

Ingredients

Quantity	Ingredient	Measure
1	Medium Coconut	To be Scraped

Method

Cut the coconut, and filter the coconut water in a cup.

Grate the coconut, and grind the scraped coconut in a mixer, and add the coconut water. If it is too dry, add a little water, so that the grinder works smoothly. When it has turned into a paste, take the pulp out in a fine, clean muslin cloth, and hold the four corners to make it a bulge, and turn the bulge into a tourniquet, and squeeze out the juice, into a bowl.

This is called the **THICK JUICE**. When you have extracted all the juice, put the pulp back into the mixer, add more water, and grind it again, till the water turns white. Now take it out, into the same muslin cloth, and squeeze out the juice, into another bowl, and this is called the **THIN COCONUT JUICE**.

. You can repeat this one or more times, till all the juice from the scraping is taken out. Further extracts can be added to the thick coconut juice.

However, the quantity you extract should be sufficient for the recipe. So if more is required, you have to increase the number of coconuts.



Now a days, you get at the super markets, processed coconut juice in tetra packs. You can use

this.

To make thin juice, just add half amount of water. Use this first to grind masala, or cook fish, meat or vegetables. Add the thick juice, at the end.