



椰  
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是  
你

THE  
COCONUT  
JOURNAL

by KIT HIN







# Pure & Natural

from the land of Borneo

## COCONUT FLOWER NECTAR





# COCONUT NECTAR CUISINES

EAT DIVERSIFICATION







**Natural Coconut Palm Nectar**  
Sarawak, Borneo



- ✓ Gluten Free    ✓ Vegan    ✓ Preservative Free
- ✓ Unrefined    ✓ High Nutrient    ✓ No Cane Sugar Added
- ✓ Low Glycemic Index (GI 35)    ✓ Sustainable Sweetener
- ✓ Pure Coconut Flower Blossom Nectar

## WHY CHOOSE COCONUT NECTAR?

Coconut Nectar is a wholesome natural sweetener which nutritional content far richer than all other commercially available sweetener.

Coconut nectar containing key vitamins, minerals and phytonutrients (including potassium, zinc, iron and vitamins B1, B2, B3 and B6) that have been leached out of refined (white) sugars.). Compared to brown sugar, coconut nectar has 18 times the potassium, 30 times the phosphorus and 10 times the amount of zinc. Coconut Nectar has a low glycaemic index of 35, avoiding the sudden highs and lows associated with refined sugars. Low Glycemic Index (GI35) helps promote excellent health and maintain lower blood sugar and insulin levels.

By comparison, most commercial agaves are GI 42, Honey is GI 55 and Cane Sugar are GI 68.

A pure and unrefined evaporated coconut nectar can be used as 1:1 ratio as a replacement for high Fructose Sweetener (Agave, Corn, Maple) and cane sugar.

## COCO SUGAR HAS MORE NUTRITIONAL CONTENT THAN OTHER SUGARS

Coco Sugar has more nutritional content than other sugars. The glycemic index (GI) breaks down to:

- Low-glycemic have a GI of <55
- Moderate-glycemic foods have a GI of 56-69
- High-glycemic foods have a GI of >70

Sweetener	Glycemic Index
<b>Stevia</b>	<1
<b>Erythritol</b>	<1
<b>Agave Syrup</b>	11
<b>Coconut sugar</b>	35
<b>Dates</b>	42
<b>Barley Malt</b>	42
<b>Maple Syrup</b>	54
<b>Honey</b>	55
<b>Blackstrap Molasses</b>	55
<b>Turbinado Sugar</b>	65
<b>White Sugar</b>	80
<b>High Fructose Corn Syrup</b>	87



Coconut Flower Blossom



Farmer tapping the coconut flower blossom



Collecting the nectar



Boil the translucent nectar to golden brown color to become toddy sugar



Coconut Sugar

## HOW COCONUT NECTAR MADE





# THE BENEFITS OF COCONUT PALM SUGAR

## NON-GMO

GMOs have been linked with numerous health issues, including infertility, immune issues, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system.

## RICH IN VITAMINS

Coconut palm sugar contains a variety of vitamins including twelve of the essential Vitamin B complex.

## PURE

Coconut palm sugar is free of chemicals, synthetic adulterants, preservatives, artificial colors, artificial flavours, fermenting agents, or additives.

## RICH IN AMINO ACIDS

Coconut palm sugar contains 16 amino acids. Amino acids are required to build proteins that are used throughout the body for the growth, repair, and maintenance of body tissues, enzymes, hormones.

## LOW GLYCEMIC INDEX

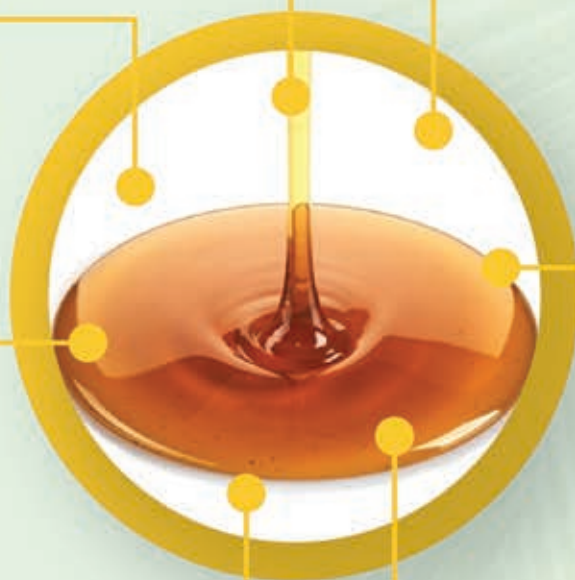
Coconut palm sugar has a glycemic index of 35-40. Diets that incorporate low-glycemic foods lead to better glucose and insulin regulation, the prevention of disease, increased energy and improved mood.

## UNREFINED

Diets rich in whole and refined foods contain high concentrations of antioxidant phenolics, fibers and numerous other phytochemicals that may be protective against chronic diseases.

## RICH IN MINERALS

Coconut palm sugar contains many minerals including potassium, magnesium, zinc, iron, boron, sulfur, calcium and copper.



























## *Irish coffee*



*5 mins*

*"The coffee for drinkers"*

### IRISH COFFEE (serves 1)

1 shot (about 30ml or 1.5 oz) of Irish Whiskey  
(warmed if you want to keep your drink hot)  
1 tbsp of Gula Melts Coconut Nectar  
1 heaped tbsp of whipped cream  
Hot strong coffee to fill coffee glass

Pour the warmed whiskey into a warmed coffee glass.  
Add the Gula Melts Coconut Nectar and stir in the coffee.  
Float the whipped cream on top.  
Do not stir.  
Drink the coffee through the cream.





## *Chia seed pudding*



*serves 4*



*soak overnight*

*"too easy to make"*

Soak one quarter cup chia seeds to 1 cup almond milk  
(water or fresh milk)

Stir well.

Soak overnight or a few hours at least.

Top with your favourite fruit or nuts.

Drizzle with Gula Melts Coconut Nectar





## *Chocolate Ganache*



*serves 4*



*10 mins*

*"the harmless chocolate"*

### THE HARMLESS CHOCOLATE GANACHE. ( NO REFINED SUGARS )

1 cup heavy cream

100 grams dark chocolate, chopped (99% cacao)

4 tablespoons Gula Melts Coconut Nectar

### METHOD

In a heavy saucepan, boil the heavy cream.

Remove from heat. Add the chocolate pieces.

Let mixture stand covered until chocolate has softened,  
then whisk until smooth.

You can pour the ganache over smoothies, desserts  
or place it in the fridge and smooth it over cakes,  
doughnuts or muffins.





## Crème caramel



serves 6



35 mins

*"Gula Melts Coconut Nectar takes the place of the caramel and gives this recipe a fragrant accent."*

### INGREDIENTS

1 cup milk  
1 cup heavy cream  
2 eggs  
2 egg yolks  
1 teaspoon vanilla extract  
½ cup water  
½ cup sugar  
Gula Melts Coconut Nectar

### METHOD

Pre-set oven to 170C (340F)  
Heat milk and cream below a boiling point and then set aside.  
Add vanilla extract.  
Beat the eggs well and add coconut sugar. Trickle in the hot milk while beating.  
Strain through a sieve.  
Pour mixture into ramekins - distribute evenly.  
Put water into baking tray – fill to about 1cm (1/3 inch) high.  
Poach the ramekins in oven, uncovered, for about 35 minutes until golden and firm to touch.  
Chill.  
Pour Gula Melts Coconut Nectar before serving.





## *Salmon Teriyaki*



*serves 1*



*10 mins*

*"a healthier teriyaki sauce"*

### TERIYAKI SAUCE

#### INGREDIENTS:

- ½ tablespoon Gula Melts Coconut Nectar
- 1 tablespoon soya sauce
- 1 tablespoon mirin
- ½ tablespoon cooking oil
- 1 tablespoon sake

#### METHOD:

Combine all the ingredients and simmer over medium flame until thickened.  
Garnish with sesame seeds.





## Baked eggplant



serves 2



15 mins

*"The aroma of this sauce is the perfect complement to the eggplant"*

### INGREDIENTS for sauce

3 tablespoons Gula Melts Coconut Nectar  
2 tablespoon cooking oil  
1 yellow onion (chopped)  
3 tablespoon dark soya sauce (unsweetened)  
2 tablespoons soya sauce

1 globe eggplant  
Fresh chilli - for garnishing

### METHOD

Cut eggplant in half, brush with 1 tablespoon oil and bake until soft.  
Heat remaining oil in pan, sauté the onion until fragrant.  
Add Gula Melts Coconut Nectar, dark and light soy sauce.  
Pour over eggplant.





## Malaysian Satay



serves 6



40mins

(does not include  
1 hour marination time)

*"skewers of marinated meat  
with spicy peanut sauce  
for the perfect BBQ"*

### MALAYSIAN SATAY

First make the beef or chicken skewers, then put together the delicious peanut sauce.  
This recipe has many ingredients, but is easy to put together with a blender, and well worth the effort!

#### SATAY SKEWERS - INGREDIENTS

1 kg beef or chicken, 1 tablespoon ground coriander, 1 teaspoon ground fennel,  
2 teaspoons ground cumin, 360 gm small red onions, 5 stalks lemongrass,  
3 thin slices galangal, 5 cm ginger, 1/3 cup Gula Melts Coconut Nectar  
1 dessertspoon ground turmeric, salt to taste  
For basting the skewers while grilling ½ cup coconut milk ½ cup oil

#### METHOD

Cut meat into 1-2 inch cubes. Grind all the dry ingredients to a smooth paste, and mix with the Gula Melts Coconut Nectar. Season to taste. Use the ground paste to marinate the meat for at least one hour. Skewer the meat cubes with a bamboo stick (wet the sticks to prevent them from burning) and grill over BBQ. Baste frequently with the coconut milk/oil mixture until meat is cooked.

#### SATAY SAUCE

##### INGREDIENTS

200 gm shallots, 5 stalks lemongrass, 5 cm fresh turmeric, 20 dried chillis, 5 gm coriander powder, 5 gm cumin powder, 80 gm tamarind juice, 15 gm salt, 130 gm Gula Melts Coconut Nectar, 80 gm oil, 200 gm toasted peanuts – ground roughly, 200 gm thick coconut milk

##### METHOD

Blend all ingredients except the peanuts and coconut milk. Add oil, fry blended paste until fragrant -3 to 5 minutes. Stir in the coconut milk and continue frying until milk bubbles. Add ground peanuts, mix well and turn off heat. Serve in small dipping bowl to accompany the satay meat skewers.





## Beef Teriyaki



*serves 2*



*10mins*

*"So quick! So simple!  
It's all in the sauce!"*

### INGREDIENTS

350 gm of beef tenderloin  
2 tablespoons sake  
2 tablespoons Gula Melts Coconut Nectar  
2 tablespoons soya sauce  
2 tablespoons mirin  
1 tablespoon cooking oil  
Sesame seeds for garnishing

### METHOD

First make the Teriyaki sauce by combining the sake, mirin, soya sauce and Gula Melts Coconut Nectar in a saucepan and simmer over a medium flame until slightly thickened.

In a hot grilling pan, pour the oil. Over high heat, sear the beef on all sides until brown. Pour the prepared teriyaki sauce onto the hot pan and turn the meat over and over until fully coated with the sauce.

Cook to desired level [rare = 2 mins, medium = 4 mins, well done = 5 mins]. per side.

Remove beef from the pan and let it rest 5 minutes. Cut into 1cm thick slices, pour remaining sauce to coat the meat and garnish with sesame seeds.



### 3 LAYER MILK TEA WITH COCONUT SUGAR

## 椰花糖三色奶茶



### Method 方法:

1. Coconut Sugar Syrup - Combine ingredient A in a saucepan and cook over low heat until coconut sugar block completely dissolved. Set aside.  
椰子糖浆 - 结合成分A在锅里用小火煮，直到椰子糖块完全溶解。搁置。
2. Thick Black Tea - Bring water to a boil, reduce to low heat and add tea bags brew for 5 minutes.  
厚红茶 - 把水烧开，降低小火，加入茶包冲泡5分钟。
3. In a long glass, add 5 table spoon of coconut sugar syrup at the bottom of the glass.  
在一个长的玻璃杯，在玻璃的底部添加椰子糖浆5汤匙。
4. Add ice cube and gradually pour in thick black tea  
加入冰块和厚红茶逐渐倾。
5. Top with desired amount of thick coconut milk, fresh milk or fresh milk.  
顶配的浓椰浆所需的量，鲜奶或鲜牛奶。

### Ingredients/材料:

#### (A) 椰花糖浆

- 500gm Coconut Sugar Block  
椰花糖 (2粒 500克) - 椰糖在高温烹煮时，会自然的溶化为椰花糖酱。
- 250 ml water  
250 ml 开水

#### (B) 红茶

- 500ml water  
500ml 热开水
- 3 black tea  
3袋红茶叶

#### (C) 椰浆

- Ice Cubes  
冰块
- Thick Coconut Milk (Can be replaced with Fresh Milk, Fresh Cream)
- 浓椰浆 (可以是新鲜牛奶，鲜奶油代替)



# 摩摩喳喳



## 材料:

- 红豆
- 绿豆
- 红蕃薯
- 黄蕃薯
- 芋头
- 香兰叶 Pandan leaf
- 西米露 Chia Seeds
- 椰浆
- 黄蕃薯
- 椰花糖 (2粒 500克) – 椰糖在高温烹煮时，会自然的溶化为椰花

## 做法:

1. 将红、绿豆煮熟备用；将红、黄蕃薯、芋头、香兰叶一起泡水约3分钟即可取出备用。
2. 西米露煮至透明状，取出用冷水冲凉备用。
3. 将红、黄蕃薯和芋头煮至软熟备用。
4. 将椰浆与西米露加入锅中，用中火煮滚至5分钟即可熄火。  
(可用 CHIA SEED 取代西米露，把 CHIA SEED 倒入锅中，中火煮滚即可)
5. 将甜品加入椰花糖拌匀即可享用。



# 椰花糖牛奶果冻



## 配料:

- 500毫升 (2杯) 水
- 250克椰子糖
- 20gm 果冻粉
- 1香兰叶，打结
- 300毫升 (1¼杯) 椰奶 或鲜奶

## 烹调方法:

1. 添加500毫升的水，椰糖和香兰叶放入锅中。以中火煮至椰糖完全溶解。
2. 卸下盖子，香兰叶，加入果冻粉。充分混合溶解（1分钟）。
3. 加入椰奶。充分混合溶解（1分钟），
4. 倒入椰糖果冻液倒入盘。让它冷却（约1小时），并弹出它在冰箱硬化. 轻轻地从模具中取出椰糖果冻，并将其放置在一个大托盘或碟子。



## COCONUT NECTAR CARAMEL SAUCE



### Ingredients :

- 200ml coconut nectar / coconut sugar syrup / (250gm Coconut Sugar Block)
- To melt Coconut Sugar Block – 250gm (1 Cube of Coconut Sugar Block with 250ml water boil to simmer)
- 2 tablespoons coconut oil / unsalted butter
- Dash or two of unrefined salt  
½ cup / 100ml Coconut Milk or Full Cream Milk
- 1 teaspoon vanilla (Optional)

### Method :

1. In a small saucepan, put in the coconut sugar syrup, and coconut oil, along with the salt. Heat over medium heat, stirring to evenly with the coconut oil.
2. As soon as it starts to bubble, set the timer for two minutes. Stir the bubbling mixture once or twice during these two minutes.
3. Very carefully stir in the coconut milk until it is mixed in. Once it has returned to a low simmer, simmer for another minute or two, or until the mixture has thickened up again.
4. Take off of the heat, and stir in the vanilla. Let cool to desired temperature before serving. Keep in Glass Bottle and refrigerate. Coconut Nectar Caramel Sauce can last for 2 weeks in refrigerated.



# 椰花糖布蕾



## 材料:

- 椰奶/ 鲜奶油 125ml
- 全脂牛奶 100ml
- 初榨冷萃有机椰子油  
Virgin Coconut Oil - 100ml
- 椰糖浆 Coconut Nectar - 8大匙
- 鸡蛋 2颗
- 香草精 1/2茶匙

## 做法:

1. 打散两颗鸡蛋。
2. 将鲜椰奶/ 鲜奶、牛奶、椰糖、和香草精加热。
3. 将打好的蛋液加入锅，拌均匀。
4. 烤箱预热180度，在深烤盘中加入水，置入陶瓷碗盘（水加到离碗缘0.5cm），利用隔水浴热法将布蕾烤的软嫩香浓！
5. 烤好取出后，冷却，放入冰箱30分钟。
6. 取出在布蕾表面撒上薄薄的一层椰花糖浆。

用低 GI(升糖指数) 的椰子糖做焦糖布蕾，  
焦糖香更为醇厚浓郁，布蕾在嘴里化开令人着迷的美味！



# 蒜香椰花糖叉烧



## 材料:

- 三层肉 1 条 /可改用五花肉
- 椰糖 250g (1 粒) – 椰糖在高温烹煮时，会自然的溶化为椰花糖酱。
- 蒜米 (1 粒) – 切碎
- 红葱 (3 粒) – 切碎

## 酱料:

适量：

- |         |       |
|---------|-------|
| ▪ 黑酱油   | ▪ 花雕酒 |
| ▪ 酱青/生抽 | ▪ 盐   |
| ▪ 蚝油    | ▪ 五香份 |

## 做法:

1. 把三层肉 或五花肉洗干净，擦干。
2. 把三层肉 或五花肉加入酱料腌至2个小时。（如腌至隔夜为更入味）
3. 把蒜米，放入少许椰油爆香。加入以腌至好的把三层肉 或五花肉，加入1 粒椰糖 250g，加水焖煮20分钟。
4. 当酱汁有点浓稠时，可熄火。把肉切片，椰糖酱汁淋上肉片。

（如不够椰糖香味，可另加椰糖酱汁烹煮）



## 椰糖卤肉



### 材料:

- 梅花肉 x 2 片 (1片为500克左右) 或花腩肉
- 红葱 6 粒 - 切碎
- 白蒜头 3粒 - 切碎
- 椰花糖 (2粒 500克) - 椰糖在高温烹煮时，会自然的溶化为椰花糖酱。
- 楠姜 x 2 大片 (50克)

### 调味/酱料:

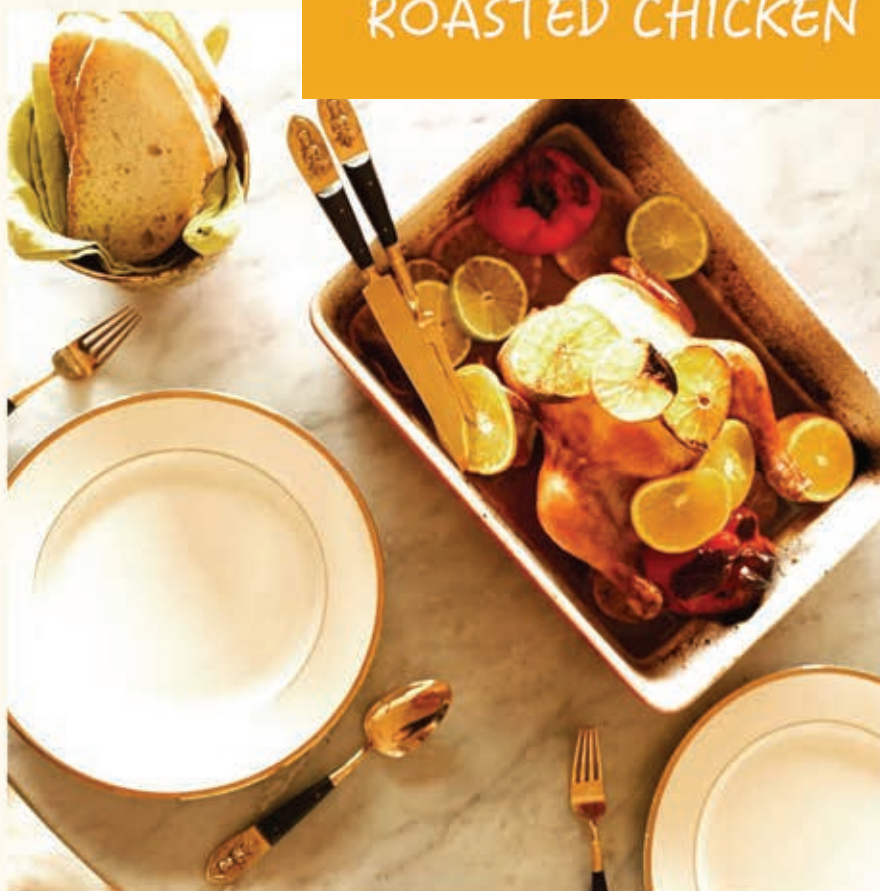
- 黑酱油
- 酱青/生抽
- 蚝油
- 花雕酒
- 盐
- 五香粉

### 做法:

1. 煮沸一锅热水，将梅花肉加入汤5-6分钟左右，捞起洗净。
2. 加入椰油把红葱白蒜头爆香，加入楠姜一起爆香。
3. 加梅花肉和调味/酱料，加入椰花糖和加水焖煮20分钟。
4. 椰糖在高温烹煮时，会自然的溶化为椰花糖酱。
5. 当椰花糖酱汁有点浓稠即可熄火。
6. 把梅花肉切片，淋上椰花糖酱汁。



## ROASTED CHICKEN



### 食材:

- 全鸡 - 1只
- 大蒜 - 4朵 分开蒜瓣但不去皮
- 初榨冷萃有机椰子油  
Virgin Coconut Oil - 100ml
- 椰糖浆 Coconut Nectar - 8大匙
- 黑胡椒粉 - 2大匙
- 盐 - 1大匙
- 柠檬 - 1颗

### 配菜:

- 红椒 1个
- 黄椒 1个
- 洋葱 1颗
- 红萝卜 1条
- 花椰菜 半颗
- 辣椒 1/2根
- 巴西利 (parsley) 适量
- 月桂叶 3片
- 迷迭香 5克
- 香菜适量

### 做法:

1. 将配菜的花椰菜、红椒、黄椒、洋葱和红萝卜切成段铺在烤盘上，接着放上辣椒段，并撒上巴西利和月桂叶。
2. 接着将鸡平放在配在之上，先用50ml的 Virgin Coconut Oil 初榨冷萃有机椰子油涂抹鸡只表面和身体内侧，接着再抹上盐、胡椒粉。
3. 将烤箱预热至180度C。
4. 将大蒜、柠檬切半和迷迭香塞入全鸡的内部。
5. 在烘烤约40 分钟后，抹上椰糖浆与初榨冷萃有机椰子油，烘烤约15分钟便可出炉，摆上新鲜的香菜。









Natural Coconut Palm Nectar  
Sarawak, Borneo

## 为什么要选择椰子花糖？

椰子花糖乃是椰子花蕾汁液中提取，采用纯手工古法采割新鲜椰子花蜜与保持口感。

富含丰富需营养素，矿物质和氨基酸。在增加甜味的同时，散发出迷人的焦糖味。

椰糖升糖GI值约35，较一般糖类低，能取代一般糖类使用，尤其适合高血糖有控制糖类摄取的人们食用。

椰子糖内含丰富矿物质含钾、钙和镁，维持每日营养所需。

椰子糖本身的PH值接近中性，对需要控制血糖的人们来说是相对化学代糖更好的选择，而拿来取代一般糖类冲泡热咖啡、奶茶等饮品，除了加入饮品中，椰子糖在烹饪料理也非常适合，得以提供与众不同的美好滋味。

可与普通食糖1:1替换，但升糖指数仅为35，是一款健康的糖类替代物。

- 纯椰子花糖 100% PURE Coconut Nectar
- 纯天然，不加工 Unrefined
- 零添加色素、化学物质 No Addictive
- 低升糖指数 Low Glycemic Index (GI35)
- 富含钙，磷，钾，铜，镁，锌，维生素B等矿物质 Rich In Minerals



椰子糖有更多的营养含量:

市场上的糖类型 Sweetener	升糖指数 Glycemic Index
椰子糖 Coconut Sugar	35
大麦芽糖 Barley Malt	42
枣 Dates	42
枫树糖浆 Maple Syrup	54
蜂蜜 Honey	55
糖蜜 Blackstrap Molasses	55
白砂糖 White Sugar	80
玉米糖浆 Corn Syrup	87
甜叶菊 Stevia	< 1
龙舌兰 Agave	< 1

用法:

椰子花糖用于烹饪与甜点，切成小块放入佳餚或甜点。丰富的椰香与甜味，是热带风味特色。

可拌入奶茶，冰沙，酸奶，甜品等或加进各类饮品添加风味；作调味料，搽于烧烤肉类的表面椰味更佳！

早餐可用于涂抹面包或松饼，同时顾及美味、营养和健康！同时也适用于中西料理烹煮，或制作面包糕点，椰子的香甜可以让食物更美味。

用低GI(升糖指数)的椰子糖做料理更健康

更多的椰子花糖菜谱，请登录 [www.kithin.com](http://www.kithin.com)

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椰子花盛开



农民采割椰子花



收集花蜜



沸腾半透明椰子花蜜至金黄色



椰子糖

## 如何采集椰子花蜜





# 椰子花糖

## COCONUT SUGAR

- ✓ 零防腐剂
- ✓ 零添加色素, 化学物质
- ✓ 低升糖指数
- ✓ 富含钙, 磷, 钾, 铜, 镁, 锌, 维生素B等矿物质

椰子花糖乃是椰子花蕾汁液中提取，采用纯手工古法采割保持口感。富含丰富需营养素，矿物质和氨基酸。在增加甜味的同时，散发出迷人的焦糖味。

可与普通食糖1:1替换，

Low Glycemic Index (GI35) 低升糖指数。

是一款健康的糖类替代物。







# ココナッツシュガーの効果と用途？

- ココナッツシュガーは栄養成分豊富で健康に良い甘味料です。ビタミン・ミネラル・植物栄養素(ビタミンB、リン、マグネシウム、亜鉛、ホウ素、カリウム等)が含まれています。
- GI値も35と低く、摂取後の血糖値の上昇を抑えます。
- 本製品は果糖、甘蔗糖の代替品として1:1の比率で使用できます。
- 紅茶、コーヒー、ヨーグルトなどに加えて、またはパン、ホットケーキ、アイスクリームやシリアル等につけてもおいしくお召し上がりいただけます。
- 製パン時に砂糖またはブラウンシュガーの代替品として使用することによりココナッツシュガー独特のカラメルフレーバーが加わります。

