Heat the oil in a large frying pan, under a medium heat. Pour a rounded tablespoon of batter onto the hot pan and flatten slightly.

Fry the batter for 1-2 minutes and when it starts to bubble, turn over to reveal a crisp and golden side. Cook for a further 1-2 mins and set aside in a warm place. Finish making the rest of the batter in the same way.

To serve, stack up 3-4 pancakes per person, drizzle with Syrup and top with a dollop of plain yoghurt. Delicious served with fruit salad.

[BACK TO TABLE OF CONTENTS](#)

COCONUT BANANA PANCAKES

Yield: 36 – 6 inch pancakes

Ingredients:

3 eggs

4 cups buttermilk, at room temperature

$\frac{3}{4}$ cup Organic Virgin Coconut Oil

4 cups all purpose flour

$\frac{1}{2}$ cup coconut flour

$\frac{1}{4}$ cup sugar

2 teaspoons salt

2 teaspoons baking soda

1 tablespoon baking powder

1- $\frac{1}{2}$ cup ripe banana, pureed

1- $\frac{1}{2}$ cup desiccated coconut, flakes or shred cuts

Gently warm the organic virgin coconut oil to liquefy it. Whisk together the eggs, buttermilk and coconut oil. Sift dry ingredients together. Stir the wet ingredients into the dry ingredients. Stir in the banana puree. Stir in the desiccated coconut. Cook the pancakes on a hot griddle or non-stick pan.

[BACK TO TABLE OF CONTENTS](#)

WHOLE-WHEAT COCONUT PANCAKES

Ingredients:

1/4 cup organic virgin coconut oil
1 1/2 cups whole-wheat flour
1/4 cup coconut flour
1/4 teaspoon salt
2 teaspoons baking powder
1 egg
3/4 cup lukewarm water
1/2 cup applesauce

Procedure

Heat organic virgin coconut oil in skillet over low heat until just melted. Mix flour, salt, and baking powder in a bowl. In a separate bowl, beat egg, water, applesauce, and melted oil together. Leave the organic virgin coconut oil residue in the skillet and increase temperature to moderate heat, about 300°F. As the skillet is heating, combine liquid and dry ingredients and mix only until well dampened. Do not overmix, as this will make pancakes heavier. Use about 3 tablespoons batter for each pancake.

[BACK TO TABLE OF CONTENTS](#)

HASH BROWNS

Ingredients:

1 medium-sized potato
2 tablespoons organic virgin coconut oil
Salt and pepper to taste

Procedure

Grate the potato and set aside. Heat 2 tablespoons of organic virgin coconut oil in a frying pan to 300 degrees F. Add the grated potato to the hot pan, spread it out evenly over the bottom of the pan, then push it down with a pancake turner so the potato pieces form a mat. You want the potato to be in contact with the bottom of the pan and the oil.

[BACK TO TABLE OF CONTENTS](#)

CREAM OF ARTICHOKE SOUP

Ingredients:

1/2 cup chopped celery
1/4 cup chopped onion
2 cloves garlic
2 tablespoons organic virgin coconut oil
1 1/2 tablespoons your regular flour
1/2 tablespoon coconut flour
1 cup water
1 can (14oz) coconut milk or regular milk
1 can (14oz) artichoke hearts, drained and rinsed.
1 teaspoon salt
1/4 teaspoon white pepper
1/4 teaspoon thyme

Procedure

Saute celery, onion, and garlic in organic virgin coconut oil in a heavy saucepan over low heat until vegetables are tender. Stir in flour and cook for 2 minutes. Add water and coconut milk or regular milk and bring to a boil. Reduce heat and simmer for 8 to 10 minutes. Puree half the mixture and all of the artichoke hearts in an electric blender; add to pan. Add remaining ingredients and heat, stirring every 2 to 3 minutes. Each serving contains 2 tablespoons organic virgin coconut oil.

[BACK TO TABLE OF CONTENTS](#)

CHICKEN ORIENTAL

Ingredients:

1/4 cup organic virgin coconut oil
1 medium onion, chopped
3 cloves garlic, chopped
1/2 bell pepper, chopped
1/2 head broccoli, sliced
1 pound chicken, cut in bite-sized pieces
8 ounces mushrooms, sliced
2 cups bean sprouts
1 teaspoon ground ginger
1 teaspoon salt
3 tablespoons cornstarch
1 1/2 cups chicken broth or water
1/4 cup tamari sauce
1/2 cup sliced almonds, toasted

Procedure

Heat organic virgin coconut oil in large skillet over medium heat. Add onion, garlic, bell pepper, and broccoli and sauté until tender. Add chicken, mushrooms, bean sprouts, ginger and salt; cover and cook, stirring occasionally, for about 3 minutes. Mix cornstarch into chicken broth and add to skillet, stirring constantly, until thick and bubbly. Remove from heat. Stir in tamari sauce. Serve topped with toasted almonds. Each serving contains 1 tablespoon organic virgin coconut oil.

[BACK TO TABLE OF CONTENTS](#)

BROCCOLI SMOTHERED IN COCONUT CHICKEN SAUCE

Ingredients:

1 large head broccoli divided into flowerets (about 4 cups)
1/2 cup chopped green pepper
1/2 onion, chopped (about 1/2 cup)
1/4 cup organic virgin coconut oil
1/4 cup flour
1 teaspoon salt
1/4 teaspoon pepper
1 can (14 oz) coconut milk or regular milk
1 cup water or chicken broth
1 can (4 oz) mushroom stems and pieces, drained
3 cups cut-up cooked chicken

Procedure

Cook broccoli in steamer. While broccoli is cooking, sauté green pepper and onion in organic virgin coconut oil over medium heat for 5 minutes; remove from heat. Blend in flour, salt, and pepper. Cook over low heat, stirring constantly, until vegetables are tender; remove from heat. Stir in coconut milk or regular milk, water, mushrooms and chicken. Heat to boiling, stirring frequently; reduce heat and simmer for about 10 minutes, until sauce thickens. Serve over hot steamed broccoli. Each serving contains 1 tablespoon organic virgin coconut oil.

[BACK TO TABLE OF CONTENTS](#)

ASIAN SHRIMP AND NOODLES

Ingredients:

8 to 10 oz wheat or rice noodles
1/4 cup organic virgin coconut oil
1 onion, chopped
1 green pepper, chopped
1 head broccoli, chopped
1 teaspoon green curry paste
1/2 pound shrimp, peeled, tails off
1/4 cup fish sauce
Salt to taste

Procedure

Cook noodles according to package directions. Heat organic virgin coconut oil in a skillet and sauté onion, green pepper, and broccoli until tender. Add green curry paste and shrimp and continue cooking for 5 minutes or until shrimp is cooked. Add fish sauce, remove from heat, and stir in noodles. Add salt to taste. Each serving contains 1 tablespoon organic virgin coconut oil.

[BACK TO TABLE OF CONTENTS](#)

MARINARA SAUCE

Yield: 4 servings

Every cook needs a good recipe for marinara sauce. This one can be prepared in less than an hour and used in many ways. It is traditionally served over pasta, but is equally delicious with polenta or rice. It also makes a wonderful sauce for grilled vegetables or tofu.

Ingredients:

2 tablespoons organic Virgin Coconut Oil	1 teaspoon sugar (optional)
2 medium onions, chopped	1 bay leaf (Turkish)
1 medium carrot, peeled and finely grated	2 tablespoons dried whole basil
1 teaspoon salt	1 teaspoon dried whole oregano
1/4 teaspoon red pepper, or to taste	Scant pinch fennel seeds
1 large can (28 ounces) Italian tomatoes, crushed	1/4 teaspoon ground allspice
1 large can (16 ounces) tomato paste	4 cloves garlic, mashed Salt to taste

Procedure:

1. Heat the organic Virgin Coconut Oil in a large pot over medium-high heat. Add the onions and carrot and saute until the onions are translucent.
2. Add the salt and red pepper, then the tomatoes and tomato paste. Mix well, bring just to a boil, lower heat, and continue to cook at a simmer.
3. Add the sugar, herbs, and spices, and simmer uncovered for 30 minutes, stirring occasionally.
4. Add the garlic, and continue to simmer for 30 minutes more or until desired thickness. Add salt to taste. Remove the bay leaf.

[BACK TO TABLE OF CONTENTS](#)

HERB-ROASTED POTATO FRIES

Yield: 4 servings

Ingredients:

- 1 pound small baking potatoes
- 2 tsp organic Virgin Coconut Oil
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/4 tsp salt
- 1/8 tsp freshly ground black pepper

Procedure:

Preheat the oven to 425°F. Coat a heavy baking sheet with cooking spray. Cut each potato in half crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet.

In a cup, mix the organic Virgin Coconut Oil, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the sheet.

Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

[BACK TO TABLE OF CONTENTS](#)

MARINATED TOMATO AND SARDINE SALAD

Yield: 1 serving

This low-carb salad is particularly good when plump, garden-fresh tomatoes are in season. Serve it at room temperature for best flavor.

Ingredients:

- 1 large ripe tomato (preferably organic)
- 1/2 can sardines (water-packed)
- 1/4 cup basil leaves, finely chopped
- 1 tsp organic Virgin Coconut Oil
- 1 tsp balsamic vinegar
- 1 tsp garlic, finely chopped

Procedure:

You can use the tomato as is (unpeeled and with seeds) but the salad is better if you peel the tomato after plunging it briefly in boiling water, and then remove the seeds. This reduces the water in the finished salad. Cut the tomato pulp into large chunks.

Mix together the dressing ingredients (organic virgin coconut oil, balsamic vinegar, fresh garlic) and stir in the chopped basil leaves. Add the drained sardines and the tomato chunks.

Serve at room temperature, on a bed of salad greens or spinach.

[BACK TO TABLE OF CONTENTS](#)

CREAMY TOMATO SOUP

Yield: 4 servings

Tomato soup is a comfort food for many people. It is comforting as well to know how nutritious and wholesome it is, particularly when prepared with soy milk. The lycopene in tomatoes has gotten attention recently for its ability to protect against prostate cancer and other diseases. If you can't find juicy, ripe Italian or Roma tomatoes, use a high-quality organic canned tomato instead.

Ingredients:

- 8 sun-dried tomatoes (not oil-packed)
- 1 large onion, chopped
- 1 tablespoon organic Virgin Coconut Oil
- 3 pounds fresh, ripe Italian tomatoes, chopped
- 1 cup soy milk
- Salt and black and red pepper to taste
- 3 tablespoons fresh parsley, basil, or dill, chopped

Procedure:

1. Cover sun-dried tomatoes with boiling water. Let soak for at least 15 minutes.
2. In a large pot, sauté the onion in the organic Virgin Coconut Oil until soft. Add the chopped tomatoes. Continue to cook over medium heat, stirring, until the mixture boils.
3. Remove the dried tomatoes from their soaking water and chop them coarsely. Add them and their soaking water to the pot and cook, stirring to prevent sticking.
4. Reduce heat to low, cover, and simmer for 30 minutes. Add the soy milk and season to taste with salt and black and red pepper.
5. Serve in bowls with the chopped green herbs as garnish.

[BACK TO TABLE OF CONTENTS](#)

PUMPKIN SOUP

Ingredients:

- 1 tablespoon organic virgin Coconut Oil
- 1 tablespoon butter
- 1 clove garlic, chopped
- 4 shallots, chopped
- 2 small fresh red chili peppers, chopped
- 1 tablespoon chopped lemon grass
- 2 1/8 cups chicken stock
- 4 cups peeled and diced pumpkin
- 1 1/2 cups unsweetened coconut milk or regular milk
- 1 bunch fresh basil leaves

Procedure:

In a medium saucepan, heat oil and butter over low heat. Sauté the garlic, shallots, chilies, and lemongrass in oil until fragrant (be careful not to burn the garlic). Stir in chicken stock, coconut milk or regular milk, and pumpkin and bring ALMOST to a boil. Simmer on a low heat until pumpkin softens.

In a blender, blend the soup to the consistency you prefer (smooth or chunky). Pour back into the soup pan, heat and serve with basil leaves. Some add extra cayenne at this point. Traditional pumpkin soup is usually quite hot and spicy.

[BACK TO TABLE OF CONTENTS](#)

COCONUT PRAWNS

Yield: Serves 10 for appetizers

2 lbs. large prawns, peeled and de-veined

½ cup flour

1 whole egg

¼ cup orange juice

¼ cup canned coconut milk or regular milk

1 teaspoon salt

½ teaspoon baking powder

pinch cayenne powder

3-½ cups Organic Virgin Coconut Oil for frying

3-½ cups desiccated coconut, flakes or shred cuts

freshly ground pepper to taste

Clean and butterfly the shrimp leaving tails on. Open them and press them flat. Combine in a food processor the flour, egg, orange juice, milk, salt, baking powder and cayenne. Blend well and pour over the prawns, coating them evenly. Heat the oil to 350 F. Dredge the shrimp into desiccated coconut (flakes or shred cuts), pressing coconut on. Fry the prawns in the hot organic virgin coconut oil in small batches. Season with ground pepper. Serve warm with your favorite salsa or chutney.

[BACK TO TABLE OF CONTENTS](#)

COCONUT SHRIMP CRIOLLO

Yield: 5 (1-cup).

Ingredients:

1 cup chicken broth
2 teaspoons sugar
1 teaspoon Chili Powder
1 teaspoon Cumin, Ground
3/4 teaspoon salt
1/2 teaspoon Cinnamon,
1/2 teaspoon Garlic Powder
1/2 teaspoon Thyme Leaves
1/4 teaspoon Red Pepper, Ground Cayenne
1/2 pound thin ñame root or yams, peeled and cut into 1/2 inch slices
1 can (14 ounces) coconut milk (Pacific Nature's coconut milk preferred for thicker sauce)
1 pound large shrimp, peeled and deveined
1 large ripe plantain or 2 bananas, peeled and sliced (1 1/2 cups)

Procedure:

1. Stir chicken broth and seasonings in medium saucepan. Bring to boil. Add ñame root; cover and boil 5 minutes or until ñame are slightly tender.
2. Add coconut milk, shrimp and plantain. Reduce heat to medium-low. Simmer, uncovered, 5 minutes or until shrimp turn pink, stirring occasionally.
3. Serve over rice, if desired.

[BACK TO TABLE OF CONTENTS](#)

TEMPURA COCONUT SHRIMP

Yield: 8 servings.

Ingredients:

Organic Virgin Coconut Oil for frying

1 cup Tempura Seafood Batter Mix

1/2 teaspoon Ground Ginger

1 1/2 cups ice cold water

4 cups desiccated coconut - flakes

1 1/2 pounds large shrimp*, peeled and deveined with tails on

1/2 cup orange marmalade or pineapple preserves

2 tablespoons orange juice

2 tablespoons soy sauce

Procedure:

1. Pour oil into large skillet, filling no more than 1/3 full. Heat on medium-high heat to 375°F.
2. Mix Batter Mix, ginger and water in medium bowl. (Batter will be slightly lumpy.) Place 1 cup of the coconut on large plate.
3. Dip shrimp, a few at a time, into batter; shake off excess. Roll in coconut. Carefully add to hot oil. Fry 3 minutes or until golden brown, turning once. Remove and drain on paper towels. Repeat with remaining shrimp, batter and coconut.
4. Heat marmalade, orange juice and soy sauce until marmalade is melted. Serve with shrimp.

[BACK TO TABLE OF CONTENTS](#)

SEARED SESAME TUNA WITH LEMON GRASS AND LYCHEE COULIS

Yield: 4 servings.

Ingredients:

1/4 cup coconut milk
3 stalks Lemon Grass , cut into thirds
1/3 cup fresh or drained canned lychee halves
2 teaspoons lime juice
1/4 teaspoon Ginger, Ground
1/4 teaspoon Kecap Manis or soy sauce

10 ounces baby bok choy
2 tablespoons panko (Japanese) bread crumbs
2 tablespoons Sesame Seed, Black
2 tablespoons Sesame Seed
1 pound yellowfin ahi tuna (1 to 1 1/4-inch thick)
1 teaspoon Sea Salt , divided
3 tablespoons organic virgin coconut oil
1/2 cup fresh or drained canned lychee halves
Black Peppercorn Grinder

Procedure:

1. Prepare Lemon Grass and Lychee Coulis (see below). Prepare ice water bath in large bowl; set aside. Trim root ends of bok choy. Separate into leaves and rinse. Bring large saucepot of salted water to boil. Add bok choy; cook 30 seconds. Drain. Transfer to ice water to stop cooking process. Place bok choy on paper towels. Set aside. (continued on next page)

Seared Sesame Tuna with Lemon Grass and Lychee Coulis

(continued)

2. Mix bread crumbs and sesame seeds on large plate. Cut tuna into 4 steaks. Moisten lightly with water. Season tuna with 1/2 teaspoon of the sea salt. Coat on both sides with sesame seed mixture, pressing firmly so the mixture adheres to the tuna. Heat 2 tablespoons of the organic virgin coconut oil in large skillet on medium-high heat. For medium-rare tuna, cook 1 to 1 1/2 minutes on each side. Remove tuna to plate; cover loosely with foil to keep warm.

3. Heat remaining 1 tablespoon organic virgin coconut oil in same large skillet on medium-high heat. Add bok choy and lychee; cook and stir 1 minute or just until heated through. Season to taste with remaining 1/2 teaspoon salt and pepper grinder. To serve, slice tuna into thin slices. Arrange bok choy mixture in center of each plate. Top with tuna slices. Drizzle with Lemon Grass and Lychee Coulis.

Lemon Grass and Lychee Coulis: Microwave coconut milk in small microwavable bowl on HIGH 20 to 30 seconds. Add lemon grass pieces; let stand 10 minutes. Place coconut milk, lemon grass and remaining dressing ingredients in blender container; cover. Blend 30 seconds or until lemon grass is shredded. Strain mixture, pressing solids with spoon to extract liquid.

[BACK TO TABLE OF CONTENTS](#)

COCONUT SHRIMP SCAMPI

Yield: 4 servings

Ingredients:

1/4 cup (1/2 stick) butter

1 pound shrimp, peeled and deveined

2 teaspoons organic virgin coconut Oil

OR extra virgin olive oil

1 teaspoon Parsley Flakes

Procedure:

1. Melt butter in large skillet on medium heat. Add shrimp, Garlic Blend and parsley; cook and stir 3 to 4 minutes on your preferred oil or until shrimp turn pink.
2. Serve over cooked rice or pasta, if desired.

[BACK TO TABLE OF CONTENTS](#)