

Herald Cafe

Essence of the Coast: COCONUT in Goan delicacies

Goa's enduring affinity for coconuts is manifested in numerous ways. A central component of Goan cuisine, the coconut adds rich flavors and textures to many time-honored dishes

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From the captivating sway of the coconut palms to the prominent role coconut plays in enhancing the flavors of traditional dishes like the aromatic Xacuti, Goa's deep-rooted connection with this versatile fruit has endured for generations and continues to strengthen over time. Its multifaceted utility is evident in the diverse forms it takes, including fresh, grated, dried, milk, and oil.

A staple in Goan curries, coconut milk provides a creamy base, particularly in seafood dishes like Xitt Codi (fish curry) and Sannas (sweet, fluffy rice cakes) served with curries. It also gives a rich, mild sweetness to many vegetarian curries. Freshly grated coconut is used as a garnish in many Goan dishes, adding texture and enhancing flavor. It's often sprinkled over

rice, fish, or vegetable dishes. It is also an essential ingredient in many Goan sweets such as Khole and Patoleo (a rice dumpling stuffed with grated coconut and jaggery, generally wrapped in a turmeric leaf).

Traditionally, coconuts were grated using a 'kantonnem', an iron grater affixed to a wooden stool or occasionally an old, worn plough share, where the individual performing the grating would sit while executing the task. In contemporary times, the process of grating coconuts has been significantly simplified, as the traditional low 'kantonnem' has been adapted and elevated onto higher stools, enhancing comfort during use. Furthermore, electric coconut graters are now accessible, and to add convenience, pre-grated coconut is readily available in the marketplace.

Traditionally, in Goan cooking, coconut oil was used for frying, tempering, or as a cooking medium. It imparts

a unique aroma and flavor to the food. 'Vindaloo, a popular spicy Goan pork recipe, gets a whole new flavor when prepared using Coconut oil, and we make it that way till date,' says Antoneta Carvalho from Colva.

'Fish curry, Xacuti, Caldinho, Bebinca, Batica, Dhodhol, Vonn, Sanna, Laddus and Barfi, reminds people of the coconut, grown in our tropical coastal Goa, which is an integral part of Goan cuisine, imparting a distinct flavor and texture to Goan food, thus offering a delicious culinary experience to those visiting the state. I cannot forget gulping down my throat, a glass full of refreshing tender coconut water on a hot sunny day,' says Chef Moses from Panjim.



SHEVYO/SHIRVODEO

Ingredients:

For the Shevgo:-

- 500 grams Rice (Goan par boiled rice (ukade rice) which is unpolished rice.)
- 2 tps Salt

For the Coconut & Jaggery mixture:-

- 4 cups Shredded fresh coconut
- 2 cups Jaggery (Mix palm and cane jaggery)
- 4 tps cardamom powder

PROCEDURE:

1 Wash the rice. Soak the rice overnight.

2 Next day, grind the rice with sufficient water to make a smooth free flowing batter. Add salt. Mix well.

3 Pour the batter in small utensils used for steaming.

4 Steam for 10 minutes. The Rice 'sannas' are now ready.

5 Remove the rice 'sannas' from the steamer and place them in the 'Shevgo'

(shevgo maker).

6 Roll and press the machine to make the rice noodles with the help of a banana leaf or a plate placed underneath the machine. (Press while the rice cakes are hot). Keep the shevgo aside.

To prepare the coconut & jaggery mixture:-

- 1 Cut the jaggery into pieces.
- 2 Powder, it using a grinding stone or simply put it in a mixer.
- 3 Mix the coconut and jaggery well.
- 4 Add cardamom powder.
- 5 Now combine the jaggery mix with the earlier prepared rice noodles.



COMMON GOAN DISHES USED MAKING COCONUT

VERDUR
KISMOOR
AATOL
THIZAN
BOLINHAS
COCADO
ALLE-BELLE
FILOZ
DOÇE DE GRÃO



A TRADITIONAL GOAN COCONUT GRATER DOUBLES AS A FISH SCALER, SHELL SPLITTER, VEGETABLE CUTTER



GOA OPEN ARTS: AFFORDABLE GOAN ART EXHIBITION



TRAVEL TRENDS 2025: PACKAGES, SET-JETTING & SOLO WOMEN TRIPS

SWIPE RIGHT



Jessica Simpson and Eric Johnson split after ten years

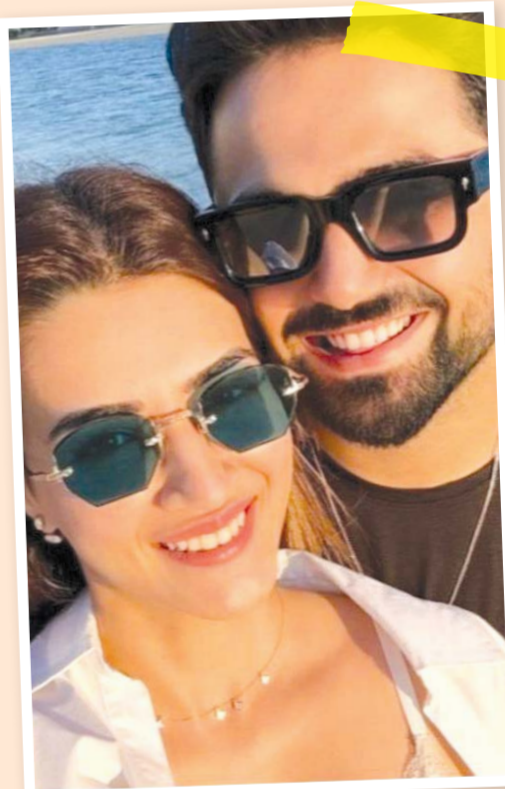
Eric and I have been living separately, navigating a painful situation in our marriage," Jessica shared in a statement to ET. "Our children come first, and we are focusing on what is best for them. We are grateful for all of the love and support that has been coming our way, and appreciate privacy right now as we work through this as a family." The two share three kids together - Maxwell, 12, Ace, 11, and Birdie, 5.



Venkatesh, Rana and family Booked in Demolition Case



The Filmnagar police have registered a case against actor Venkatesh Daggubati, his nephew and actor Rana Daggubati, and their family members, including producer D. Suresh Babu, and his son D. Abiram for alleged house trespass and criminal conspiracy in the Deccan Kitchen demolition case.



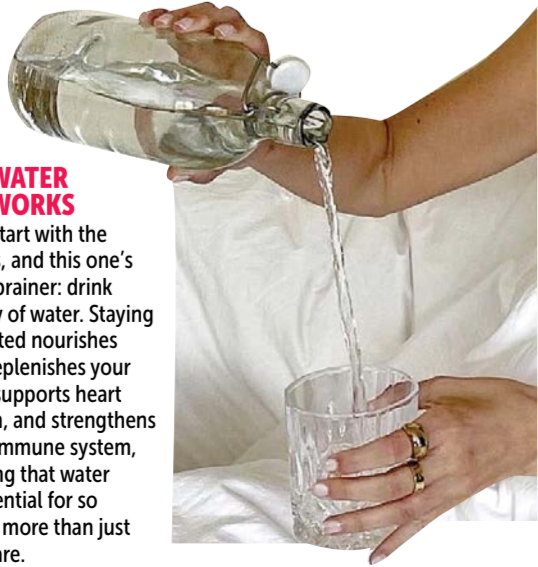
Kriti Sanon and rumored boyfriend Kabir Bahia's romantic UNSEEN PICS from their New Year vacation go viral

Skincare that will help you glow in 2025

Neglecting your skin is not something you should be doing this year. Keeping this in mind, here are a handful of dos and don'ts to keep an eye out for and help your skin feel fresh

1 WATER WORKS

Start with the basics, and this one's a no-brainer: drink plenty of water. Staying hydrated nourishes and replenishes your skin, supports heart health, and strengthens your immune system, proving that water is essential for so much more than just skincare.



2 SLEEPING SOLUTION

As children, sleep was often used as a form of punishment, but adulthood has taught us that sleep can be one of the best escapes from reality. While it's tempting to lose yourself in the endless scrolling for just five more minutes, put the phone down and prioritise a full eight hours of rest. This not only helps the body repair and regenerate but also supports overall well-being.

3 SUN SHIELD

Sun exposure can be harsh and damaging to the skin. When applying sunscreen, be sure to cover not just your face and neck, but also your eyelids, which are often overlooked. Choose either cream or spray sunscreen and apply it generously, ensuring full coverage to protect your skin from harmful UV rays while preventing further hyperpigmentation or scarring of any existing spots.



4 NO TO POPPING

Popping acne is like making a mistake- it can happen in the blink of an eye, but its scars can last much longer than you'd expect. Instead of popping or touching pimples, rely on spot treatments to help them heal. Of course, this will require self-control, but that's another resolution worth adding to your 2025 list.

5 YES TO ICE FACIALS

Feeling puffy? Try an ice facial by dunking your face in a bowl of ice cold water. This quick technique can help tighten the skin, reduce inflammation, and stimulate blood flow, leaving your complexion looking fresh and rosy.

6 SHOWER TIPS

Every lonely soul will agree that a hot shower feels like a long-overdue hug. But spending too much time, especially under scalding water, can strip your skin of moisture and disrupt the natural oils and fats that keep it looking plump. To keep your skin healthy, it's best to avoid hot showers and stick to lukewarm water instead.

7 HEALING BARRIERS

In many cases, you may not even realise your skin barrier is damaged- but chances are, it probably is. To revive and

restore it, keep an eye on your skin's pH levels and use products enriched with ceramides, glycerin, and hyaluronic acid to hydrate and heal.

