



# CGA celebrates infusion

By Essiba Small

**C**HEFS, foodies and food bloggers all came out recently to sample Coconut Growers Association's (CGA) infused coconut oils at the G Spot Food truck space on Maraval Road.

The line of oils, launched last month, is the company's first high-end niche brand and is one that its new development brand manager Gabrielle Agostini wants to become a household one. The first three flavours of the expeller pressed oils, garlic, lemon and chilli, were chosen by CGA's Facebook fans and followers via a survey conducted on the popular social media platform. The natural flavours of garlic, chilli and lemon are infused into the coconut oil to make the products, Agostini said. "They just have two ingredients."

Coconut oil is said to be abundant in lauric acid, a type of saturated fatty acid that increases High-density lipoprotein HDL, known as the healthy type of cholesterol. It also contains medium-chain triglycerides, which are used by the body for energy.

Infusion is the process of extracting chemical compounds or flavours from plant material in a solvent such as water, oil or alcohol, by allowing the material to remain suspended in the solvent over time (a process often called steeping).

At the event, guests got to sample dishes that were



**Parris James, Roxy James.**

prepared by the G Spot chefs, who used the oils in their preparation of garlic marinated chicken and waffles, Paramin salad—(given a well-received kick with the lemon-infused coconut oil) shrimp tacos and garlic beef sliders with wasabi aioli and cheddar.

The oils come in 250 ml and 500 ml bottles and are available at JTA Supermarket, Tru Valu, Starlite, Arties Meats, Blooms, Brook Foods, Malabar

Farms, Price Club, Super Quality supermarkets, Sea Food Enterprises, Happy Gourmet, Yummy Mummy and soon to be in Massy Stores.

The suggested retail prices are \$65 for the 500ml bottle and \$43 for the 250 ml.

Across Trinidad and Tobago pure coconut oil prices are generally between \$31.00 to \$38.00 for the 900 ml bottle. CGA is expected to add new flavours to the line of infused coconut oils next year.



**Gabrielle Agostini, product development manager, centre of Coconut Growers Association (CGA) chats with chefs, Joseph Brigette, left and Wendy Rahamut at CGA infused coconut oil launch on Wednesday, October 27, at the G Spot, Maraval Road, Port of Spain. —Photos: STEPHEN DOOBAY**



**Nicholas Huggins, Annick Lewis, Timothy Skinner.**



**Phillip Agostini, CGA CEO, Riad Dhanoolal—Newsday, Jason Francis, account executive Trinidad Express.**



**Rachel Renie, Baidawi Assing, Mirella Mitchell-Villafana.**