



CLASSIC TRINI COCONUT BAKE

Directions :

I used 2 small/medium dry coconuts for this recipe.

Break the coconuts, remove the flesh, and slice or dice it into small pieces. Place the pieces into your blender and add enough water to cover the coconut by about 1 inch. Blend until you reach your desired texture.

Do not strain the mixture –you want both the coconut milk and the blended husk for maximum flavor and softness.

In a large bowl, combine:

- 8 cups flour
- $\frac{3}{4}$ tbsp salt
- 6 tbsp butter
- 1 tbsp yeast
- 3 tbsp sugar
- 3 tsp baking powder
- $\frac{1}{2}$ tsp baking soda

Rub the butter into the flour until it resembles fine crumbs.

Start adding your blended coconut mixture. I used 4 cups (four $\frac{1}{4}$ -cup measures) of the blended coconut, but you may need slightly more or less depending on your flour.

Mix until the dough comes together into a shaggy mass. Turn it out onto a lightly floured surface and knead for about 6 minutes, until the dough is smooth.

Lightly oil a bowl, place the dough inside, coat the top with a little oil, and let it rest for 45 minutes.

After rising, degas the dough. Roll it out and/or cut it into your desired shapes. Place the pieces on a parchment-lined tray, dock the dough with a fork, cover, and let it rest for another 45 minutes.

Preheat your oven to 350°F.

Bake for 20–30 minutes, depending on the thickness and size of your bake. It should come out beautifully golden brown.

I love mine simple with butter and cheese, but you can't go wrong with a real Trini classic– saltfish buljol, bhaji, or even stewed chicken (don't knock it till you try it!).

