



Es Degan (Es Kelapa Muda)

This iced sweet treat of coconut water, sugar syrup and young coconut flesh is one of Indonesia's most popular drinks. Es degan is the Javanese name, while elsewhere in Indonesia it's called es kelapa muda (literally iced young coconut). Traditionally it's drunk from the young coconut, which works well if you buy one with the top already cut open. Any sort of sugar syrup can be used, including one made from coconut sugar. I use simple sugar syrup from the cocktail cabinet, which you can make by heating equal quantities of white sugar and water until the sugar dissolves, then letting it cool (store the rest in fridge for cocktails).

Serves 1 or 2

INGREDIENTS

- 1 young (drinking) coconut
- 1 tablespoon simple sugar syrup
- Shaved or crushed ice, for serving



METHOD

1. If the coconut doesn't already have the top cut open, see video and instructions on website for how to open a young coconut.
2. Strain the coconut water into a large bowl, stir in the sugar syrup and refrigerate.
3. Scrape the meat out from inside the coconut, cut it into pieces and use a paring knife to remove any brown skin attached to it.
4. Combine with the coconut water and ice and serve in glasses or the coconut shell.