



DIY Virgin Coconut Baby Massage Oil

By Kalai @talesofamma

Link to my WhatsApp Parents Support group:

<https://chat.whatsapp.com/HFzcVsbpHal4boUruNYivW>

Virgin Coconut Oil using Fermentation Method

Materials Needed:

- 4-5 large coconuts
- Grinder or blender
- Pan
- Spoon or spatula
- Storage container

Step 1: Extract Coconut Milk

- Take four to five coconuts and break them open.
- Collect the coconut meat and grind or blend it until smooth.
- Extract the coconut milk by squeezing the ground coconut meat using a cheesecloth or a fine-mesh strainer.
- Set the coconut milk aside.

(Note: Use hot water to make extra milk)

Step 2: Ferment the Coconut Milk

- Pour the extracted coconut milk into a clean container and wrap it with plastic film or cloth.
- Allow the coconut milk to ferment for approximately one to two days. Keep the container in a warm place, but not under direct sunlight.

Step 3: Separate the Coconut Cream

- After fermenting, you will notice a thick cream layer forming on the surface of the coconut milk.
- Gently separate the thick cream from the rest of the milk using a spoon or spatula.
- You can discard the remaining milk or use it for other recipes if desired.

Note: You can use either Step 4 or Step 5 to extract the oil

Step 4: Heat the Coconut Cream

- In a pan, heat the separated coconut cream over medium-low heat.
- Stir the cream occasionally to prevent it from sticking to the pan.

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- After about 15-20 minutes of heating, you will observe the formation of oil on the surface.
 - Continue heating until the cream turns golden and the oil is fully separated.

Step 5:

- After some time, the curds and oil will separate. The oil will float on top, the coconut curds will be in the middle, and at the bottom, there will be some murky water that you can discard or use in soups. Just remember that the water might have a slightly fermented taste.
- With patience, you can easily scoop out the oil. Be careful to only scoop the oil and not the curds. Transfer the oil to a clean and airtight container.
- Alternatively, you can filter the oil using a sieve or a nut milk bag. A coffee filter also works well for this. Place the curds in the filter, and the oil will slowly drip into your container. Keep in mind that some oil may remain on the filter.

Note:

- By using 4-5 large coconuts, you can expect to obtain approximately 250 ml of coconut oil.
- The homemade coconut oil can be stored for as long as you want. It can also be refrigerated for extended shelf life.
- Enjoy using your homemade coconut oil in various culinary and beauty applications.
- The yellow color and foul smell indicate your coconut oil has turned rancid. Please discard it immediately.

Virgin Coconut Oil without Fermentation

Materials needed:

- Whole coconuts
- Oven
- Coconut tool or knife
- High-speed blender
- Nut milk bag
- Large, heavy-based pan
- Spoon or fine-mesh strainer
- Clean jar or container

Step 1: Crack open the whole coconuts and save the coconut water inside.

Step 2: Extract the coconut meat from the shell by placing the coconuts in the oven for 10 minutes at 170°C. Use a coconut tool or a knife to remove the meat.

Step 3: Blend the coconut meat and filtered water in a high-speed blender for 1-2 minutes to make coconut milk. There will still be coconut pulp remaining.

Step 4: Use a nut milk bag to strain the mixture and separate the homemade coconut milk from the coconut pulp. Save the pulp for other recipes.

Step 5: Pour the homemade coconut milk into a large, heavy-based pan and heat it at low and consistent temperatures. It's important to maintain low heat to preserve the quality of the oil.

Step 6: During the heating process, the water in the coconut milk will evaporate, and the coconut will become crumbly and solidify. Coconut oil will start to form on the top of the mixture.

Step 7: Continue heating the coconut milk on low heat for 1-2 hours or more until the oil completely separates from the solids.

Step 8: Once the oil has separated, remove the pan from heat and allow it to cool.

Step 9: Use a spoon or a fine-mesh strainer to separate the coconut oil from the solids and transfer it to a clean jar or container.

Step 10: Store the homemade virgin coconut oil in a cool, dry place.

Note: Making coconut oil at home requires patience and attention to the heating process to achieve the best results.

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