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*Ideas : Internet
Photo's: Alma Pretorius*

XCentric Ideas

Grab life
by the
coconuts

Coconut milk

Benefits of coconut milk

1. Coconut milk is lactose-free
2. Coconut milk is vegan

Difference between coconut milk and coconut cream

1. Coconut milk is made 1 part shredded coconut to 1 part water
2. Coconut cream is made 4 part shredded coconut to 1 part water

NUTRITIONAL FACTS per ¼ cup coconut milk

1. Calories 138 kcal
2. Protein 1.5 g
3. Sugar 2 g
4. Fat 14 g

(<https://draxe.com/coconut-milk-nutrition/>)



Photo by:

<http://www.usesofcoconut.com/benefits-of-coconut-milk/>

Coconut milk is not just for
curries ...

- Add some to your mash
- Cream up scrambled eggs
- Splash some in your coffee
- Stir it into muesli / oatmeal
- Freeze in ice cube trays
- Use in a smoothie

Recipes in this issue:

*DIY coconut milk
Oatmeal
crumpets
crustless quiche
marinated chicken
curry
pasta
muffin
rice pudding
ice cream*



KEEP CALM AND DRINK COCONUT MILK

BUILD STRONG BONES: With 240 mg of phosphorus per cup, coconut milk helps increase bone density.

FIGHT INFECTION: The fatty acid lauric acid found in coconut milk when ingested converts to an antiviral and antibacterial compound called monolaurin.

TREAT ARTHRITIS: Selenium found in coconut milk relieves arthritis pain and reduces joint inflammation.

COCONUT MILK IS AMAZING BECAUSE:

- IT HYDRATES
- IT CAN REPLACE COFFEE CREAMER
- MAINTAINS BLOOD SUGAR LEVELS
- IT CAN LOWER CHOLESTEROL
- TREAT SUNBURNS

HELPS YOU RELAX:

Coconut milk contains magnesium which helps calm your nerves and keeps your blood pressure regulated.

Daily
Superfood
Love



dailysuperfoodlove

By: <http://dailysuperfoodlove.com/search/coconut+milk/>

Easiest coconut milk at home

1 cup dried unsweetened desiccated coconut (Dischem)
water to make 5 cups of coconut milk
Sweetener*

Grind the coconut in your blender or spice grinder until fairly finely ground. Add 1 cup of water to the ground coconut in a high powered blender and blend on high for 1 minute. Add rest of water to make 5 cups of coconut milk. Blend on high for 3 minutes. Enjoy and store in the refrigerator. Use within 4 - 5 days.

*Sweetener optional. If using, add a dash of salt as well.

Notes:

- You can use ordinary desiccated coconut, just don't add any sweetener.
- If you really want to make this smoother, you can strain it through a nut bag or cheesecloth.
- When it gets thick just add some more filtered water and stir it up.



By: <http://wholenewmom.com/recipes/easiest-coconut-milk-recipe-improved/>

Breakfast Time

Oats overnight

1/3 cup plain Greek (double cream) yogurt
1/2 cup (heaping) raw oats
2/3 cup coconut milk
1/2 teaspoon vanilla extract
Pinch of salt
1-2 tablespoons honey / maple syrup

Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid. Close and refrigerate for at least 4 hours, but preferably overnight before eating. Serve with nuts and fruit.

ALSO delicious as a dessert!!



Adapted from <http://wholefully.com/2016/03/07/8-classic-overnight-oats-recipes-you-should-try/>



Coconut flour crumpets

4 eggs, room temperature **(see note)*
2 teaspoons vanilla extract/essence
1/2 cup coconut flour
1/2 teaspoon sea salt

1 cup coconut milk
1 tablespoon honey/pinch stevia
1 teaspoon baking soda
coconut oil or butter for frying

Preheat griddle/pan to medium-low heat. In small bowl beat eggs till frothy, \pm 2 minutes. Mix in milk, vanilla and honey / stevia. In medium-sized bowl combine coconut flour, baking soda and salt and whisk together. Stir wet mixture into dry till coconut flour is incorporated.

Grease pan with butter / coconut oil. Ladle few tablespoons of batter into pan. Size depends on you – crumpets should be fairly thick. Cook for few minutes on each side, till the tops dry out slightly and bottoms start to brown. Flip and cook an additional 2-3 minutes. Serve hot with butter, honey, syrup, cheese or fruit.

*Note: * you forgot to keep eggs outside fridge? Just cover eggs in a bowl with warm tap water and assemble all your ingredients. After a few minutes, eggs should be room temperature.*

Adapted from <http://www.nourishingdays.com/2010/07/fluffy-coconut-flour-pancakes/>

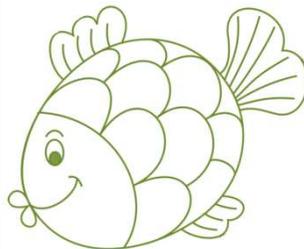
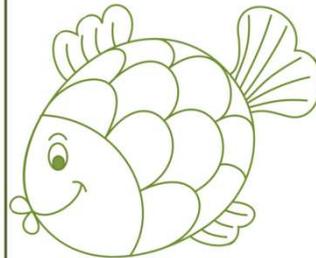


Chicken Marinade

1 can (400 g) coconut milk (preferably full fat, but light is ok)
2 limes (lemons) - all the zest + 3 tbsp of juice
1 tablespoon mild curry powder
2 teaspoon paprika
1 tablespoon fresh ginger, finely grated
1 teaspoon crushed garlic
2 tablespoon hot sauce (adjust to taste)
 $\frac{3}{4}$ teaspoon salt
Black pepper

Combine the Marinade ingredients in a container with lid. Add the chicken and set aside to marinate for at least 3 hours, preferably overnight. Remove the chicken from the marinade, shaking off the excess. Grill.

By: <http://www.recipetineats.com/coconut-marinated-grilled-chicken/>



Crustless Tuna Quiche

1 x 170 g tin tuna in water, drained* (*See note*)
1 x 400 g tin peas, drained
 $\frac{1}{2}$ cup coconut milk
3 x-large eggs
Salt, pepper
Chilli flakes (optional)
Spring onions, chopped finely
 $\frac{1}{2}$ cup grated cheddar cheese

Preheat oven to 180°C. Grease a pie dish. Mix the tuna, peas, salt, pepper and spring onions. Beat the eggs and coconut milk together. Mix in with tuna mixture and pour into pie dish. Top with grated cheese and bake in oven for 20 minutes or till centre is set. Remove from oven, let cool for 5 min.



NOTE: Instead of tuna, use 1 cup **cooked** chicken / mince / sausage / leftover meat.

By: Alma Pretorius

Curry and Pasta

Coconut quotes..

The two basic items necessary to sustain life are sunshine and coconut milk.

Justin Hoffman

For I am coconut / and the heart of me / is sweeter / than you know.

Nikki Grimes



In the garden of gentle sanity - May you be bombarded by the coconuts of wakefulness.

Chogyam Trungpa



Tomato Pasta

50 g tomato paste
400 g can full fat coconut milk
2 cups meat / chicken (cubed)
Dried Origanium
Spices to taste
1 chilli, sliced finely
2 tomatoes, finely chopped
Fresh veggies to your taste (I used fresh green beans, cabbage and mushrooms)

Fry the meat and veggies (or just veggies if you want), add spices to your taste. Stir for a few minutes. Mix the tomato paste with coconut milk, add to the dish. Add the tomatoes. Put lid on and simmer. Taste and adjust seasoning to your taste. Serve with pasta.

By: Alma Pretorius



Curry

1 small onion
1 tablespoon veg oil
3-4 teaspoon red Thai curry paste
4 boneless and skinless chicken breast, bite-size
1 tablespoon fish sauce
1 teaspoon sugar, brown
4 dried curry leaves
400 ml can coconut milk
fresh coriander

Fry onion in oil. Stir in curry paste and cook for 1 min, stirring all the time. Add rest of ingredients (except coriander), bring to boil - decrease heat and simmer for 15 minutes with lid on. Prepare rice while you wait. Serve with fresh coriander leaves.

Adapted from www.bbcgoodfood.com

Sweet things



Cinnamon gluten- free muffin

½ cup coconut flour ¼ teaspoon baking soda
¼ teaspoon salt 4 large eggs
1/3 cup coconut milk ½ cup honey/maple syrup

Preheat oven to 180°C. Prepare muffin pans with cupcake liners. In bowl, combine coconut flour, baking soda & salt & blend well. Add eggs, coconut milk & honey to dry mixture and blend well by hand. Let batter sit for a few minutes. Fill muffin liners about 1/4 with batter. Spoon tablespoon of topping over each muffin, then top off with more batter, about 3/4 of the way filled. Drizzle remaining topping over each muffin and use a toothpick, fork, or spoon to blend the topping into the batter. Bake for about 24 minutes, or until a toothpick inserted in centre of muffin comes out clean.

Cinnamon Topping Ingredients

2 tablespoons ground cinnamon
4 tablespoons honey or maple syrup
2 tablespoons unsalted butter, melted (ghee/coconut oil)
¼ cup chopped walnuts/pecan nuts

Combine all ingredients in bowl & whisk till well-blended.

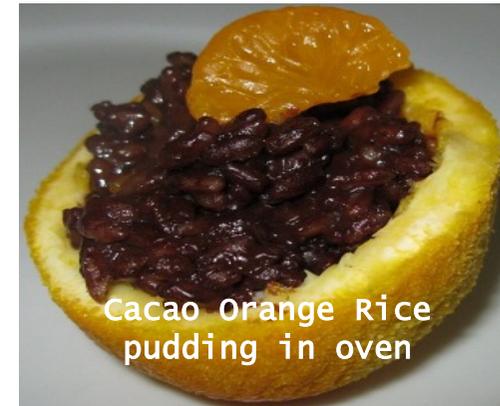
Adapted from: <http://comfybelly.com/2011/08/cinnamon-bun-muffins-using-coconut-flour/#.VdsLRVPDs5Z>



By: Woolworths South Africa
www.woolworths.co.za



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www.woolworths.co.za



Cacao Orange Rice pudding in oven

3 cups boiling water
1 cup white parboiled rice
2 teaspoons ground cinnamon
2 cups coconut milk
1 cup brown sugar (or less or substitute)
½ cup cocoa powder
1 teaspoon vanilla / caramel essence
Zest of 1 orange (**real important**)
Juice of 1 orange (**real important**)
Tin of mandarin oranges – to serve

Preheat oven to 200°C. Place boiling water, rice, cinnamon, coconut milk, sugar, cocoa powder, vanilla, orange zest and orange juice in a 1.5L casserole oven dish with a lid and stir to combine. Cover the dish with a lid and bake for 40 minutes. Remove dish from the oven, stir, cover again and bake for another 40 minutes – test to see if rice is soft but not mushy. Remove and let cool down. Serve with mandarin oranges / fresh orange slices.

By: Alma Pretorius

No added sugar
No dairy
No gluten

Ice Cream

Only 3
ingredients

*Creamy dreamy
soft serve!*

Frozen fresh fruit ... blender / processor... coconut milk

Pineapple Banana Ice Cream

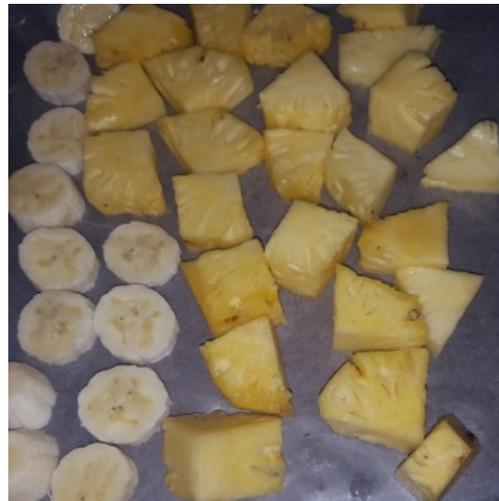
2 cups fresh pineapple, chopped small*
1 medium banana, sliced
1/2 cup coconut milk

On a baking sheet, place your sliced banana and cubed pineapple in single layer, freeze until solid. Place your coconut milk in the freezer for a few minutes. Remove the can, scoop out the thickened cream part of the can and use 1/2 cup of that. Place frozen pineapple chunks, banana and coconut 'cream' in a blender/food processor. Pulse until ingredients begin to combine. Blend until smooth and creamy. If it's too thick, add more of the can coconut milk, till its to your liking. Serve immediately as soft serve ice cream, or freeze 20-30 minutes for a more firm texture.

Note: After freezing your single-layer fruits, place in Ziploc bags/container with lid in freezer for later use.

You can experiment with strawberries, mango, ripe pear, ripe peaches, berries. As long as it measures 2 cups. You can even just use bananas.

Once your fruit is frozen, this ice cream literally takes minutes!!



Crucial first step

Freezing your fruit in a single layer.

Adapted from
<http://www.superhealthykids.com/homemade-pineapple-coconut-ice-cream-dairy-free/>



By Super Healthy Kids

This Pineapple Banana soft serve is a Pina Colada explosion! Serve it with little umbrellas.



By Helen Knowles

Mango Banana Ice Cream - if pineapple is too acidic, use mango instead.