



Coconut Chicken Stew

INGREDIENTS:

1 pound skinless, boneless chicken breast, cut into bite-sized chunks
1 medium yellow onion, chopped or sliced
1 cup peeled potatoes, cut in 1-inch chunks
1 cup halved baby carrots
1 (9 ounce) package frozen baby lima beans
1/4 (12 ounce) can diced tomatoes
1 cup **Earth's Choice coconut milk**
1 cup fat-free, reduced-sodium chicken broth
1 tablespoon cumin
1 tablespoon curry powder
Salt and pepper to taste
1/4 teaspoon hot sauce (such as Tabasco), or to taste
Parsley or cilantro for garnish

DIRECTIONS:

Put all ingredients in a large microwave-safe bowl and mix thoroughly. Cover tightly and microwave on high for 30-40 minutes.

Coconut Rum Flan (Flan de Coco y Ron)

INGREDIENTS:

1-1/2 cup sugar, divided
5 large egg yolks
3 large whole eggs
1-3/4 cups **Earth's Choice coconut milk**
1 cup milk
3 tablespoons dark rum (Havana 7 year reserve if you have it)

DIRECTIONS:

Heat oven to 325 degrees. Have ready a 9" round glass pie dish.

Place a clean kitchen towel in bottom of shallow baking pan large enough to hold pie dish. Fill baking pan with enough boiling water to come halfway up sides of dish; transfer baking pan to oven.

Place 3/4 cup sugar in a heavy-bottomed, medium skillet. Place over medium-high heat; cook until sugar begins to melt, swirling pan. Cook until melted and medium-dark brown, about 5 minutes. Remove from heat; pour caramelized sugar into pie dish. Swirl dish until sugar evenly coats bottom; let cool.

In a large bowl, whisk together remaining 3/4 sugar, salt, egg yolks, and whole eggs until combined. Pour into pie dish. Transfer to hot-water bath in oven. Bake 45-50 minutes.

Refrigerate at least 4 hours. When ready to serve, run a knife between flan and pie dish. Place a serving dish on top of flan and invert. Slice, and garnish with any remaining syrup.

Simple Chicken and Coconut Milk Curry

INGREDIENTS:

2 Tbsp. vegetable oil
1 1/2 tsp. whole black peppercorns
3 1-1/2-inch pieces of cinnamon stick
10 whole cloves
8 whole cardamom pods
3 dried red chilies
1 Tbsp. fresh, grated ginger
8 chicken thighs, skinned
1 14-oz. can Earth's **Earth's Choice coconut milk**
salt to taste

DIRECTIONS:

Over high heat in a medium-sized heavy pot, heat the oil. Add the peppercorns, cinnamon, cloves, cardamom and red chilies. Stir until the cardamom darkens slightly. Add the ginger, give a few stirs and add the chicken and coconut milk. Salt very lightly. Add enough water to just cover the chicken pieces. Bring to a boil, turn down to a simmer and cook uncovered for 40 minutes. The sauce will have thickened slightly. Season to taste. Try it with a squeeze of lime.

Hawaiian Coconut cake

INGREDIENTS:

>CAKE:

1 cup butter, softened
2 cups sugar
4 large eggs
2 3/4 cups all purpose flour, sifted
2 teaspoons baking powder
1 teaspoon salt
1 cup milk
1 1/2 teaspoon vanilla extract
1 1/2 teaspoon almond extract
2 Tablespoons sugar
1/4 cup Earth's **Earth's Choice coconut milk**

>FROSTING AND FILLING:

2 1/2 cups sour cream
2 1/2 cups sugar
1/2 teaspoon almond extract
2 cups coconut

*For frosting part you will also need 8 oz whip topping and 1/2 cup of cream of coconut.

DIRECTIONS:

>CAKE:

Beat butter at medium speed with an electric mixer until creamy; gradually add 2 cups sugar, beating well. Add eggs 1 at a time beating until blended after each addition.

Combine flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in flavorings. Pour batter into 3 greased and floured 9" round cake pans.

Bake at 350 degrees (325 for dark pans) for 20 to 25 minutes or until a wooden pick comes out clean when inserted in the center of cake. Cool in pans on wire rack for 10 minutes; remove from pans, and cool on wire racks.

Combine 2 Tablespoons sugar with coconut milk, heat in microwave for 30 seconds and stir to dissolve sugar. Brush each layer with the coconut mixture.

>FROSTING AND FILLING:

Stir sour cream, sugar, extract and coconut in a bowl, mix well (mixture will be thin). RESERVE one cup for later.

Put bottom cake layer on cake plate frost with filling, add the second layer and repeat, top with last layer. Add 8 oz whip topping and 1/2 cup cream of coconut to reserved frosting. Frost top and sides; add additional coconut to top and sides as well. Refrigerate for several hours before serving.