

Recipes Using Coconut Milk



Coconut Milk Pancakes

You will need:

1 (13.5 oz.) can coconut milk	1 $\frac{1}{4}$ cups all-purpose flour	1 $\frac{1}{2}$ tbsp. white sugar
1 tsp. baking powder	$\frac{1}{2}$ tsp. baking soda	$\frac{1}{2}$ tsp. salt
1 egg, beaten	1 tbsp. melted butter	1 tsp. vanilla extract

Instructions:

- Open can of coconut milk. Pour contents into a bowl. Whisk ingredients until well blended. Set aside.
- Combine, flour, sugar, baking powder, baking soda, and salt together in a bowl.
- Whisk coconut milk, egg, butter, and vanilla together in a different bowl.
- Stir into the flour mixture just until the batter is combined.
- Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonful onto griddle.
- Cook until bubbles form & the edges are dry, 3 - 4 minutes. Flip and cook until browned on other side.

Coconut Milk Rice

You will need:

$\frac{3}{4}$ cup coconut milk	1 cup long-grain rice such as jasmine	1 tbsp. sugar
$\frac{1}{2}$ tsp. salt	$\frac{3}{4}$ cup water	

Instructions:

- Open can of coconut milk. Pour contents into a bowl. Whisk ingredients until well blended. Set aside.
- Rinse the rice a few times, until the water that drains away runs almost completely clear.
- In a medium, heavy-bottomed pot over medium-high heat, add rice, water, sugar, salt & coconut milk.
- When liquid comes to a boil, give it a good stir, scraping the bottom of the pot.
- Cover the pot and turn the heat down to low. Cook for 15 minutes.
- Turn off the heat and let sit for 10 minutes. Mix gently with a rubber spatula and season as desired.
- Optional: Add 1 diced mango and/or 1 cup diced pineapple; add $\frac{1}{4}$ cup chopped cilantro and 1 lime, juiced.

Coconut Milk Meatloaf

You will need:

1 cup coconut milk	3 tbsp. olive oil	2- $\frac{1}{2}$ lb. lean ground beef or turkey
1 cup grated carrots, packed	$\frac{1}{2}$ cup cilantro or parsley, chopped	1 cup old fashioned oats
1 bunch scallions, sliced very thin	2 tsp. ginger, optional	2 eggs
2 tsp. ketchup	2 - 3 slices bacon, uncooked	2 tbsp. chili sauce, optional

Instructions:

- Open can of coconut milk. Pour contents into a bowl. Whisk ingredients until well blended. Set aside.
- Mix all ingredients together thoroughly except for ketchup, bacon, and chili sauce.
- Pour mixture into a loaf pan. Top meat loaf with ketchup or ketchup/chili sauce mixture.
- Place uncooked slices of bacon on top of meatloaf. Bake about 1 hour, or until just barely firm.
- Let loaf rest just a few minutes before slicing. Delicious at room temperature as well.

Coconut Milk Lime Chicken

You will need:

1 (13.5 oz.) can coconut milk	1 $\frac{1}{2}$ pounds boneless, skinless chicken breasts or chicken tenders	
2 tbsp. olive oil	2 tbsp. butter	2 green onions, separate greens and whites
2 cloves garlic, minced	$\frac{1}{2}$ cup chicken stock	2 tsp. fresh lime juice
zest of 1 lime	2 tbsp. honey	$\frac{1}{2}$ tsp. red pepper flakes
2 - 3 tsp. fresh cilantro, chopped	salt and pepper to taste	cayenne pepper, optional

Instructions:

- Open can of coconut milk. Pour contents into a bowl. Whisk ingredients until well blended. Set aside.
- Slice chicken breast in half or use chicken tenders. Pound chicken pieces to $\frac{1}{4}$ inch thickness.
- Season with salt and pepper. Heat heavy-duty saucepan over medium-high heat.
- Melt butter with 1 tbsp. of oil. When hot, add chicken and saute until lightly golden, about 1 - 2 min.
- Transfer to a plate. To the same pan, add remaining 1 tbsp. of olive oil and cook white part of onion with garlic for about 30 seconds. Do not burn onion and garlic.
- Stir in chicken stock, lime juice, lime zest, honey, and red pepper flakes. Simmer about 6 - 7 minutes.
- While stirring, scrape to loosen brown bits from bottom of pan. Do not boil.
- Stir in coconut milk and season with salt and pepper to taste. Add cayenne pepper if desired.
- Simmer until thickened, about 10 min. Return chicken to pan.
- Cook until chicken is cooked through, about 4 - 5 minutes. Stir in green parts of green onions.
- Add cilantro and cayenne pepper if desired. Serve over cooked rice.

Coconut Milk Smoothie

You will need:

1 (13.5 oz.) can coconut milk	1 (20 oz. can) crushed pineapple in heavy syrup
$\frac{1}{4}$ cup frozen orange juice concentrate	$\frac{1}{2}$ tsp. vanilla, optional

Instructions:

- Open can of coconut milk. Pour contents into a bowl. Whisk ingredients until well blended. Set aside.
- Place unopened canned coconut milk in refrigerator about 4 hours (or more) before using.
- Place unopened canned crushed pineapple in freezer for about 3 hours before using.
- In a blender, add all three ingredients until well blended. Add vanilla. Serve immediately.
- Could also be mixed with a hand mixer.

Coconut Milk Cookies

You will need for cookies:

$\frac{1}{2}$ cup can coconut milk	1 tsp. baking powder	$\frac{1}{4}$ cup salt
$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ cup butter (room temperature)	2 egg yolks
1 tsp. vanilla extract	$\frac{3}{4}$ cup chocolate chips	$\frac{1}{4}$ cup shredded coconut

You will need for topping:

$\frac{1}{2}$ cup chocolate chips	$\frac{1}{4}$ cup shredded coconut
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Instructions:

- Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
- Open can of coconut milk. Pour contents into a bowl. Whisk ingredients until well blended. Set aside.
- Shake the unopened can of coconut milk until ingredients are well blended.
- In a large mixing bowl, whisk together the flour, baking powder, salt, and brown sugar
- Cut the butter with a fork, until the dough is crumbly like coarse meal.
- Mix in the yolks, vanilla, and coconut milk. Fold in the chocolate chips and coconut until well blended.
- Using a small scoop, place balls of dough on the prepared baking sheet 1" - 2" apart.
- Top each ball dough with a pinch of coconut and a few chocolate chips 4 minutes before final baking.
- Bake 10 - 12 minutes until golden brown. Cool 5 minutes on baking sheet before removing to wire rack.
- Optional: top cookies with extra chocolate chips and roasted coconut for last 5 minutes of baking time.