

FAMILY FAVORITES

By Mrs. Elenore Holland

(Ed. note: This is Mrs. Holland's third group of recipes on Hawaiian dishes. In this series she presents "Cooking With Coconut".)

First of all, I wish to make a correction in one of my Chinese recipes. The pig feet should be cooked in about 1 tablespoon of oil instead of one cup.

Since coconuts are on the market now, I would like to give you some Hawaiian recipes using coconuts. Preparing a Hawaiian dinner here would be nearly impossible unless you could have some of the ingredients like poi and ti leaf (pronounced tea) flown in. I have grown ti leaf here, but not on a scale to make it worth while for cooking.

Haupia, Hawaiian Coconut Pudding

2 grated coconuts ½ cup sugar
2½ cups boiling water ½ cup cornstarch
¼ cup cold milk

Pour boiling water over coconut and stir. Strain this mixture through a cloth. This process makes coconut milk. Mix the cornstarch and sugar together and add milk to make a smooth paste. Heat coconut milk to a boil, add cornstarch-sugar mixture and stir until thick. Remove from heat and pour into a pan and let cool. Cut into two inch cubes to serve.

Coconut Pineapple Candy

1½ cups sugar 1½ cups fresh grated coconut
½ cup water (approximately 1 coconut)
2 teaspoons light corn syrup 4 tablespoons crushed pineapple drained

Combine sugar, cornsyrup and water and boil until combination spins a thread two inches long. Remove the crystals from the side of the pan with a damp piece of cloth wrapped around a fork or a pastry brush dipped in water. Remove the syrup from heat. Stir in the coconut and pineapple then boil the mixture until very thick. Remove from heat. Beat until it becomes creamy and is of the proper consistency to drop from a teaspoon on waxed paper. Yields 24 candies.

Coconut Drops

4 cups sugar 1 large coconut grated
½ cup coconut milk ½ teaspoon almond extract
(water) or vanilla

Place the sugar and the coconut milk in a saucepan and heat, stirring constantly to 218 degrees (soft ball stage). Add grated coconut and cook for 15 minutes, stirring constantly. Remove from heat, add extract and beat until thick. Drop from spoon on waxed paper.

Fresh Coconut Candy

3 cups sugar ¾ cup coconut water or plain water

Boil until soft ball is formed in cold water, then add the following:

3 cups shredded coconut 1 teaspoon vinegar
Pinch of salt ½ teaspoon vanilla

Boil ten minutes, remove from heat and keep taking a little out at a time. Beat mixture in a dish until creamy and drop by spoonfull on waxed paper.

You may color these candies any color you like to pretty them.

An easy way to crack and peel a coconut is to remove water by punching two holes in the coconut's eyes, blow air into coconut and cover hole with finger. Tap all over the coconut with a hammer and give it one hard crack then heat the cracked pieces in the oven for a short time. Lift out the meat with a blunt knife and then use a potato peeler to remove the brown covering.

Ehlers to Speak This Afternoon

Vic Ehlers, head of the guidance center in Houston, will be the guest speaker for the Extension Service club today at 3 p.m. in the Memorial Student Center.

A film entitled "Who is Delinquent?" will be shown during the meeting.

PE Student Wives To Meet Monday

The next meeting of the Petroleum Engineering Student Wives club will be this Monday at 8 p.m. in the Petroleum Engineering building.

The purpose of the meeting will be to elect officers for the year and appoint a constitution committee. Temporary leaders who were appointed are Mesdames Jessamy Tomlinson, Virginia Ridings and Patricia Cato.

Hostesses for the meeting will be Mesdames Mary Jo Boswell, Doris Rosenbaum and Bobby Barkedale.

Child Psychology To Be Discussed

Mrs. Mable H. Sewell will speak at the next meeting of the Dames club Tuesday, at the YMCA on child psychology.

"Childhood Shows the Man as Morning Shows the Day" will be the subject Mrs. Sewell will present. The Dames club has asked that the public feel welcome to attend this meeting. Fathers of young children are particularly urged to come.

Hostesses for the meeting are Mesdames Olga Cech, Joyce McCandless and Marge Parsel. Refreshments will be served.

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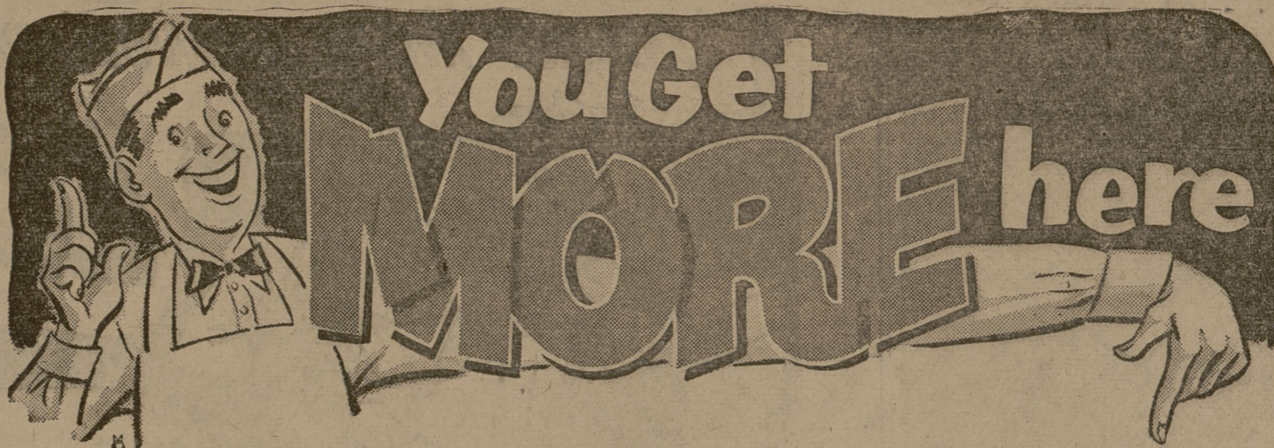
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