

Coconut Water Based Products

a) Packaged Tender Coconut water

Coconut water is a healthy drink used as such. It is obtained from the coconut of 9 months from the pollination. It is rich source of potassium, protein and minerals. It is an oral rehydration medium. In order to bring the product commercially in the market, CDB in association with Défense Food Research Laboratory, Mysore has developed a technology for packing tender coconut water in pouches/ aluminium cans with shelf life of more than six months under normal ambience condition and 12 months under refrigerated condition. Tender coconut water is collected in sterile condition, upgradation processes are done and pasteurized. They are later packaged after filtering. Additional sweeteners are added accordingly.

b) Nata de Coco

Nata de Coco is a chewy, translucent, jelly-like substance produced by the bacterial fermentation of coconut water.

Raw materials required are:

- 1 kg. fresh coconut, grated
- 325 mL or 1¼ cups glacial acetic acid
- 600 g or 3 cups refined sugar
- 500 ml or 2 cups coconut water
- 12 L tap water
- 2 L nata starter

1. Mix grated coconut with water. Strain thru cheesecloth.
2. Add the rest of the ingredients and mix.

3. Pour the mixture into clean sterile fermenting basins or jars (2 inches depth). Set aside starter for use in 3-5 days.

4. Ferment for 12-14 days.

5. Harvest. Wash.

6. To cook it into a dessert:

Cut nata into cubes or desired size. Boil in several changes of water until acidic taste or smell is completely removed. Cook in sugar at 1:1 ratio. If desired, add pineapple as flavouring.

c) Coconut Vinegar

Vinegar was produced from fermenting coconut toddy and was commonly used in the preparation of fish and meat dishes. If toddy was fermented for more than 24 hours and acidification was done for 10-14 weeks and the resultant was coconut vinegar

