

How to make Vanessa Bolosier's coconut slaw

Food writer Vanessa Bolosier is frank, funny, and a champion of Creole Caribbean.

Having been based in London for the last 16 years, her cookbook – *Sunshine Kitchen* – shares her version of Creole Caribbean food; one that draws on the way her parents and grandparents cooked, traditional dishes from Guadeloupe and Martinique, with a few contemporary angles and tweaks.

The recipes in the book though doesn't lend itself to looking artful on a sparse white plate.

"I try, but it's big bowls!" Vanessa says.

"It's not sexy food, but it is delicious food and it's food that people just dig in and get at together."

This recipe is one of the most popular from the book.

"Coconut is my favourite fruit in the world. I love it because it's so versatile: from starter to dessert, the possibilities are endless," adds Vanessa.

"I created this recipe because I love coconut souskay – a traditional Martinique recipe – but always felt it lacked something, a bit of a kick, creaminess, texture..."

"This recipe is one of my guests' favourite, always on the request list for menus at my supper clubs."



● *Sunshine Kitchen: Delicious Creole Recipes From The Heart Of The Caribbean* by Vanessa Bolosier is priced £12.99.

INGREDIENTS (SERVES 4)

1 coconut
Quarter of a carrot, coarsely grated
1 small piece (about 3cm) fresh ginger, finely grated
Quarter of a Scotch bonnet chilli, very finely chopped (optional)
1 lime
4tbsp coconut milk

METHOD

- 1 Break the husk of the coconut and scoop out the meat. Wash the meat and pat dry with paper towels. Coarsely grate the coconut meat into a mixing bowl.
- 2 Add the carrot, ginger and chilli and season with salt to taste.
- 3 Squeeze in the lime juice, add the coconut milk and stir to mix evenly. Cover with clingfilm and place in the refrigerator for one hour before serving.

