

# How to Make Coconut Milk

by/MamaNaturalBlog - <http://mamanatural.com/>

Coconut milk is a nutritious beverage that tastes great in smoothies, curries, and even chai tea. What's more, it makes a wonderful substitute for those that can't tolerate dairy, particularly children, since it's contains nourishing lauric acid as well as medium chain fatty acids which are known for their health benefits... definitely heartier than rice milk.

Now, how do we make this drink? Well, easy. Climb a tree. Pick a coconut. Then get a hammer and smash the thing open. Be sure not to hurt yourself in the process.

Ha.. ha... for those of us who don't live in the tropics, making your own coconut milk can be a major ordeal.

That's why I'm excited to share with you a healthy "short cut" to making the milk that doesn't rely on a can opener. You see, canned coconut milk works fine in a pinch but we want to limit our use of canned foods due to their Bisphenol A (or BPA) content. This compound has been linked to reproductive problems, cancer and type II diabetes.

You'll need two ingredients for this recipe. Organic, unsweetened shredded coconut. You can find this online or at health food stores. And filtered water. You can also add sweeteners or flavorings such as vanilla, cocoa, stevia, or even passion fruit but these are optional as it really tastes delicious au natural.

Below are two recipes for you to try.

## "Cooked" Coconut Milk

### Ingredients

2 cups organic, unsweetened shredded coconut  
3 cups of hot filtered water (Use 2 cups if you want a thicker milk)

### Directions

Put 2 cups of shredded coconut into blender.  
Pour the boiling hot water into blender.  
Slowly blend till smooth. Be cautious because the water is HOT!  
Let sit for 15 minutes.  
Line a strainer with cheesecloth and put over bowl.  
Pour the mixture through strainer and wait till cools.  
Fold up cheesecloth and squeeze to get remaining liquid.  
Store coconut milk in glass jar, tightly sealed in the refrigerator.  
You can add flavorings and sweeteners to enhance taste.  
Enjoy within 3-4 days.

\*Because this coconut milk doesn't have added emulsifiers, the fat will rise to top. Simply shake and the milk will be unified.

## "Raw" Coconut Milk

### Ingredients

2 cups organic, unsweetened shredded coconut

3 cups of filtered water (Use 2 cups if you want a richer milk)

\*Modified on a recipe posted on elanaskitchen.com

### Directions

Combine the coconut and water in blender.

Let sit for 90 minutes.

Line a strainer with cheesecloth and put over bowl.

Pour the mixture through strainer and wait till cools.

Fold up cheesecloth and squeeze to get remaining liquid.

Store coconut milk in glass jar, tightly sealed in the refrigerator.

You can add flavorings and sweeteners to enhance taste.

Enjoy within 3-4 days.

\*Because this coconut milk doesn't have added emulsifiers, the fat will rise to top. Simply shake and the milk will be unified.

Do you like coconut milk? Would you ever try this recipe?

### References:

<http://www.organicbenefits.straightanswers.net/bpa.html>

<http://abcnews.go.com/GMA/OnCall/bpa-dangers-pantry/story?id=8989235>

<http://www.elanaspantry.com/diy-coconut-milk/>

How to Cook Everything by Mark Bittman

**Look more here: [www.filipinofood.ph](http://www.filipinofood.ph)**