

Coconut Milk

Coconut milk is a white, thick liquid extracted from freshly grated mature coconut meat. It contains fats, proteins, vitamins, sugar, amino compounds, carbohydrates and minerals.

Coconut milk is an important part of the daily diet in coconut-producing countries, and is valued mainly for its characteristic nutty flavor and nutritional content. It comes into two forms – liquid and powder.⁷

- **Liquid Coconut Milk** is the white creamy liquid extracted from freshly grated mature coconuts. It can be pasturized, canned, and frozen for re-manufacturing purposes or for direct consumption.
- **Coconut Milk Powder** is spray-dried coconut milk combined with emulsifiers to improve the texture of the products.



COCONUT MILK



General Uses:

- ✓ Makes a refreshing drink when diluted with iced water
- ✓ Ingredient to spice up flavor of various dishes (meat, fish and other seafood, poultry, vegetables)
- ✓ Ingredient in various desserts and delicacies
- ✓ Substitute for fresh milk in the preparation of bakery products, confectioneries, and native products requiring coconut flavor

The Philippine local milk industry utilizes coconut milk, which is a rich source of vegetable fat, to substitute for imported butterfat. Coconut milk is a cheaper source, contains natural emulsifiers and is much easier to blend with skim milk.

Coconut Milk products are prepared using a significant amount of comminuted coconut meat and expelled, where most filterable fibers and residues are excluded, with or without coconut water, and/or with additional water, thermally processed appropriately and sealed in a container to prevent spoilage.⁸

Types of Coconut Milk Product:

- **Light Coconut Milk** – The product obtained from either the bottom portion of centrifuged coconut milk or by further dilution of coconut milk.
- **Coconut Milk** – The dilute emulsion of comminuted coconut meat in water with soluble and suspended solids.
- **Coconut Cream** – The emulsion extracted from matured coconut meat with or without the addition of coconut water/water.
- **Coconut Cream Concentrate** – The product obtained after the partial removal of water from coconut cream.

⁷ Product Information, Philippine Coconut Authority, www.pca.gov.ph. Accessed on 25 May 2020.

⁸ FPDD Guide No. 2 — Series of 2014, Philippine Coconut Authority, www.pca.gov.ph. Accessed on 25 May 2020.