



INGREDIENTS

- 1 mature coconut
- 2 cups water
- 1¼ cups brown sugar
- 1 tablespoon finely grated ginger
- 1 teaspoon ground ginger
- Freshly grated nutmeg, to taste
- Salt flakes, to taste

Jamaican Coconut Drops

Also called simply 'drops', these chewy toffees are a favourite sweet treat of Jamaicans everywhere. I love the punch the ginger adds to cut through the sweetness. Don't be tempted to take the mixture off the stove too soon or it won't set; once it starts to get sticky keep a close eye on it, stirring more frequently until almost all the moisture has gone and there are just bits of bubbling toffee between the chunks of coconut. Once it's off the heat the toffee sets very quickly, so move fast when transferring the drops to the tray to cool.

Makes about 16

METHOD

1. Remove the flesh from the coconut and peel off and discard as much of the brown skin as possible.
2. Cut the flesh into a small dice.
3. Bring water to the boil in a saucepan large enough to hold the coconut.
4. Stir in coconut and remaining ingredients, reduce heat to medium and cook for about an hour, stirring often, until the mixture is very sticky with almost no little liquid left.
5. Meanwhile, line a baking tray with baking paper.
6. Using 2 spoons, quickly scoop the mixture out of the pan, dropping it in small mounds onto the baking tray with a little space between each one.
7. Set aside to cool.
8. Serve immediately or store refrigerated with baking paper between each one so they don't stick together.