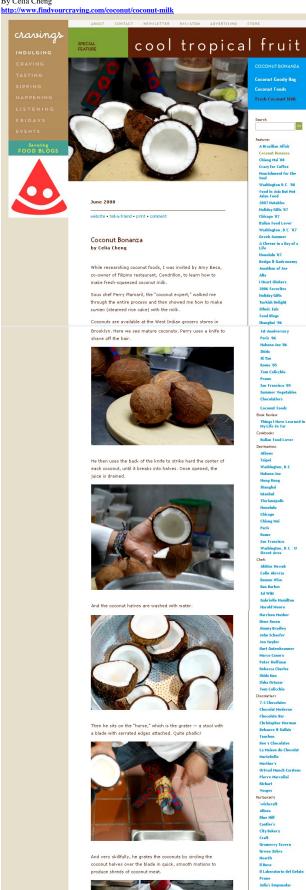
Coconut Bonanza By Celia Cheng





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Squeezing the coconut shreds naturally produces milk (high in oil and sugar content). To create a greater volume of milk, Perry boiled water and poured it over the shreds, letting it soak for a couple of minutes before squeezing again.



And here you have freshly squeezed, incredibly fragrant coconut milk.



Demonstrating a dish that uses coconut milk, he made a special *suman* (steamed rice cake) with purple difet (glutinous) rice from the rice terraces of the Philippines. The rice is heritorin (grain passed down from one generation to another) and is grown organically and purchased at fair trade prices.



The heirloom rice is first soaked. It can be soaked overnight, but we only soaked it for about half an hour, so it would be al dente when steamed.



Perry first heated the fresh-squeezed coconut milk in a large wok, and then added the drained heirloom rice. He cooks until the coconut milk is completely absorbed and evaporated. The only other ingredient is coarse sea salt from the Philippines.



The cooked rice is then wrapped in banana leaves and steamed.



The suman is served with a sauce made from cooked coconut shreds and palm sugar. An absolute delight!

