

Golden Brown Coconut Treats – *Cocadas Doradas*

Ingredients (for one dozen)

2 cups shredded coconut (preferably freshly grated, or dry from package, see *NOTE)
¾ cup granulated sugar
½ cup coconut water (or water, if using dry coconut)

*NOTE: If starting with one fresh coconut, see detailed directions on how to process, on next page. If using dry shredded coconut, try to find the unsweetened type, or if sweetened, reduce the amount of sugar by a couple of tablespoons.

Prepare twelve truffle-sized paper cups on a heatproof tray, such as cookie or muffin pan, and reserve. Place all ingredients in a saucepan over high heat to start melting the sugar. Bring to boil, and cook, stirring occasionally. Continue cooking until most liquid has evaporated; reduce heat to medium, and stir constantly to avoid burning at the bottom of the pan. Do not leave unattended, as the coconut will turn golden brown quickly at this point.

Remove pan from heat promptly, and immediately divide the paste into prepared paper cups, using two spoons to scoop and scrape (photo, right). **DO NOT TOUCH coconut paste with fingers, as it will be very hot.** Allow to cool down to room temperature., then remove from tray:



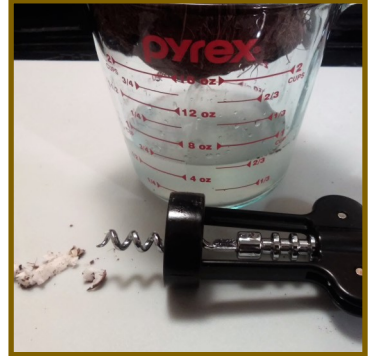
The texture of cocadas doradas is very crunchy and slightly sticky, and they are very sweet, with a clean taste of distinctive coconut flavour; they pair perfectly with a cup of tea or coffee:



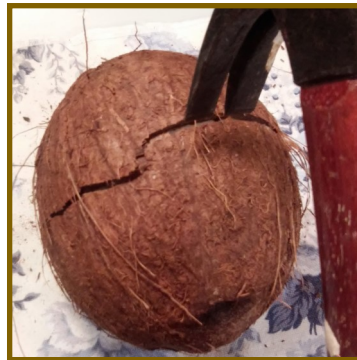
How to Process a Coconut

To choose a coconut at the store, assess its weight and then shake it close to your ear; it should appear heavy for its size, and make a swishing noise.

To collect the juice with no spills, use a screwdriver or a corkscrew to puncture one of the dark round depressions, preferably the smallest one; place coconut on a cup or small bowl, with the hole facing down, and let the juice drain:



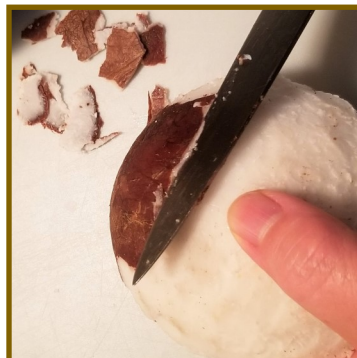
To open the shell, hit along the equator with the claw of a hammer on a very firm surface; the shell will make a sharp cracking sound and neatly break into two pieces. Check the inside of each half, making sure there is no mold (if there is any mold, the juice and flesh are not safe for



To extract the flesh, place the halves on a firm surface, inner side down, then hit with the hammer to break into smaller pieces. Insert the tip of a paring knife between the shell and the flesh, then give it a twist to pop the flesh out of



Discard empty shells. Rinse flesh pieces and pat dry; they will still have a thin layer of brown tissue attached, which is edible, but it may be removed with a vegetable peeler or paring knife:



To shred white flesh, use a cheese grater: