

A bittersweet concoction

HOW TO EXTRACT THE PALM PULP

Peel the fruit, separate the seeds (there are usually three segments) and cut off the fibres with a pair of scissors.

Just rub the fibre over the colander holes till the pulp passes through. Collect the pulp once all the fibre has been given this scrubbing. Pass it through a sieve. Collect the golden pulp, which is now ready for use.





