

PANDEMIC PANTRY RECIPES ~ APRIL 1, 2023
CRAZY ABOUT COCONUT

Easy Blender Pina Colada

(Serves 4)

The traditional blended pina colada recipe doesn't use frozen pineapple, but I find it adds a bit more flavor and reduces the amount of ice needed.

- 1 cup white rum
- 1 cup pineapple juice
- 1 can cream of coconut (preferably Coco Lopez brand)
- 1 12 ounce bag frozen pineapple chunks
- 3 cups ice cubes

Golden rum or dark rum as a topper (optional)

Place ingredients in a very sturdy blender (like a Vitamix) and pulse until smooth. Pour immediately into glasses, add a lime wedge, a shot of dark rum (optional), and top with a maraschino cherry and of course a fancy paper parasol. You can also place the mixture in a Ziploc bag and store in the freezer. You will want to blend this again to bring back that smooth consistency.

Coconut Cake

(serves 12 or 4 if you have the Live Studio Audience or Aunt Pam in your home)

- 2 and 1/2 cups cake flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 3/4 cup (1.5 sticks) unsalted butter, softened at room temperature
- 1 and 2/3 cups granulated sugar
- 5 large egg whites, at room temperature
- 1/2 cup sour cream, at room temperature
- 2 teaspoons pure vanilla extract
- 1 teaspoon coconut extract
- 1 cup canned coconut milk, at room temperature
- 1 cup sweetened shredded coconut

Preheat oven to 350°F. Grease one 10" x 3" cake pan, line with parchment paper rounds, then grease the parchment paper.

Sift the cake flour, baking powder, baking soda, and salt together. Set aside.

Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the butter and sugar together on medium-high speed until smooth and creamy, about 2 minutes.

Scrape down the sides and up the bottom of the bowl with a rubber spatula as needed.

Beat in the egg whites until combined, then add the sour cream, vanilla extract, and coconut extract. Beat until combined. Mixture will look curdled as a result of the varying textures and solid butter combining. Scrape down the sides and up the bottom of the bowl as needed. With the mixer on low speed, slowly add the dry ingredients and coconut milk. Beat on low speed until combined, then add the shredded coconut. Whisk it all by

hand to make sure there are no butter lumps at the bottom of the bowl. The batter will be slightly thick.

Pour batter evenly into cake pan. Bake for 25 minutes or until the cake is baked through. To test for doneness, insert a toothpick into the center of the cake. If it comes out clean, it's done. Allow to cool completely then invert on a wire rack. The cake must be completely cool before frosting and assembling.

Coconut Cream Cheese Buttercream

1 cup unsalted butter, softened to room temperature
8 ounces full-fat block cream cheese, softened to room temperature.
5 cups confectioners' sugar
2 Tablespoons canned coconut milk
1/2 teaspoon pure vanilla extract
1/2 teaspoon coconut extract
1/8 teaspoon salt
2 cups sweetened shredded coconut

In a large bowl using a handheld or stand mixer fitted with a whisk or paddle attachment, beat the butter and cream cheese together on medium speed until creamy and smooth, about 2 minutes. Add confectioners' sugar, coconut milk, vanilla extract, coconut extract, and salt with the mixer running on low. Increase to high speed and beat for 3 minutes. Add more confectioners' sugar if frosting is too thin, more coconut milk if frosting is too thick, or an extra pinch of salt if frosting is too sweet.

Using a large, serrated knife, slice a thin layer off the top of the cake to create a flat surface. Cut the cake into 2 even layers. Discard (or crumble over ice cream!). Place 1 cake layer on your serving plate. Evenly cover the top with about 1 and 1/2 cups of frosting. Use the rest to cover the sides. Sprinkle coconut on top of the cake and apply it to the sides. Decorate with fresh flowers.

Easy Coconut Rice *(serves 4)*

2 cups jasmine rice
1 can full fat coconut milk
1 1/2 cups water
1 teaspoon kosher salt
1 teaspoon granulated sugar
Fresh cilantro or roasted shishito peppers as a garnish (optional)

In a medium heavy sauce pan with tight fitting lid, place rice, coconut milk, water, salt, and sugar.

Bring the mixture to a boil over high heat. Once it starts to boil, turn the heat down to low and cook covered for 20 minutes. Uncover and continue to cook for 5 minutes.

Fluff and serve with some chopped cilantro on top (optional).

Vegan Savory Coconut Pasta

(serves 4 as a side dish)

2 cups canned coconut milk
2 tbsp nutritional yeast
2 tbsp cornstarch
1/4 cup water
1 tsp garlic powder
1 tsp onion powder
1 tsp sea salt, or to taste
Juice of 1 lemon
Fresh cracked black pepper, to taste
Pasta
16 oz pasta of choice
2 cups fresh broccoli or broccolini, chopped
8-10 oz mushrooms of choice chopped

Cook the pasta: Start your pasta water (preferably salted) boiling before you do anything else. This is key to making this dish as fast as possible. Keep an eye on it and throw in the pasta when it's come to a boil. Cook according to package directions and drain (do not rinse) when cooked.

Chop the veggies: Give your veggies a quick chop

Cook the veggies: Now, heat a large skillet over medium high heat and saute your mushrooms for about 5 minutes, letting them stick to the pan a bit before you add any liquid. Once they start to stick, you can deglaze either with water or a little low sodium soy sauce for more flavor. Add in the chopped broccoli, a few tablespoons of water, and turn down the heat to medium low. Cover and steam for about 5-7 minutes, or until the broccoli is tender. If anything has stuck to the pan, you can add a tad more water or low sodium soy sauce to deglaze it.

Make the sauce: Drain the cooked pasta and leave in the colander for a moment. Add the coconut milk, lemon juice, spices, and nutritional yeast to the empty pasta pot and whisk to combine. Heat over medium high heat for 3-4 minutes until hot. In a measuring cup or small bowl, add the water and cornstarch, and whisk together until the powder dissolves. Then whisk this mixture into the coconut mixture in the pot. Stir in for about a minute, then turn the heat down to medium and cook, stirring frequently, until the sauce has thickened, about 3 minutes.

Combine: Add the pasta back to the pot and stir to combine the sauce and pasta. You can either add your cooked mushrooms and broccoli/broccolini straight to the pot or just add them to your plate of pasta.

Serve: Serve immediately and enjoy!

Store: Refrigerate leftovers in an airtight container for up to 5 days if it lasts that long.



Creamy Coconut-Lime Salmon

(serves 4)

4 tbsp. coconut oil, divided
4 (6-oz.) skinless salmon fillets, patted dry
1 tsp. kosher salt, divided
1/2 small onion, minced
6 cloves garlic, minced
1 1/2" piece ginger, grated or very finely chopped

1 can full fat coconut milk
1 tbsp. fresh lime juice, plus lime wedges for serving
2 tbsp. chopped fresh basil
1 medium spicy chili pepper, seeded and chopped as a garnish

In a large cast-iron skillet, heat oil over medium-high heat. Season the salmon with ½ teaspoon salt. When oil is hot but not smoking, add salmon skin side up. Let sit undisturbed until golden and salmon easily releases from pan, about 4 minutes. Use a thin metal spatula, flip salmon and cook until golden on the other side, about 2 minutes more. Remove to a plate.

Reduce heat to medium and add oil and onion to skillet. Cook, stirring occasionally, until softened, 2 minutes. Add garlic and ginger and cook, stirring, until fragrant, 1 minute.

Stir in coconut milk and bring to a simmer. Cook, stirring occasionally, until thickened, 5 minutes. Stir in lime juice and remaining ½ teaspoon salt.

Remove from heat and return salmon to pan. Garnish with basil, chili, and serve with lime wedges.

Chicken Massaman Curry *(serves 4)*

4 tablespoons vegetable oil, divided
3 tablespoons red curry paste
1 (3/4 inch thick) slice ginger, peeled and minced
6 cloves minced garlic
4 large bone-in chicken thighs with the skin on
½ cup peanut butter
3 tablespoons brown sugar
3 tablespoons fish sauce
3 tablespoons tamarind paste
3 cups, baby Yukon Gold potatoes cut in half
1 (13.5 ounce) can coconut milk
3 tablespoons fresh lime juice
Roasted peanuts and cilantro to garnish

In a heavy cast iron skillet, heat the vegetable oil, pat the chicken dry, add salt and pepper and place skin side down in the heated skillet until it is golden. (about 4 minutes). Remove from the skillet and place on a platter.

Place the potatoes cut side down in the skillet (add a little more oil if necessary) and cook until golden. Remove and add to the chicken.

In a large, heavy sauce pan, heat the oil. Stir in curry paste, minced ginger and garlic, cook for 2 minutes until aromatic. Mix in peanut butter, brown sugar, fish sauce, tamarind paste and stir to combine. Add the chicken and potatoes along with the coconut milk. Bring to a boil. Cover and place in a 350 degree oven for about 30 minutes.

Garnish with roasted peanuts and cilantro. Serve with rice.

