



Coco Tara Crepes de Coconut

Ingredients:

2 Eggs
50 g flour
1 ½ tbsps. Melted butter
50 g Milk
4 tbsps. Coco Tara Cream of Coconut
200 ml pineapple juice
½ cup Appleton Rum
Some sugar and salt

Preparation:

Mix eggs with flour, butter, milk and sugar, bake in pan to make thin crepes. Heat Appleton Rum in flaming pan, add folded crepes and set alight. Douse with pineapple juice, mix with Coco Tara Cream of Coconut, Allow crepes to soak.



Mango Coco Tara Coconut Milk creme

Ingredients for 4 persons:

1 1/2 ripe mangoes
200 ml Coco Tara Coconut Milk
1 tbsp. Lemon juice
3 tbsp. sugar
1 pkt. Vanilla sugar

Peel one mango, cut loose from kernel, and cut into small cubes (reserve part of the mango for decoration).

Purée together with the Coco Tara Coconut Milk, lemon juice, sugar and vanilla sugar, fill into small bowls and leave to cool in the refrigerator for 2-3 hours.

Cut a few mango wedges just before serving, and use to decorate. Delicious, exotic, refreshing.



Hot Coco Tara lentil and coconut soup

Ingredients for 4 persons:

1 onion
1 carrot
2 chili peppers
2 tbsp. vegetable oil
250 g green lentils
800 ml vegetable stock
100 g cocktail tomatoes
400 ml Coco Tara Coconut Milk
2 spring onions

Peel onion and carrot, cut into small pieces. Remove seeds from chili, and cut into small rings. Halve the cocktail tomatoes, and cut the spring onions into rings.

Heat oil in saucepan, sauté onions, carrot and chili. Add lentils, and add stock.

Simmer on low heat in covered saucepan for 45 minutes, until lentils are done. Stir occasionally.

Add Coco Tara Coconut Milk and bring to the boil again. Remove saucepan from heat. Season with salt and pepper to taste. Add halved tomatoes and spring onions to soup. Serve hot.



Coco Tara Thai curry

Ingredients for 4 persons:

- 1 tbsp. Curry paste (Asian shop, note for Thai curry: yellow is hot, green is very hot and red is extremely hot)
- 500 ml Coco Tara Coconut Milk
- 2 tbsps. Fish or soy sauce (optional)
- 1 tsp. sugar
- 1 dash of lime or lemon
- 5 stalks lemon grass
- 1 cup hot water

Season with ample salt, but avoid overdoing it, add some cinnamon and/or coriander and/or ginger to taste. In fact, almost anything can be included in this curry according to your taste, we recommend selecting three vegetable ingredients and one type of meat:

- 5 small green aubergines (Asian shop) and/or
 - 2 bell peppers and/or
 - 4 large button mushrooms and/or
 - 2 medium-sized tomatoes and/or
 - 1 sweet potato and/or
 - 400 grammes of shrimps and/or
 - 400 grammes of fillet of chicken breast and/or
 - 400 grammes of pork fillet
- Serve with rice

Preparation:

If preferred, meat can first be cut into bite-size pieces, brown and set aside.

Clean vegetables and also cut into pieces (sweet potato must be peeled) and sauté briefly.

Remove outer layer of lemon grass, then cut stalks into sections around 3 cm long. If using ginger, peel and cut into slices.

Then immediately start preparing the curry proper in a wok or saucepan:

Heat Coco Tara Coconut Milk, add curry paste and sugar. Bring briefly to the boil.

Add water, fish resp. soy sauce, lemon grass and ginger. Bring to the boil again.

Add salt and season to taste.

Add vegetables and meat, simmer lightly for 5 to 10 minutes, until vegetables are done.

Season to taste with lemon, coriander and cinnamon.

Serve curry in small bowls.

Serve with rice.

Do not eat the lemon grass and ginger, simply suck for taste.



Asian prawn soup with Coco Tara Coconut Milk

Ingredients for 4 persons:

- 16 pcs. raw prawns
- 3 pcs. lemon grass
- 2 sticks celery
- 1/2 bunch spring onions
- 4 pcs. garlic
- 2 pcs. carrots
- 1 pc. chili pepper
- 4 sprigs of fresh coriander
- 6 tbsp. light soy sauce
- 2 glasses fish stock
- 1 pinch of sugar
- 1 pinch of salt
- 5 cl Coco Tara Coconut Milk
- 5 cl white wine
- 2 tbsp. Thai fish sauce (Aisan or speciality shop)

Peel carrots, garlic and celery sticks. Clean spring onions and chili pepper, cut everything into fine strips.

Remove outer dry leaves from lemon grass, soften stalks, and tie into a knot.

Peel prawns, and cut half open on upper side, remove intestines.

Pour wine into fish stock, and bring to the boil, gently cook lemon grass and vegetables for 5 minutes, adding soy sauce and coriander sprigs.

Now add the prawns, allow to draw for another 5 minutes. Add salt and a little sugar to taste. Round off with Thai fish sauce and Coco Tara Coconut Milk.

Remove lemon grass, add coriander leaves.



Banana in Coco Tara Coconut Milk

Ingredients for 4 persons:

400 ml Coco Tara Coconut Milk
2 bananas
5 tbsps. sugar
1 pinch of salt

Preparation:

Cut bananas into small pieces (1/2 cm). Add Coco Tara Coconut Milk to a saucepan and heat. Add sugar and salt, and bring to the boil. Remove saucepan from heat. Add bananas and allow to draw for 3 minutes. Allow to cool for 30 minutes.

The bananas can also be lightly squashed or puréed- This dish can be served luke warm or cold. It also goes well with, for example, vanilla ice cream.



Coco Tara Thai coconut soup with chicken „Tom Kha Ghai“

Tom Kha Gai (Tom: gekocht, Kha: Galgant und Gai: Huhn)

Die Basis der Suppe besteht aus Coco Tara Coconut Milk, Zitronengras, Galgant (eine Ingwerverwandte) und Limonenblättern.

Zutaten:

750 ml water
500 ml Coco Tara Coconut Milk
250 g fillet of chicken breast
3-4 lemon leaves
3 stalks lemon grass
5-10 thin slices of Galgant ginger
1 pc. Coriander root
2 pcs. Spring onions (lower white section)
5-10 pcs. Thai Chilis "Prik Kee Noo"
250 g straw mushrooms (alternatively, fresh button mushrooms if not available)
1-2 tbsp. palm sugar
Salt or fish sauce
Juice of 3-5 limes
Garnish with coriander leaves and spring onions

Preparation:

Flatten lower part of lemon grass (white section) with the flat side of a knife, add slices of Galgant ginger, coriander root, spring onions and lemon leaves to cold water in saucepan, simmer for at least 1 ½ to 2 hours.

Add Coco Tara Coconut Milk, flattened chilis and chicken meat, cut into strips, cook until done.

Cut straw mushrooms in half, add and simmer for another 5-10 minutes.

Add palm sugar, salt or fish sauce and lime juice to taste, serve with coriander leaves and rolls of spring onions as garnish.

Serve with steamed Thai jasmine rice.



Curry with Coco Tara Coconut Milk

Ingredients for 4 persons:

1 small onion
200 g carrots
2 tbsp. flour
2 tsp. Curry powder
 Pinch of salt
 Some pepper
400 g turkey
1 tbsp. oil
400 g Coco Tara Coconut Milk
200 g fresh or frozen peas

Clean and peel the onions and carrots, cut into small cubes. Wash meat and cut into strips.

Add flour, curry, some salt and pepper into a dish with a lid, add meat, shake through thoroughly until meat is evenly covered with spices.

Lightly sauté onions in hot oil, add meat and brown. Add carrots and simmer briefly.

Add Coco Tara Coconut Milk, and simmer for around 10 minutes at medium heat.

Add peas after 5 minutes.

Season to taste at the end, serve with rice.



Large prawns in Coco Tara Coconut curry sauce

Ingredients for 4 persons :

30 pcs. Raw (grey) gamba prawns
400 ml Coco Tara Coconut Milk
3 bay (laurel) leaves
2 tbsps. Olive oil
1 tsp. curry
1 tsp. curcuma (Asian shop)
Salt, pepper

Zubereitung:

Fry prawns in hot oil for 2-3 minutes in a large frying pan.

Remove prawns as soon as they are done (when they turn pink). Now add Coco Tara Coconut Milk, curcuma, curry and bay leaves. Add salt and pepper to taste.

Cook at medium heat, until the Coco Tara Coconut Milk turns yellow (7-10 mins).

Remove bay leaves and serve immediately.

Serve with rice.



Panna Cotta di Coco made from Coco Tara Coconut Milk with plums

Ingredients:

2 pcs. Vanilla pods
480 ml Coco Tara Coconut Milk
40 g honey
2 tsps. Agar-Agar
200 g plums
2 tsps. honey

Preparation

Halve the vanilla pod lengthwise, and scrape out marrow. Add pod and marrow to Coco Tara Coconut Milk in a saucepan.

Bring Coco Tara Coconut Milk honey and agar-agar (stirred in) to the boil. Remove vanilla pod, stir again to mix, and fill into small forms.

Place panna cotta forms in refrigerator, allow 2-4 hours for setting, depending on size.

Cut plums in half, remove stones and cut flesh into small dice. Add some honey to taste, and serve in small dishes, serve the panna cotta decorated with the prepared plums and a sprig of mint.



Coco Tara coconut cream with lemon

Ingredients :

250 ml Milk
250 ml Coco Tara Coconut Milk
1 lemon (or line)
3 egg yolk
60 g sugar
1 pkt. Vanilla sugar
1/4 tsp. cornflour
1 tbsp. Appleton White Rum
2 sheets of gelatine

Preparation:

Place the sheets of gelatine in a bowl with cold water.
Clean and dry lemon.
Bring milk to the boil.
Mix egg yolk, sugar and vanilla sugar until the mixture appears white.
Add first the cornflour, then the boiling milk, stirring slowly but continuously.
Add the mixture to a saucepan.
Heat without boiling until the mixture becomes creamy. Remove from heat, stir in finely grated lemon zest.
Cover and allow to draw.
Remove excess liquid from gelatine, heat with 1 tbsp. water.
As soon as the gelatine has melted, add first the Coco Tara Coconut Milk and then the Appleton White Rum, and stir.
Fill into 4 small bowls and refrigerate for 2 hours. Serve chilled.



Chicken breast in Coco Tara Coconut Milk sauce

Ingredients for 4 persons:

4 fillets of chicken breast, each 125 g
1 onion
1 walnut-sized piece of ginger root
2 tbsp. Grated coconut
1 tbsp. oil
150 ml chicken stock (from glass)
0,4 l Coco Tara Coconut Milk
Salt, pepper
A few drops of lemon juice

For the salad:

200 g mixed lettuce, etc.
2 slices of pineapple (from can)
½ small red chili pepper
2 tbsp. Lemon juice
1 tsp. Brown sugar
2 tbsp. oil

Preparation:

1. Wash fillets and dab them dry. Finely chop onion and ginger. Roast grated coconut till light brown, without using fat.
2. Heat oil, briefly sauté chicken breast on both sides. Add onion and ginger, and continue to fry. Add chicken stock. Cook for approx. 15 minutes, turning occasionally. Remove the meat from the stock, and keep warm.
Add Coco Tara Coconut Milk, and bring to the boil, stirring continuously. Stir in grated coconut. Season sauce to taste with salt, pepper and lemon juice.
3. Wash salad and dry. Cut pineapple into small pieces. Finely chop chili pepper. Stir together lemon juice, chili pepper, salt, sugar and oil. Mix with salad and pineapple.
4. Slice chicken breast, and prepare with coconut milk sauce and salad.

Preparation time approx. 25 minutes



Honeydew melon with Coco Tara Coconut Milk

Ingredients for 4 persons:

1 Honeydew melon
1 vanilla pod
400 ml Coco Tara Coconut Milk
5 tbsps. Palm sugar or brown sugar

Preparation:

Peel melon and cut into bite-size pieces. Place in refrigerator for approx. one hour. In the meantime, halve the vanilla pod and remove the marrow with a sharp pointed knife. Add vanilla marrow, Coco Tara Coconut Milk and sugar to a saucepan, and heat lightly while stirring, until sugar is dissolved. Allow mixture to cool briefly, then also place this in the refrigerator. Both components must be well chilled. Before serving, place the chilled melon pieces in a serving dish, pour the Coco Tara Coconut Milk over the fruit.



Coco Tara coconut carrot soup

Ingredients for 4 persons:

- 1 onion
- 1 garlic clove
- 5 medium-sized carrots
- 2 tbsp. butter
 - Some salt
 - Some pepper
- 1 pc. ginger
- 100 g peas in pod (mange-tout)
- 200 ml Coco Tara Coconut Milk
 - Dash of red Tabasco sauce
- 2 tbsp. Soy sauce

Cut onion and garlic into small dice, also dice 4 cleaned carrots.

Melt 1 tbsp. Butter, briefly sauté onion, garlic and carrots. Add $\frac{3}{4}$ litre water, season with salt and pepper, bring to the boil and simmer for around 20 minutes.

Peel ginger, cut tips off peas in pod. Cut ginger, remaining carrots and mange-tout into thin strips. Steam in remainder of butter for around 7 minutes. Add salt and pepper to taste.

Add Coco Tara Coconut Milk to the soup, season with salt, tabasco and soy sauce, then serve in soup plates with vegetable strips.



Golden bream ceviche with Coco Tara coconut sauce

Ingredients for 4 persons:

Ingredients:

2 fillets of golden bream total approx. 400g (approx. 100 g per person)
4 limes
1 lemon
2 onions
2 tbsps. sugar
2 tbsps. Coco Tara Coconut Milk
Fresh coriander
1 sprig mint
Salt, pepper

Preparation:

Chop mint and coriander.

Cut fish into pieces

In a dish, prepare a marinade of the lemon juice, 2 tbsps. sugar and the fresh herbs, marinate the fish pieces in this for 6 hours. Add salt and pepper to taste.

Remove fish, and distribute into 4 small dishes.

Pour over 1 tbsp. of marinade, and sprinkle with chopped onion.

Serve the Coco Tara Coconut Milk separately in a sauce boat.



Coco Tara Filet Coco-Voodoo

Ingredients:

1 veal fillet or 2 pork fillets
1 tbsp. oregano
2 tbsps. butter
3 tsps. curry
1 handful of fresh button mushrooms
1 tbsp. Coco Tara Cream of Coconut
½ tbsp. Each of tabasco and chili pepper
Salt
Pepper
Cardamon

Preparation:

Rub fillets with salt, pepper, cardamom and oregano. Heat butter in a pan and brown meat. Stir mushrooms into cream, mix Coco Tara Cream of Coconut into the meat. Cover and simmer slowly. Add curry, tabasco and chili peppers for a strong seasoning.