

Making Coconut Stew

1. Which fat do we use in this recipe? _____
2. Write down the steps to extract coconut milk from the coconut. Use the words in the box:

grate	add water	mix	strain	collect
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Read and answer the questions below:

Coconut vegetable stew is a mild and creamy dish from Kerala. It is made by cooking vegetables in coconut milk. Vegetables used in the stew can be changed. This means that the recipe can have different varieties. For example, one version may contain cauliflower and carrots, while another may contain potatoes, peas and beans.

Coconut oil is often used to cook the onions and spices. Whole spices such as cardamom, cloves, cinnamon and black pepper give the stew a gentle aroma. Ginger, green chilli and curry leaves also add flavour.

Kerala vegetable stew is commonly served with appam. Stew can also be eaten with idiyappam, steamed rice, bread or chapati. The soft vegetables and creamy gravy make it easy to eat.

3. Match

Ingredient or dish	Description
1. Coconut milk	a. A soft, lacy rice dish
2. Appam	b. Gives aroma and flavor
3. Carrot	c. Gives the stew a creamy texture
4. Whole spices	d. An orange vegetable
5. Curry leaves	e. Add a fresh aroma

4. What is the main liquid in coconut stew?

- a) Tomato juice
- b) Coconut milk
- c) Lemon juice
- d) Plain oil

5. What kind of taste does coconut stew usually have?

- a) Very hot
- b) Very sour
- c) Mild and delicate
- d) Very sweet

6. Which of these is a whole spice?

- a) Carrot
- b) Cardamom
- c) Potato
- d) Coconut milk

7. Which ingredient gives the stew a coconut flavor?

- a) Coconut milk
- b) Beans
- c) Onion
- d) Black pepper

8. Which dish is traditionally served with Kerala vegetable stew?

- a) Appam
- b) Noodles
- c) Pizza
- d) Sandwich

9. Write True or False.

1. Coconut stew is usually a very spicy dish. _____
2. Potato, carrot and beans can be used in the stew. _____
3. Appam is commonly served with coconut stew. _____
4. The vegetables cannot be changed in the recipe. _____
5. We should wash our hands before cooking. _____