

THE FEARLESS OLIVE
BY REEMA ISLAM



Go green, go coconutty

As the year draws to an end, here are some fun mocktails you can serve during the many weddings, parties and social events coming up. Go green, go Coconutty! Let a bit of Harry Belafonte enter your lives and call out to the coconut-uh woman and enjoy the heady mix of different juices and fruits with our best thirst quencher: daab er pani. Here's looking to a healthy November!

Used as an intravenous saline drip for many allied forces soldiers during the WWII, green coconut water is also believed to bestow spiritual growth according to the Hindu religion. In ancient times, Women in Hawaii were not allowed to eat coconuts just as they are still not allowed to touch a coconut tree in Bali, for fear of draining the tree of its fertility. Coconuts are known to have originated from regions around the Indian ocean and due to their buoyancy, their seeds have travelled far and wide now available in all tropical destinations. The coco-

nut palm is known as kalpa vriksha in Sanskrit, meaning "tree which gives all that is necessary for living," because nearly all parts of the tree can be used in some manner or another.

COCONUT MILK THAI SOUP WITH CHICKEN

Ingredients:

½ kg boneless skinless chicken breasts
Handful of chopped spring onions
1 red bell pepper, sliced
4 garlic cloves, minced
2-inch piece of fresh ginger, peeled and finely chopped
1 large carrot, peeled and shredded
2 jalapeño or larger chilis, seeded and minced
1 cup shiitake mushrooms, sliced (available in dried form as well)
4 cups chicken stock
500 ml of 1 can full-fat coconut milk
1 tbsp. fish sauce
1 tsp. lemon zest
Fresh minced herbs, such as coriander or basil/tulsi



Lime wedges (for serving)

1 tbsp. organic ghee (my regular readers know how I advise using organic ghee.. though sparingly!)

Salt and freshly ground black pepper to taste

Method:

In a large wok or pan, sauté the spring

onions, garlic and ginger, stirring frequently, until softened. Add the carrot, red bell pepper, jalapeño, and mushroom, and cook until softened. Add the chicken, chicken stock, coconut milk, and fish sauce. Bring the soup to a boil then reduce to a simmer and cook until the chicken is cooked thoroughly. Remove the chicken

Experience the *extra* Half



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