



MANUFACTURING DIY COCONUT OIL

For the production of high-quality organic coconut oil, the fully ripe **flesh of coconuts is grated, dried and cold pressed**. This process preserves the ingredients, the aroma and the typical coconut taste. The oil obtained in this way, which is solid at room temperature and has a marbled structure, is called **virgin coconut oil or "Virgin Coconut Oil" (VCO)**.

A tasteless variant called **coconut fat** is produced when the oil is then **gently steamed**.

Industrially produced coconut fats, on the other hand, are usually refined, i.e. made **using of solvents, caustic soda and bleaching agents**. In addition, they are deodorized and usually also hardened. The **ingredients of the coconut** and the typical **coconut taste** often **suffer** here.

MATERIAL:

You'll need: kettle or saucepan, blender or blender, 2 large bowls, cotton cloth, spoon, small screw-top jar for the Coconut fat, water, coconut flakes from a bag (100g / 65 cents)

STEPS FOR THE PRODUCTION:

- Step 1. Boil 1 liter of water and pour into a mixing bowl.
- Step 2. Pour in 100 g of grated coconut and mix with a hand blender for 3 minutes.
- Step 3. Leave to stand for 1 hour
- Step 4. Portion by portion, pour the grated coconut porridge into a cotton cloth and wring the liquid into a bowl.
- Step 5. Put the white liquid in the refrigerator overnight.
- Step 6. The coconut fat floats to the top and can be skimmed off.
- Step 7. What remains is the coconut milk, which can be drunk pure or used for cooking or baking can be used.

ATTENTION: Please collect the squeezed rasps. They still contain a lot of fat and can be extracted again with hot water.

Of course you can also use fresh coconut!

Sources: Bea's Recipe: <https://www.youtube.com/watch?v=kZajimEFQJ8>

Health Bulletin: <https://www.youtube.com/watch?v=enitnGt7muQ>