THE FRANKLIN BAKER COMPANY for many years has been recognized as the dominant factor in America's Coconut Industry.

Fresh Coconut prepared in its own delicious milk, ready for use, is their crowning achievement after years of experiment.

There is a rapidly extending appreciation of Fresh Coconut, not only as a pleasing, but as a nutritious food, applicable and easily adaptable to daily use.

In offering this article there is a precaution the manufacturer feels worth mentioning. Before using in cake icings, cake frostings and dishes in which any extra liquid would make the finished product too moist, it is important to press milk thoroly from contents as shown below:
In coconut-growing countries the tender freshly grated meat of the coconut is used as a staple food, oftentimes taking the place of meat for the substantial part of the meal. Coconut soups, loaves, curries, breads and salads are looked upon with as much favor as coconut cakes, pies, puddings, and other desserts.

This popularity is largely due to the coconut being used fresh. Now there are only two ways of securing fresh coconut; either buy the whole nut and go to the bother of preparing it at home—a mean finger skinning task that always musses up the kitchen—or merely purchase Baker's Fresh Grated Coconut in cans—packed with the original delicious rich milk which retains all the natural flavor of the fresh nut.

This treat from the Tropics is not only palatable and delicious, but ranks among the highest in nutritive value of nut foods.

Baker's Canned Coconut is distinctively different from the old fashion dry coconut, which we still sell in paper cartons. Although these recipes are prepared especially for Fresh Grated Coconut in cans, many are adaptable to the use of Desiccated Sweetened Coconut. However, Baker's Canned Coconut is the only really satisfactory coconut for preparing the original dishes suggested in this book.

The Franklin Baker Company
PHILADELPHIA  NEW YORK

NOTE — Over 30,000,000 Coconuts are opened annually in our Brooklyn Sunshine Factory—the largest industry of its kind in the world
Hawaiian Coconut Curry

1 Can of Baker's Fresh Grated Coconut
1 Cup of dried beans
1 Cup of rice
2 Cups of tomatoes (not too wet)
2 Tablespoons of shortening

Soak the beans over night, drain and cover with boiling water. Boil until tender. Put shortening into saucepan, add the peppers and celery; cook until tender, but not brown. Add tomatoes, beans, coconut, coconut milk, sugar, salt and curry powder. Cook slowly 30 minutes, add cornstarch which has been mixed with cold water; boil 5 minutes. (Adding egg to dressing improves it.)

While the above is cooking wash the rice, put on in 4 quart of boiling water and boil 25 minutes; drain and blanch with boiling water. Line casserole or baking dish with the rice, put the coconut, beans and tomatoes in center, sprinkle with a little paprika and chopped parsley and brown slightly in oven if desired, or serve plain.

Jamaican Coconut Potatoes
(Just as delicious as they are novel)

1 Can Baker's Fresh Grated Coconut
6 Medium-sized potatoes
2 Tablespoons fat

Press milk from coconut, as shown. Bake potatoes until tender. Cut lengthwise and remove center. Mash in warm bowl, add coconut and other ingredients, and mix well. Refill potato shells heaping high with the mixture. Brown under broiler or in hot oven. Save the milk: rich enough for baking or cooking; makes a delicious drink.

Candied Sweet Potatoes with Coconut

1 Can of Baker's Fresh Grated Coconut
4 or 5 Sweet potatoes
1 Cup milk

Parboil potatoes, peel and slice lengthwise. Place layer in greased bake dish, sprinkle over with Fresh Grated Coconut, alternate layers of Potatoes and Coconut.

Over the dish pour sauce of 1 1/2 cups coconut and cows' milk, into which one egg has been beaten. Season with 1 cup sugar, 1 teaspoon of cinnamon, 1/2 teaspoon mace or nutmeg and bake in hot oven 20 minutes.

Coconut Fritters

1 Can Baker's Fresh Grated Coconut
1 1/2 Cups flour
3 Teaspoons baking powder
1/2 Teaspoon salt
1 Cup milk and coconut milk

Mix and sift dry ingredients. Add milk; beat until smooth, then add drained coconut. Fry as fritters in deep fat.
Coconut Loaf

1 Can of Baker's Fresh Grated Coconut
1 Cup of rice
1 Cup of strained tomatoes or tomato soup
1 Tablespoon of scraped onion
2 Level teaspoons of salt
1 Level tablespoon of butter
1 Cup chopped celery
1 Egg
1 Tablespoon parsley
1 Level teaspoon of poultry seasoning

Wash rice thoroughly, boil with 1 cup of boiling water in top of double boiler for 3/4 hour. Add tomato, coconut, coconut milk, egg and seasoning; mix well. Put in mold or bowl and bake for 40 minutes or steam for 1 hour. Turn out on deep platter. Serve with cheese, tomato or cream sauce.

Coconut Milk Bread

1 Can Baker's Fresh Grated Coconut
1/2 Cup coconut milk
1/2 Cup cows' milk


Same mixture excellent for gems, rolls or muffins.
Baked Tomatoes—Coconut Stuffed
(A delightful change from the usual)

1 Can Baker's Fresh Grated Coconut
6 Medium sized tomatoes
1 Cupful cooked rice

Press milk from coconut. Hollow out the tomatoes, chop the pulp and mix it with the rice, celery (or celery salt) and \( \frac{1}{2} \) of the coconut. Season to taste. Stuff the tomatoes with the mixture. Pour some of the coconut milk in the pan; place tomatoes close together in pan; sprinkle with coconut and bake until tender—not until they fall apart.

Coconut Waldorf Salad

1 Can Baker's Fresh Grated Coconut, drained
1 Cup finely diced tart apples
1 Cup finely cut celery

Mix apple, celery and coconut, sprinkle with lemon juice. Make French dressing with 4 tablespoons oil, 4 tablespoons orange juice, add salt and paprika to taste. Line salad bowl with young lettuce leaves or shredded green lettuce. Pile salad in center and turn the dressing over it. Dots of tart red jelly or maraschino cherries add greatly to the attractiveness.

Burmese Salad

To above add \( \frac{1}{2} \) cup chopped pimentos (\( \frac{1}{2} \) cup chopped onions optional) and place in mould over which pour mixture of 1 tablespoon gelatine dissolved in pint of hot water. When set slice and serve with mayonnaise.

Coconut Prune Delight
(Delightful, and easily made)

1 Can Baker's Fresh Grated Coconut
1 Lb. prunes

Press milk from coconut, as shown. Wash prunes carefully and soak in cold water. Bring to a boil in same water as soaked. Simmer one hour. Remove pits. Fill each with teaspoon of drained coconut. Serve with prune juice, boiled down with a bit of lemon peel, or with whipped cream, and a sprinkling of nutmeg. Save the coconut milk: rich enough for baking or cooking: makes a delicious iced drink.

Follow same recipe for Peach Delight.

Coconut Quick Bread

1 Can Baker's Fresh Grated Coconut
3 Cups flour
1 Teaspoon salt
\( \frac{1}{2} \) Cup sugar
3 Teaspoons baking powder
1 Egg
1 Cup of coconut and cows' milk

Sift flour, salt, sugar and baking powder together. Add milk and Pressed Coconut, lastly well-beaten egg. Put in well greased pan, let rise twenty minutes. Bake forty minutes in rather slow oven.
Coconut Biscuits

1 Can of Baker's Fresh Grated Coconut
2 Cups of flour (1 cup white flour and 1 cup barley, potato or rice flour)
4 Teaspoons of baking powder

½ Teaspoon of salt
2 Tablespoons of shortening
2 Tablespoons of sugar
¾ Cup of coconut milk and cows' milk mixed

Sift the flour, baking powder and sugar together. Rub in shortening very lightly with tips of fingers. Add pressed coconut saving 3 tablespoons to sprinkle over top. Add coconut milk to make dough. Pat ¾ inch thick on flour board. Cut with biscuit cutter. Brush tops with coconut milk and sprinkle with coconut. Bake in hot oven. This makes 20 good sized biscuits or 24 small biscuits.

Coconut Rice Pop-Overs

½ Can Baker’s Fresh Grated Coconut
1 Level cupful cold boiled rice (½ pint)
1 ¼ Level cupfuls flour
4 Level teaspoonfuls baking powder

4 Level tablespoonfuls sugar (2 oz.)
3 Eggs—separated
2 Cupfuls (1 pint) coconut milk and cows’ milk
1 Level teaspoonful salt

Mash rice until smooth and mix with drained coconut; sift flour, baking powder sugar and salt together twice. Beat yolks of eggs; add whites beaten to a stiff froth, and stir them into the rice. Then add milk and coconut milk (which have been mixed together) and flour alternately, and beat until smooth.

Have gem pans greased and a little flour sifted into each; fill each two-thirds full with mixture, and bake in hot oven for fifteen minutes. Serve hot with butter or maple syrup or cinnamon and sugar. Also as a dessert with preserved fruits.

Coconut Corn Muffins

(Saves shortening, and eggs)

½ Can Baker’s Fresh Grated Coconut
¾ Cup coconut milk
¾ Cup corn meal
¾ Cup flour

3 Teaspoonfuls baking powder
1 Tablespoonful sugar
½ Teaspoonful salt
2 Tablespoonfuls melted fat
Optional: 1 egg

Press milk from coconut, as shown. Mix the dry ingredients. Add the coconut milk, shortening, and lastly fold in the fresh grated coconut. Beat well and bake in well greased shallow pan about 20 minutes; or in muffin pans 12 to 15 minutes.

Coconut Bran Muffins

Mix dry ingredients. Rub in fat. Add molasses, milk and coconut. Stir in egg without separating white and yolk. Grease and heat muffin pans and fill one-half full. Bake 20 minutes in a hot oven. Use up the other ½ can in Coconut Delight or Coconut and Apple Pudding.
Jamaican Coconut Potatoes
(Just as delicious as they are novel)
(See Page 2)

Coconut Waldorf Salad
(See Page 4)

Coconut Charlotte Russe or Short Cake
(Very quickly and easily made)
(See Page 8)
Coconut Prune Delight
(Delightful, and easily made)
(See Page 4)

Coconut Pepper Salad
(Original and very nourishing)
(See Page 8)

Tropical Sandwiches
(See Page 9)
Coconut Oatmeal Cookies

1 Can Baker's Fresh Grated Coconut 1 3/4 Cup coconut milk
3 Eggs Small amount of mace or nutmeg
1 1/2 Cups sugar 1 Teaspoonful cinnamon
1/2 Cup butter or shortening 1 Teaspoonful allspice
2 Cups flour 3 Heaping teaspoonfuls baking powder
2 Cups rolled oats
1/2 Cup raisins (chopped)

Cream butter and sugar; add eggs beaten lightly; then coconut milk and flour alternately (which has been sifted with Baking Powder) then add coconut (pressed from the milk), seasoning, and beat well.

Coconut Tomato-Jelly Salad

1 Can Baker's Fresh Grated Coconut 1 Teaspoonful salt
2 Tablespoonfuls granulated coconut 1/2 Cupful cold water
1 Quart stewed tomatoes 1 Teaspoonful sugar
1/2 Cupful cold water Lettuce
Mayonnaise

Stew and strain the tomatoes, add salt and sugar. Soak the gelatine in the cold water for fifteen minutes. Pour the hot strained tomatoes over it and stir till all is dissolved. Add the coconut. Pour into small cups which have been wet in cold water. Chill. Place on lettuce leaves and garnish top of each with mayonnaise dressing—sprinkle with coconut and a dash of paprika.

Coconut Pepper Salad

(Original and very nourishing)

1 Can Baker's Fresh Grated Coconut Salt—paprika—mayonnaise
6 Green peppers Optional: 1 pkt. cream cheese
6 Tablespoons ripe olives, pitted (1/4 lb.) or cottage cheese

Press milk from coconut, as shown. Cut slices off tops of peppers, scoop out insides. Cut olives into small pieces and mix with 1/4 of the drained coconut and the cheese. Add seasoning. Fill pepper shells with mixture; 1 tablespoon mayonnaise on top of each. Serve on crisp lettuce; sprinkle remaining coconut over top, and a dash of paprika. Save the milk: rich enough for baking or cooking; makes a delicious iced drink.

Coconut Charlotte Russe or Short Cake

(Very quickly and easily made)

1 Can Baker's Fresh Grated Coconut 1/4 Pint whipping cream (or marshmallow whip)
1 Sponge cake 2 Tablespoonfuls powdered sugar

Press milk from coconut, as shown. Cut the sponge cake lengthwise in two layers; beat the cream until stiff, adding sugar (or use ready-made whip). Place half of cream on one layer and cover with coconut; then cover other layer the same way, and serve. Don't waste the coconut milk; rich enough for baking and cooking; makes a delicious iced drink.
Tropical Sandwiches

1 Can of Baker's Fresh Grated Coconut  
1 Cup of stoned dates or chopped figs  
1 Cup of seeded raisins  
2 Tablespoons lemon juice  
1/4 Teaspoon salt

Put coconut, dates and raisins or figs through food chopper. Add other ingredients and use as filling for sandwiches. Especially tasty for war breads.

Boiled Icing

1/4 Cup Baker's Fresh Grated Coconut  
1 Cup granulated sugar  
1 Egg white  
1/4 to 1/2 Cup water or coconut milk

Boil sugar and liquid until syrup spins a thread. Beat egg white until dry and then pour the syrup into it drop by drop beating constantly.

When ready to use add the coconut from which the milk has been thoroughly squeezed. If coconut is wet the icing may run; so we suggest spreading pressed coconut thinly on a platter while preparing the cake to insure evaporation of any surplus moisture.

Coconut Chocolate Layer Cake

1 Can Baker's Fresh Grated Coconut, drained  
1/4 Cup milk drained from coconut  
1/4 Cup shortening  
1/4 Cup sugar  
1/4 Cup grated chocolate  
2 Eggs  
2 Cups flour (1 wheat, 1 barley or equal)  
4 Teaspoons baking powder

Mix dry ingredients, rub in fat, add 1/2 cup drained coconut and coconut milk. Bake in layers. Put together with coconut icing made with 1/2 the coconut. Sprinkle with remaining coconut.

Coconut Marshmallow Frosting

1 Can Baker's Fresh Grated Coconut  
20 Marshmallows (1/4 pound)  
1 Level cupful (1/4 pound) sugar  
1 Cupful (1/2 pint) coconut milk and water  
1 Egg white  
1 Level teaspoonful baking powder  
1 Teaspoonful almond extract

Melt Marshmallows in double boiler. Cook sugar, coconut milk and water until soft ball will form in cold water. Pour into the stiffly beaten white of egg mixed with baking powder; add marshmallows, coconut, and flavoring, beating until a consistency to spread on cake. (Sufficient for one cake.)
Coconut Sunkist Ambrosia

1 Can Baker's Fresh Grated Coconut 4 Oranges
2 Bananas or 1 cup pineapple

Slice fruit, mix well, sweeten to taste. Sprinkle pressed coconut over fruit. Delicious variations of this delightful dessert can be made with any seasonable fruit, as cherries, diced apples, berries, etc.

Coconut Blanc Mange

1 Can Baker's Fresh Grated Coconut
2 1/4 Cups coconut milk and cows' milk, scalded

6 Tablespoonfuls cornstarch
Pinch of salt
1 Teaspoon almond extract

Mix the cornstarch with one quarter cup of cold milk; add salt and slowly stir scalded milk into the cornstarch. Cook over water for 12 minutes, stirring until it thickens. Add pressed coconut and almond. Stir well. Turn into a wet mould to set.

Coconut Nectar Pudding

1 Can Baker's Fresh Grated Coconut
3 Tablespoonfuls sugar
1 Egg white
1 Teaspoonful gelatine
1 Cup coconut milk (water added to make 1 cup)
1 Tablespoonful lemon juice

Add the boiling coconut milk to the gelatine which has been soaked in tablespoonful cold water until gelatine is dissolved. Add lemon juice and sugar; then strain. When thick, beat until foamy, then slowly add one-half of the coconut, which has been pressed, and beat until it holds its shape. Mould and serve with orange sauce. Sprinkle with other half of coconut.

Sauce

1 Egg yolk
1 Tablespoonful lemon juice
4 Tablespoonfuls powdered sugar
3 Tablespoonfuls orange juice

Beat egg yolk until thick, adding the sugar and then the fruit juice. Serve with Coconut Nectar Pudding.

Coconut Cup Custard

1 Can Baker's Fresh Grated Coconut
2 Eggs
1/2 Cupful coconut milk
1 Cupful milk

2 Cupful sugar
Pinch of salt
1 Level teaspoonful of butter

Mix one-half of the coconut (which has been drained) with other ingredients. Pour into four buttered custard cups. Put in pan of water in moderate oven and bake until firm. Sprinkle balance of coconut on top and brown under broiler or in oven.
Coconut Layer Cake

1/2 Cupful of Baker's Fresh Grated Coconut
3/4 Cupful of butter
1 Cupful of granulated sugar
2 Eggs

2 1/2 Cupfuls of flour
2 Level teaspoonfuls of baking powder
1/2 Cupful of coconut milk

Cream butter and sugar until light; add well-mixed yolks of eggs, coconut milk, half the sifted flour and baking powder, the coconut which has been thoroughly drained. Beat the whites of eggs until light; fold in and add the rest of flour. Pour in lined cake tins and bake in moderate oven about 25 minutes. Use remaining coconut in the icing and to sprinkle cake.

MAY ALSO BE BAKED AS LOAF CAKE.

Coconut Meringue Pie

1 Can Baker's Fresh Grated Coconut
2 Eggs
3/4 Cup sugar

1 Pint milk (using coconut milk)
2 Level tablespoonfuls corn starch
Pinch salt

Press coconut, save milk. Add cows' milk to make one pint. Place on slow fire to warm, adding sugar. Separate eggs. Dissolve cornstarch in a little cold milk, add the beaten yolks and salt. Stir into milk, cook until thick, stir in about 3/4 of coconut meat. Pour into baked crust, cover with very stiffly beaten whites to which 2 tablespoonfuls of powdered sugar have been added, sprinkle with balance of coconut meat; brown in very quick oven.
Coconut Custard Pie

1 Can Baker's Fresh Grated Coconut
1/2 Cupful sugar

Pinch of salt
3/4 Cupful milk
2 Eggs

Beat eggs, milk, sugar and salt together; add can of coconut, pour into pie tin lined with pie crust. Bake in moderate oven on bottom rack thirty to thirty-five minutes or until set. Try with silver knife; when knife comes out dry, the pie is done, if the coconut and custard separate it has baked too long.

Coconut Rice Pudding

1 Can Baker's Fresh Grated Coconut
1 Cup cooked rice
1 Egg

3 Tablespoons sugar
1/2 Teaspoonful salt
1/2 Cup of cows' milk and coconut milk mixed

Beat egg until light. Add sugar, milk and cooked rice. Fill greased pudding dish with alternate layers of this mixture and Baker's Fresh Grated Coconut. Bake in a moderate oven until brown. Serve with cream.

Coconut-Apple Pudding

1 Can Baker's Fresh Grated Coconut
1 Quart apples
1/4 Cup granulated tapioca
1/4 Cup brown sugar

1/2 Teaspoonful salt
1 Teaspoon butter
1 Tablespoonful red tart jelly
1/2 Teaspoon lemon rind

Wash tapioca and boil with coconut milk and water, to make four cups, until clear; add salt and half the sugar. Butter baking dish, pour in the tapioca. Wash, pare and quarter the apples and put them on the tapioca. Sprinkle the thoroughly pressed coconut over the top, and the balance of the sugar, place in moderate oven and bake 30 to 35 minutes or until a light brown. Serve cold and garnish with red jelly, put on in small pieces, or whipped cream.

Coconut Betty

1 Can Baker's Fresh Grated Coconut
2 Cups finely diced or crumbed bread
1/4 Cup coconut milk and cows' milk mixed

2 Eggs
Pinch of salt
1 Level teaspoon of butter
1 Diced apple
1/2 Cup chopped raisins

Beat eggs, sugar, salt and milk together; add can of coconut. Butter earthen baking dish, put in half the bread, half the coconut and fruit mixture, the rest of bread and balance of ingredients. Season with cinnamon and mace. Spread coconut over top; bake in slow oven one hour. Bran or whole wheat bread is best for this pudding.

Serve with lemon or orange pudding sauce.
Sea Foam

1 Can Baker's Fresh Grated Coconut
2 Cupfuls dark brown sugar

1 Cupful coconut milk and water*
2 Egg whites
Pinch of baking soda

Put sugar and coconut milk into saucepan, stir until dissolved and boil until it spins a thread. Remove from fire and stir into beaten egg whites. Beat until stiff; add soda and \( \frac{1}{2} \) the thoroughly pressed coconut. Drop a teaspoonful at a time on a buttered platter; sprinkle top with coconut. Put in cool place to set.

*Put coconut milk in cup and fill with water.

Coconut Chocolate Fudge

1 Can Baker's Fresh Grated Coconut
2 Cups brown sugar

4 Level tablespoonfuls chocolate
2 Level tablespoonfuls butter
\( \frac{1}{2} \) Cup coconut milk

Press the contents of can thoroughly. Put sugar, coconut milk, chocolate and butter in saucepan. Boil, stirring all the time, for 10 minutes, or until it forms a soft ball when dipped in cold water. Add coconut, boil five minutes, remove from fire and beat until cool. Pour in buttered tins and cut in squares before it hardens.

Coconut Meatless Mince for Pies

2 Cans Baker's Fresh Grated Coconut
3 Pints chopped green tomatoes, rhubarb or pared watermelon rind
3 Pints chopped apples
1 1/2 Cups seeded raisins
4 Cups brown sugar (or 2 cups sugar and 2 cups molasses)

1 Chopped lemon (or \( \frac{1}{2} \) cup vinegar)
3 Teaspoons cinnamon
1 Teaspoon cloves
\( \frac{1}{4} \) Teaspoon of each: mace, nutmeg, allspice and pepper
2 Teaspoons salt

Simmer for three hours or cook in double boiler and turn in glass jars and seal while hot. Use for pies in usual manner.

Coconut Mousse

Put one can Baker's Fresh Grated Coconut through a food chopper into a saucepan, place on the fire; add one-half cupful sugar and 1 tablespoon Granulated Gelatine, stirring constantly until dissolved. Remove from the fire, pour into a bowl, set on ice and stir briskly till cold. Then add a pint of sweetened whipped cream. Pour the mixture into a covered mould, pack in pounded ice and salt and leave for two hours. Serve in sherbet glasses.

Garnish with whipped cream sprinkled with coconut.
BAKER'S
FRESH GRATED
COCONUT
WITH THE MILK

SACKETT & WILHELM CORP., N.Y. & PHIL.