

Abstract

Virgin Coconut Oil And Production Thereof

A method of recovering at least one coconut extract including a coconut oil from fresh coconut is disclosed. The method includes steps of (1) grinding the coconut and forming a slurry, (2) if necessary, adjusting the pH of the slurry to at least slightly more alkaline than neutral, (3) adding a protein enzyme to the slurry, (4) incubating the slurry and enzyme mixture for a predetermined period of time and at an predetermined elevated temperature of less than 70°C, preferably with at least intermittent agitation, (5) adjusting the pH to from 3.5 to 5, (6) heating the pH adjusted incubated mixture to a temperature from 80 to 99°C for a time of from 2.5 minutes to 10 minutes, and (7) centrifuging the resultant mixture to separate the coconut oil. In the method, an aqueous fraction may be recovered which can be used as a food or drink ingredient.