

Stone Motherless Cold



I'm Stone Motherless Cold, I'm an Arrernte drag artist residing on Boon Wurrung and Wurundjeri lands aka so called Melbourne.

My biological father is from Arrernte (Arunda) Country.

My mum has Scottish heritage and my step father's family is from Rarotonga. I grew up with my mum and step father's family. Food brought the family together where we got to share meals and spend time together.

I enjoy food and cooking for people because it makes you feel good.

You get to bring together your loved ones and share the nourishment.

You look forward to seeing

your family or hang with your

cousins because the Sunday meal is on!



The dish I'm sharing is Varaoa Karo - a sweet coconut bread. It's a dish I remember my Nana making a lot for Christmas and Sunday lunches, especially after I turned vegetarian.

It's what I would look for when going through the fridge looking for leftovers.



VARAOA KARO *with Stone*

Sweet Coconut Bread

Try this recipe & post a picture online w/ the hashtag

#thebentspoon

For more info visit

www.thorneharbour.org/thebentspoon

Preparation Time: 5-10 mins

Cooking Time: 30-35 mins

Vegan

METHOD

- 1) Pre-heat oven to 200°C (no fan).
- 2) Sift plain flour into a bowl and make a well in the centre.
- 3) Add 1 cup of water in the centre and gradually stir in more flour from the side of the well.
- 4) Continue adding all the water, gradually stirring in all the flour so that the mixture is a sticky but firm consistency.
- 5) Place a few 30cm sheets of tin foil down flat and place a quarter of the mixture into the centre in the shape of a log (like a baguette) and wrap the tin foil around it into a parcel. You should get four logs out of the whole mixture.
- 6) Place tin foil logs into the oven and bake at 200°C for 30 - 35 minutes.
- 7) Meanwhile, mix the sugar with the coconut cream. You can add half a teaspoon of vanilla essence to the coconut cream for a vanilla twist if you like.
- 8) As soon as the bread is cooked, remove from oven and unwrap from tin foil parcel. Break the bread up or cut up into small pieces whilst it is still piping hot.
- 9) As soon as that is done, slowly pour coconut cream mixture over the bread pieces.
- 10) You can add more sugar to taste whilst still hot.

INGREDIENTS

500g flour (approx. 4 cups)

2 cups room temp water

1 can coconut cream

2 tsp white sugar

