



## DIY CREAM

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. produced **using 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.

### Materials:

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

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

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>