

Procedure for preparing coconuts for Indonesian Dance

Suggested equipment required :

Electric band saw
Electric drill with wire brush (cup style)
Stanley knife
Sharpened steel spatula . approx 20 mm wide
Leather work gloves & eye protection

Procedure :

1. Drain the milk from the coconut by using a pointed instrument to push in the 'eye'.
2. Cut the coconut in half using the electric band saw. This requires a little practice but is not overly difficult. The technique of rolling to cut the coconut has been found best, as there is less jamming of the coconut on the saw blade. Watch to ensure that in rolling the coconut, try to keep a 'true line' and do not wander, so that the two sections of the coconut have approximately the same proportions.
3. Using the Stanley knife, run the blade all the way through the white meat of the coconut and going from one of the coconut to the opposite side. Several cuts or runs are required across the coconut.
4. The coconuts are left drying in the sun for a couple of days with the white meat facing up.
5. The white meat after drying should be easily removed with the sharpened edge spatula.
6. The electric drill with wire brush, needs to be set up in a vice, with drill laying horizontal or vertical (vertical found to be most practical) and the wire brush facing up or out.
7. The wire brush is to remove the hairy outer coating of the coconut and to give the coconut surface a polished finished. This is the most difficult part of the process and it cannot be stressed, the need to spend time in properly securing the electric drill. This procedure of removing the hairy outer coating requires use of leather gloves and concentration and is certainly not for the school children to undertake.
8. Coat the outside of the coconut with a clear or painted finish, decorate with ribbon using the eye of the coconut

To make the whole process slightly more enjoyable, try some Indonesian cooking and use the fresh coconut milk and some of the fresh white meat from the inside of the coconut with Indonesian curry paste.