

sri lanka the cookbook

sri lanka the cookbook is more than just a collection of recipes; it is a vibrant culinary journey into the heart of Sri Lanka's rich cultural heritage. Known for its aromatic spices, diverse flavors, and unique cooking techniques, Sri Lankan cuisine offers a distinctive taste experience that reflects the island's history, geography, and multicultural influences. Whether you are a seasoned chef or a home cook eager to explore new flavors, Sri Lanka's culinary traditions provide a treasure trove of delicious, authentic dishes that can elevate your cooking repertoire.

In this comprehensive guide, we will delve into the essence of Sri Lanka's cuisine, explore iconic dishes, share essential ingredients, and offer tips for recreating authentic flavors in your kitchen. Embark on this flavorful voyage and discover why Sri Lanka's culinary legacy continues to enchant food lovers worldwide.

Understanding Sri Lanka's Culinary Heritage

The Roots of Sri Lankan Cuisine

Sri Lankan cuisine is a reflection of the island's diverse cultural influences, including indigenous traditions, Indian, Portuguese, Dutch, and British colonial legacies. This melting pot of cultures has resulted in a cuisine that is both unique and complex, characterized by the bold use of spices, coconut, rice, and fresh herbs.

Key aspects of Sri Lankan culinary heritage include:

- Use of Spices: Cinnamon, cardamom, cloves, nutmeg, and pepper are staples, providing depth and warmth to dishes.
- Coconut: A versatile ingredient used in curries, chutneys, and desserts.
- Rice and Curry: The cornerstone of Sri Lankan meals, often served with a variety of vegetable, meat, or fish curries.
- Seafood: Given the island's extensive coastline, seafood is a primary protein source.
- Vegetables and Legumes: Local produce such as eggplant, okra, and lentils are commonly used.

The Significance of Food in Sri Lankan Culture

Food in Sri Lanka is more than sustenance; it is a vital aspect of social

gatherings, religious festivals, and daily life. Traditional cooking methods, communal meals, and the sharing of dishes foster a sense of community and cultural identity. Understanding these cultural nuances adds depth to the way we approach Sri Lankan recipes.

Essential Ingredients for Sri Lankan Cooking

To authentically recreate Sri Lankan dishes, familiarity with key ingredients is essential. Here is a list of staples:

- Rice: Basmati or local varieties like Samba rice.
- Coconut: Fresh grated, coconut milk, and dried shredded coconut.
- Spices: Cinnamon sticks, cardamom pods, cloves, cumin, coriander, turmeric, fenugreek, and pepper.
- Chilies: Both fresh and dried, for heat.
- Lentils and Pulses: Red lentils, split peas, and chickpeas.
- Vegetables: Eggplants, okra, carrots, onions, garlic, and green beans.
- Seafood: Fish (like tuna, mackerel), prawns, and crabs.
- Herbs: Curry leaves, pandan leaves, and coriander.

Iconic Sri Lankan Dishes and How to Make Them

1. Sri Lankan Fish Curry (Maalu Curry)

A quintessential dish, Sri Lankan fish curry is characterized by its spicy, tangy flavor profile. It's often paired with rice or bread.

Ingredients:

- 500g fresh fish (e.g., tuna or mackerel)
- 2 tbsp curry powder
- 1 tsp turmeric powder
- 2 cloves garlic, minced
- 1 onion, sliced
- 2-3 dried red chilies
- 1 tbsp tamarind paste
- 1 cup coconut milk
- Salt to taste
- Curry leaves
- Oil

Preparation:

1. Clean and cut the fish into serving pieces.
2. Heat oil in a pot, sauté onions, garlic, and dried chilies until fragrant.
3. Add curry powder, turmeric, and salt; cook for a minute.
4. Pour in coconut milk and tamarind paste; bring to a simmer.
5. Add fish pieces and cook until tender, about 10-15 minutes.
6. Garnish with curry leaves before serving.

2. Sri Lankan Rice and Curry

This staple meal features steamed rice served with a variety of vegetable, meat, or fish curries, along with pickles and chutneys.

Components:

- Steamed Basmati or local rice
- Vegetable curries (e.g., dhal, eggplant, pumpkin)
- Meat or fish curries
- Coconut sambol or mango pickle
- Pol sambol (coconut relish)

Tips:

- Use fresh, local ingredients for authentic flavor.
- Incorporate a variety of curries to create a balanced meal.
- Serve with traditional sides like papadams or pappadam.

3. Kottu Roti

A popular street food, Kottu Roti is a stir-fry of chopped roti, vegetables, eggs, and meat, seasoned with spices.

Ingredients:

- Paratha or flatbread (roti)
- Vegetables (cabbage, carrots)
- Onion and garlic
- Eggs
- Cooked chicken or beef (optional)
- Curry spices
- Curry leaves
- Oil

Preparation:

1. Shred the roti into small pieces.
2. In a hot pan, sauté onions, garlic, and vegetables.
3. Add cooked meat if using, and spices.
4. Push to one side, scramble eggs in the empty space.
5. Mix everything together, add shredded roti, and stir-fry until well combined.
6. Serve hot with a side of chutney or sauce.

Cooking Tips for Authentic Sri Lankan Flavors

- Use Fresh Spices: Always opt for whole spices and grind as needed to maximize flavor.
- Coconut Is Key: Incorporate coconut milk and grated coconut for richness.
- Balance Flavors: Combine spicy, sour, sweet, and salty elements to reflect traditional taste profiles.
- Slow Cooking: Many curries benefit from simmering to develop depth of flavor.
- Layering Ingredients: Add ingredients in stages to build complex flavors.

Where to Find Sri Lankan Ingredients and Cookware

- Specialty Asian Markets: Many cities have stores dedicated to Asian and South Asian ingredients.
- Online Retailers: Purchase spices, coconut milk, and other essentials from trusted online sources.
- Sri Lankan Grocery Stores: If available locally, these stores often carry authentic ingredients.
- Cookware: Use traditional pots like clay pots or heavy-bottomed pans for authentic cooking.

Incorporating Sri Lanka's Culinary Legacy into Your Cooking

Creating dishes from the Sri Lanka the cookbook is an opportunity to explore

a diverse and flavorful cuisine. Here are some ways to deepen your culinary experience:

- Experiment with Spices: Adjust the heat and aroma to suit your palate.
- Try Traditional Cooking Techniques: Such as slow simmering or grilling over open flames.
- Create a Sri Lankan Feast: Combine multiple dishes to enjoy the full spectrum of flavors.
- Learn from Cultural Stories: Each dish has a story—embrace the history behind the recipes.

Conclusion

Sri Lanka's cuisine, as encapsulated in the Sri Lanka the cookbook, offers a vibrant tapestry of flavors, textures, and aromas that reflect the island's rich cultural tapestry. From fiery fish curries to fragrant rice and curries, the culinary traditions of Sri Lanka invite home cooks to explore and celebrate a world of exotic tastes. With the right ingredients, techniques, and a touch of creativity, you can bring the essence of Sri Lanka into your own kitchen and delight in authentic, delicious meals that tell stories of history, community, and passion for food.

Embark on this culinary adventure, and let Sri Lanka's vibrant flavors inspire your cooking journey.

Frequently Asked Questions

What is 'Sri Lanka The Cookbook' about?

'Sri Lanka The Cookbook' is a culinary collection that showcases traditional and contemporary Sri Lankan recipes, highlighting the island's rich flavors and diverse ingredients.

Who is the author of 'Sri Lanka The Cookbook'?

The cookbook is authored by a renowned Sri Lankan chef and food enthusiast dedicated to preserving and sharing the island's culinary heritage.

What type of recipes can I expect in 'Sri Lanka The Cookbook'?

The book features a variety of recipes including curries, rice dishes, snacks, desserts, and street food that reflect Sri Lanka's diverse culinary

traditions.

Is 'Sri Lanka The Cookbook' suitable for beginners?

Yes, the cookbook includes detailed instructions and tips, making it accessible for home cooks of all experience levels interested in Sri Lankan cuisine.

Does 'Sri Lanka The Cookbook' include vegetarian and vegan recipes?

Absolutely, the cookbook offers a wide range of vegetarian and vegan options that showcase the flavors and ingredients native to Sri Lanka.

Can I find traditional Sri Lankan recipes in 'Sri Lanka The Cookbook'?

Yes, the book emphasizes traditional recipes passed down through generations, providing authentic taste experiences.

Are there any regional specialties highlighted in 'Sri Lanka The Cookbook'?

Yes, the cookbook explores regional variations and specialties from different parts of Sri Lanka, offering a comprehensive culinary perspective.

Does 'Sri Lanka The Cookbook' include cultural insights along with recipes?

Yes, the book provides cultural context, stories, and history behind many dishes to enrich your cooking experience.

Is 'Sri Lanka The Cookbook' available in digital formats?

Yes, the cookbook is available in both print and digital formats, making it accessible for a global audience.

What makes 'Sri Lanka The Cookbook' a must-have for food enthusiasts?

Its authentic recipes, cultural insights, and beautiful photography make it a comprehensive guide to Sri Lankan cuisine, perfect for both beginners and seasoned cooks.

Additional Resources

Sri Lanka the Cookbook: A Culinary Journey Through the Pearl of the Indian Ocean

Introduction

Sri Lanka the cookbook is more than just a collection of recipes; it is a vibrant tapestry of history, culture, and tradition woven into every dish. As an island nation nestled in the Indian Ocean, Sri Lanka's culinary heritage reflects centuries of influence from South Asia, colonial powers, and its own indigenous traditions. This cookbook serves as a portal into the soul of Sri Lankan cuisine, offering both novice cooks and seasoned chefs an authentic glimpse into the island's diverse flavors, unique ingredients, and time-honored cooking techniques. In this article, we delve deep into the richness of Sri Lankan gastronomy, exploring its history, key ingredients, signature dishes, and the cultural significance behind each flavor.

The Historical and Cultural Context of Sri Lankan Cuisine

A Melting Pot of Influences

Sri Lankan cuisine is a product of its layered history. The island's strategic position on ancient trade routes facilitated interactions with traders from India, Southeast Asia, the Middle East, and Europe. This confluence of influences is reflected in the island's culinary landscape, which melds indigenous ingredients with foreign techniques and flavors.

- Ancient Traditions: The earliest inhabitants relied heavily on rice, coconut, and seafood, creating simple yet flavorful dishes.
- Indian Influence: South Asian curries, spices, and vegetarian dishes have deeply influenced local cooking styles.
- European Impact: Portuguese, Dutch, and British colonizers introduced new ingredients such as potatoes, bread, and baked goods, leaving a lasting legacy.
- Islamic and Malay Contributions: The Muslim community added unique flavors, especially in the use of spices and rice-based dishes like biryanis.

Cultural Significance of Food

Food in Sri Lanka is more than sustenance; it is an expression of identity, religion, and social bonding. Festivals, rituals, and daily life revolve around specific dishes, emphasizing hospitality and community.

- Festivals: During Vesak, Sinhala and Tamil New Year, and Ramadan, special traditional foods are prepared and shared.
- Religious Practices: Vegetarian offerings are common in Buddhist and Hindu rituals, emphasizing purity and devotion.
- Family and Community: Shared meals foster social bonds, with communal

eating being a central custom.

Key Ingredients in Sri Lankan Cooking

The foundation of Sri Lankan cuisine lies in its distinctive ingredients, many of which are locally sourced and cultivated.

Essential Spices

Spices define the flavor profile of Sri Lankan dishes, with each adding depth and aroma.

- Cinnamon: Native to the island, used in both sweet and savory dishes.
- Cloves: Often used in rice dishes and spice blends.
- Cardamom: Adds a fragrant note, especially in desserts and milk-based drinks.
- Turmeric: Provides color and earthy flavor.
- Curry Leaves: An aromatic leaf essential to many curries.
- Peppercorns: The island's black pepper is renowned worldwide.

Other Key Ingredients

- Coconut: Integral to Sri Lankan cuisine, used in grated form, milk, or oil.
- Rice: The staple carbohydrate, served at nearly every meal.
- Seafood: Fish, prawns, and crab are abundant, especially along the coast.
- Vegetables: Eggplant, okra, pumpkin, and drumsticks are common.
- Legumes and Lentils: Used in dhal and other vegetarian dishes.
- Fruits: Mangoes, bananas, papayas, and pineapples add sweetness and freshness.

Signature Dishes of Sri Lanka

The culinary landscape of Sri Lanka is diverse, with iconic dishes that represent the country's flavors and traditions. Here are some of the most celebrated:

1. Rice and Curry

The cornerstone of Sri Lankan cuisine, rice and curry is a versatile and hearty dish served with an array of side dishes.

- Components: Steamed rice accompanied by various curries, pickles, sambols, and chutneys.
- Common Curries: Chicken, fish, beef, vegetable, and lentil curries, often simmered with spices like cinnamon, cardamom, and turmeric.
- Sambols and Chutneys: Made from coconut, onions, or mango, adding a burst of flavor.

2. Kottu Roti

A street-food favorite, kottu roti is a flavorful chopped flatbread stir-fried with vegetables, eggs, and meats.

- Preparation: Paratha or godamba roti is chopped and cooked with spices, onions, carrots, and sometimes cheese or cheese substitutes.
- Variations: Chicken kottu, vegetable kottu, and seafood kottu are popular.

3. Hoppers (Appa)

A bowl-shaped pancake made from fermented rice flour and coconut milk.

- Types: Plain hoppers, egg hoppers (with a cooked egg in the center), and sweet varieties with jaggery and coconut.
- Serving: Typically served with spicy sambol or curry.

4. String Hoppers (Idiyappam)

Steamed rice flour noodles woven into delicate nests.

- Usage: Often served with coconut sambol, curry, or chutney.
- Cultural Significance: Common during religious festivals and special occasions.

5. Seafood Delights

Given its island geography, Sri Lanka offers a plethora of seafood dishes such as:

- Fish Ambul Thiyal: A sour fish curry cooked with dried goraka (a souring agent) and spices.
- Prawn Curry: Rich and creamy, often cooked with coconut milk.
- Crab Curry: Spicy and fragrant, enjoyed along coastal regions.

Cooking Techniques and Culinary Practices

Sri Lankan cooking is characterized by its use of fresh ingredients and specific techniques that bring out the natural flavors.

Spice Blending and Marination

- Achcharu and Malu: Dishes often start with marinating meat or seafood with spice blends, garlic, ginger, and lime.
- Curry Powder: A proprietary blend of spices roasted and ground, used in many recipes.

Coconut Preparation

- Grated coconut is used fresh or dried, and coconut milk is extracted by pressing or blending.

Cooking Methods

- Simmering: Many curries are slow-cooked to develop depth.
- Stir-Frying: Quick cooking of vegetables and proteins with spices.
- Steaming: Used for dishes like hoppers and string hoppers.

The Modern Revival and Global Influence

While traditional recipes remain the backbone, contemporary chefs and home cooks are exploring new interpretations of Sri Lankan cuisine.

- Fusion Dishes: Combining Sri Lankan flavors with international techniques.
- Street Food Trends: Elevating street snacks for gourmet markets.
- Health-Conscious Variations: Using less oil, incorporating organic ingredients, and catering to dietary restrictions.

This modern revival is helping Sri Lankan cuisine gain recognition on the global stage, with restaurants and food festivals showcasing its diversity.

The Culinary Cultural Significance Today

Food continues to be a potent symbol of Sri Lankan identity and resilience. The recipes in "Sri Lanka the cookbook" are more than culinary instructions—they are stories, memories, and expressions of community.

- Preservation of Heritage: Recipes passed down through generations keep cultural traditions alive.
- Tourism and Diplomacy: Authentic cuisine attracts travelers eager to experience the island's culture.
- Sustainable Practices: Emphasis on local sourcing and organic ingredients supports ecological balance.

Conclusion

Sri Lanka the cookbook is an essential guide for anyone interested in exploring the rich, complex flavors of this island nation. From its ancient spice blends to its modern reinterpretations, Sri Lankan cuisine offers a sensory journey grounded in tradition yet open to innovation. Whether you are preparing a simple rice and curry or experimenting with street food-inspired dishes like kottu roti, understanding the cultural context and key ingredients elevates the cooking experience. As Sri Lanka continues to share its culinary treasures with the world, embracing its flavors can inspire a

deeper appreciation for the island's vibrant heritage, resilience, and passion for good food.

Sri Lanka The Cookbook

sri lanka the cookbook: Sri Lanka: The Cookbook Prakash K Sivanathan, Niranjala M Ellawala, 2017-05-04 Discover the delicious, aromatic and vibrant food of Sri Lanka in this beautifully illustrated cookbook with 100 sumptuous recipes. Feather-light hoppers, fiery sambols, subtly spiced curries and unique 'vada' (fried snacks) come together in this definitive collection of Sri Lanka's most authentic and exciting recipes. As Sri Lanka is being rediscovered a travel destination, its varied cuisine is also under the spotlight. As well as absorbing influences from India, the Middle East, Far East Asia and myriad European invaders, the small island also has strong Singhalese and Tamil cooking traditions and this cookbook brings these styles together to showcase the best of the country's culinary heritage. These healthy and wholesome recipes draw on the strong traditions of the island, with quick recipes for light lunches, larger meals to share with family and friends, as well as mouth-watering desserts for those with a sweet tooth. Dig into 100 recipes that celebrate the island's wonderful ingredients, from okra and jackfruit to coconut and chillies, and explore its culture through stunning original travel photography of the country, its kitchens and its people.

sri lanka the cookbook: Sri Lanka Prakash K Sivanathan, Niranjala M Ellawala, 2026-02-03 Discover the delicious, aromatic and vibrant food of Sri Lanka in this beautifully illustrated cookbook with over 100 sumptuous recipes. Feather-light hoppers, fiery sambols, subtly spiced curries and unique 'vada' (fried snacks) come together in this definitive collection of Sri Lanka's most authentic and exciting recipes. As Sri Lanka is being rediscovered a travel destination, its varied cuisine is also under the spotlight. As well as absorbing influences from India, the Middle East, Far East Asia and myriad European invaders, the small island also has strong Singhalese and Tamil cooking traditions and this cookbook brings these styles together to showcase the best of the country's culinary heritage. These healthy and wholesome recipes draw on the strong traditions of the island, with quick recipes for light lunches, larger meals to share with family and friends, as well as mouth-watering desserts for those with a sweet tooth. Dig into 100 recipes that celebrate the island's wonderful ingredients, from okra and jackfruit to coconut and chillies, and explore its culture through stunning original travel photography of the country, its kitchens and its people.

sri lanka the cookbook: *Sri Lankan Cookbook* Grizzly Publishing, 2020-03-02 Sri Lanka is a small country - one that rarely garners international attention as a holiday destination. However, if you were prepared to gloss over that fact and do some research, you would quickly find that its cuisine is some of the most well-known on the planet. Taking influence from both its neighboring countries and its historical trade background, Sri Lankan cuisine has evolved over the last thousands of years into something that is tasty, healthy, and easily recognizable. In short, it is something that should not be missed - which is where we enter the equation! This recipe book provides you with a simple step by step approach to incorporating traditional Sri Lankan cuisine into your home. Using smart and natural ingredients, in conjunction with simple cooking techniques, these dishes are ideal for any skill level! In this book, you will learn how to cook: Asian inspired Sri Lankan breakfast Healthy Sri Lankan appetizers Wholesome Sri Lankan dinners Incredible Sri Lankan desserts Sri Lankan cuisine is very quickly becoming some of the most sought after in the world - so, what are you waiting for? Take the first step and expose yourself to this incredible taste experience!

sri lanka the cookbook: *Sri Lankan Cooking* Douglas Bullis, Wendy Hutton, 2014-04-15 Learn to cook all your favorite Sri Lankan foods with this beautifully illustrated and easy-to-follow Sri Lankan cookbook. Sri Lanka , the fabled island of sapphires and rubies, is home to one of the

most intriguing of Asian cuisines. Rarely found in restaurants outside the island itself, Sri Lankan fare is often mistaken for yet another Indian cuisine. To the culinary explorer, however, Sri Lankan food is as intriguing and unique as the many other customs of this island paradise. Sri Lankan Cooking introduces 64 sumptuous recipes to the curious cook, originating from the four corners of the island, including many classic dishes. Clear, step-by-step directions make this ostensibly complicated cuisine accessible for the home cook. Stunning location photography, a detailed glossary of ingredients, and a comprehensive introduction to the culinary history of the island make Sri Lankan Cooking the perfect companion for your adventure into the delicious world of Sri Lankan cooking. Authentic Sri Lankan recipes include: Rice Flour Hoppers Aromatic Basmati Rice Coconut Milk Rice Sour Claypot Fish Okra Curry And many more...

sri lanka the cookbook: Rice & Curry S H Fernando, 2024-09-17 A New York Times Notable cookbook--now updated with new recipes, photographs and notes on Sri Lankan culture and cuisine! A terrific introduction to a great culinary tradition about which egregiously little is known. Well researched, authentic, and easy-to-follow recipes. —Anthony Bourdain (on the first edition) S.H. Fernando takes readers on an unforgettable culinary journey through Sri Lanka, where a typical meal is simply referred to as rice & curry. Demystifying ingredients, spices and flavors to prove that Sri Lankan Food is a healthy option, Fernando gives us the best of generations of folk cooking traditions as well as time-saving tips and menu suggestions for the modern cook. This new edition has been revised and updated with over 100 easy-to-follow recipes; an introduction to Sri Lanka's history, culture, and cuisine; a detailed up-to-date travel section with for visitors; a comprehensive spice guide, sidebars on ingredients, techniques and notable aspects of Sri Lanka's cuisine, and stunning color photos throughout. Sample recipes: - Roasted Curry Powder - Spicy Lentil Fritters (Masala Vadai) - Duck Curry with Arrack (Thara Curry) - Hoppers (Appa) - Lamb Biryani - Leela's Chilaw Crab Curry (Kakuluwo Curry) - Chili Sambol (Katta Sambol) - Mango Curry (Amba Curry) - Shymala's Coconut Custard Pudding (Wattalampan)

sri lanka the cookbook: The Ultimate Sri Lankan Cookbook Slavka Bodic, 2024-01-24 ♥ Food is the most accessible pleasure. It is nourishing and comforting. ♥ ☐ It connects people and makes them feel good. Eating is what all of us have in common, and we all love to do it well. Plus, food is the easiest way to explore a different culture. ☐ Do you like to cook? But you are tired of the same old menu? ☐☐ Have you been looking for fun recipes for any occasion? ☐ Are you a fan of an authentic Sri Lankan kitchen? ♥♥♥ Then you are in luck! This cookbook has it all and more. It will upgrade your cooking routine with one hundred eleven delicious and filling meals from the Sri Lanka with love. You will be happy to cook again. Explore new and exciting flavors of authentic Sri Lankan cuisine. You will be delighted with the results. Don't worry if you are not a chef. ☐ This comprehensive cooking guide is good for any level. ☐ It will help tap into your creative side. ☐ You will love this cookbook because everyone can appreciate a real homemade meal and newness. Surprise yourself, your friends, or your family. It is time to cook something new. Be ready for your taste buds to sing. Visit the Sri Lanka with this amazing cookbook! ☐☐☐☐Get it now!

sri lanka the cookbook: Hoppers: The Cookbook from the Cult London Restaurant Karan Gokani, 2022-11-20 The Times Top 10 Best Food Books of 2022 Financial Times Top 3 Best Books of 2022: Food and Drink The Independent 10 Best Cookbooks of 2022 The Telegraph Autumn 2022 Best Cookbooks Hot Dinners Best Cookbooks of 2022 A beautifully crafted collection of heartfelt, wonderful recipes from one of the most exciting chefs and restaurants of the past few years. Eclectic, interesting and above all else, super-tasty. A must-have for anybody who has an interest in the world of food. – Tom Kerridge How lucky are we to have Hoppers! First the restaurants, now the book, giving... a taste of the incredible riches of Sri Lanka. The recipes and the photos have such a transportive power. I love everything! But first on my list to try is the Hot Butter Squid, followed by an epic Buriani. – Yotam Ottolenghi Welcome to Hoppers, where the flavours, colours, aromas and sights transport you to the tropical warmth of Sri Lanka. Serving up the best of Sri Lankan cooking, Hoppers: The Cookbook showcases signature recipes from the cult London restaurants, while also going beyond their four walls to explore the dishes, places and people that inspired them. The book

celebrates both home cooking and the food served at roadside shacks, kitchens and stalls across Sri Lanka. From spicy devilled dishes to crab kari (curry), crunchy deep-fried mutton rolls, dosas and sambols, kalupol chicken and satisfyingly rich kothu roti, Karan Gokani explores the classics as well as new recipes developed at Hoppers restaurants. Stunning location photography, glorious food, warmth, personality and generosity suffuse the pages of this cookbook – join the Hoppers family in a personal and vivid journey exploring and celebrating the food from this extraordinary island.

sri lanka the cookbook: *Weligama* Emily Dobbs, 2017-11-16 'As enticing as a soft breeze through Galle, and equally delectable, Weligama is spice-scented, evocative and the perfect introduction to Sri Lankan Cooking.' - Tom Parker Bowles 'Emily is one of the best cooks I know and Sri Lanka is one of my favourite countries - so this is a mind blowing combination.' - Meera Sodha, author of *Made in India* 'This book has all the brightness and vibrancy of the author, with recipes for dishes that whet the appetite mightily. An urgent need to visit Sri Lanka is inevitable after reading this book.' - Jeremy Lee, *Quo Vadis* 'The food of Ceylon so deserves to be better known and - as Emily says of the hopper she introduced to the streets of London with great acclaim - it's nice!' - Darina Allen, *Ballymaloe Cookery School* 'Emily is a wonder and gets to the heart and soul of Sri Lankan food. Reading her beautiful, delicious recipes I feel desperate to start cooking!' - Margot Henderson
**** Sri Lankan food is vibrant, fresh, light and delicious - a lively and colourful combination of spices, flavours and textures. Perfect for sharing and celebrating, now you can recreate it in your own kitchen with this unique collection of easy-to-use, innovative recipes inspired by the island. In this, her first cookbook, chef Emily Dobbs shares her favourite Sri Lankan-inspired recipes for every meal and season, including chapters on breakfast (such as crispy egg hopper 'pancakes') short eats (think traditional street food like vada and mutton rolls) and a large selection of meat, fish, fruit and vegetable curries and their accompaniments. You'll also find traditional and original puddings to finish off your meal (such as banana tarte tatin and papaya cake), tips on how to make your own curry using typical Sri Lankan ingredients, and stunning photography.

sri lanka the cookbook: Food of Sri Lanka Douglas Bullis, Wendy Hutton, 2001-04-01 This book features over 60 sumptuous recipes originating from the four corners of the island, including classics such as appa and iddiappan (egg and string hoppers), pittu (steamed rice flour rolls), kiri bath (milk rice), ambulthiyal (claypot fish), konda kaum (topknot cakes) and an array of sambol or condiments. Stunning location photography, a detailed glossary of ingredients, and comprehensive introduction to this paradise isle, make *The Food of Sri Lanka* the perfect companion for your adventure into the delicious world of Sri Lankan cuisine.

sri lanka the cookbook: Rice & Bread Shyamali Perera, 2020-11-17 *Rice & Bread Sri Lankan Style* is a part of a series of cookbooks that acknowledge the importance of year-round culinary traditions while showing how an island culture continues to shape modern food choices and cooking methods. This series of cookbooks contain a year's worth of recipes and menus for everyday meals, holidays, and special occasions-all written with customary Sri Lankan flair. For seasoned Sri Lankan cooks, this series of cookbooks is a treasure of over 80 traditional recipes that everyone will love. For traditional Sri Lankan cooks, *Rice & Bread* (series 1) offers old favorites using traditional Sri Lankan ingredients in a contemporary fashion. For the new generation of Sri Lankans who want to learn some favorite Sri Lankan recipes, *Rice & Bread* (series 1) offers recipes every Sri Lankan must know such as Kiri Buth, Pol Roti, and the ever-popular Kottu Roti. For the international cooks, this book offers a fresh way to cook with different varieties of rice, flour, coconut, and island spices as well as a complete list of equipment, cooking tips and photos.

sri lanka the cookbook: Lanka Food O Tama Carey, 2022-04-13 *Lanka Food* is a comprehensive guide to Sri Lankan cooking from acclaimed Sydney chef and restaurateur O Tama Carey. Sitting on the edge of the Indian Ocean, just below India, is a tiny teardrop-shaped island called Sri Lanka – Lanka is Sanskrit for island, in Tamil meaning 'that which glitters'. It is a country full of contradictions, and the food of Sri Lanka is equally hard to pin down. While the dishes are slowly gaining international recognition, the foundations and building blocks of Sri Lankan cooking are complex. They reflect the many diverse peoples, history, flavours and ideas that have overlapped

to create a cuisine that is distinct yet difficult to define. It was O Tama's love of the addictive pancake-like Sri Lankan staple hoppers that drove her to start professionally cooking the food from her youth, her heritage and her travels. In *Lanka Food*, the Lankan Filling Station owner brings her knowledge together with recipes that demystify vegetable-dominant curries, hoppers, and the full range of spices and curry powders that enliven Sri Lankan dishes. With essays that further contextualise the cuisine, this cookbook is a guide for people wanting a deeper understanding of the culture and the central place of food, and serves as a wonderful starting point for cooking and sharing Sri Lankan feasts with friends and family at home.

sri lanka the cookbook: The Complete Asian Cookbook: Sri Lanka & The Philippines Charmaine Solomon, 2014-02-01 A beautifully crafted food series based on the most iconic book on Asian cuisine. The Complete Asian Cookbook series is based on Charmaine Solomon's groundbreaking work into the diverse, amazing cuisines across many nations. For the first time, The Complete Asian Cookbook is divided into 6 geographical regions, with a complementary design treatment so they may be collected as a set. With the same emphasis on authentic recipes that work every time, The Complete Asian Cookbook series promises to be well-used time and again. Perfect for anyone wanting to experiment with different Asian cuisines, or collect the whole set, which includes: Thailand, Burma, Cambodia, Laos & Vietnam, China, Japan & Korea, Indonesia, Malaysia, Singapore, Sri Lanka & The Philippines, India & Pakistan.

sri lanka the cookbook: Traditional Sri Lankan Cookbook Ava Baker, 2024-03-27 Discover the delicious flavors of Sri Lanka with the Traditional Sri Lankan Cookbook. Inside, you'll find 50 authentic recipes that capture the unique tastes of Sri Lankan food. From tasty rice and curry dishes to yummy seafood and desserts, this cookbook has it all. Learn how to make favorites like Fish Ambul Thiyal, Chicken Biryani, Kottu Roti, and Watalappam. With easy instructions and helpful tips, this cookbook is great for beginners and experienced cooks. Enjoy the flavors of Sri Lanka in your own kitchen! Get your copy of the Traditional Sri Lankan Cookbook today and start cooking tasty Sri Lankan dishes at home!

sri lanka the cookbook: Rice & Curry S. H. Fernando, 2011 Included are more than 100 easy-to-follow recipes; an introduction to Sri Lanka's history, culture, and cuisine; a detailed travel section for visitors; a comprehensive spice guide, and stunning color photos throughout -- from cover.

sri lanka the cookbook: My Favorite Sri Lanka Recipes Wanderlust Mother, 2019-06-23 Blank cookbook perfect for secret family recipes from mom or grandma to carry on your own little recipes in your kitchen to cook for a lifetime passed down from generations from mother to daughter. Lovely Sri Lankan ancestry gift idea for anyone from Sri Lanka or Sri Lanka-American who loves cooking South Asian cuisine and food.

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sri lanka the cookbook: Milk, Spice and Curry Leaves Ruwanmali Samarakoon-Amunugama, 2020-10-20 This vegetable and seafood-heavy book has recipes for all the classics . . . I would plead for as a kid . . . It's a technique-heavy book, full of reliable instructions and gorgeous, nostalgic photographs. —Epicurious Ruwanmali Samarakoon-Amunugama's childhood memories of visits to her parents' homeland in Sri Lanka were filled with colourful trips to the market, lively, happy meals with her extended family, and long, scenic car rides from the capital of Colombo, past tea estates and farmers' stalls, into the hill country around Kandy. In Milk, Spice and Curry Leaves, Ruwan shares the rustic, tropical flavours of these Sri Lankan visits—sweet pineapple and mango, bitter gourd, toothsome cashews, spicy chili pepper, tart lime, and many more—in recipes designed with North American home cooks in mind. She introduces the three pillars of Sri Lankan cuisine: coconut milk, rice, and spice, and walks readers through the steps to make the two foundational Sri Lankan curry powders (roasted and unroasted). She also goes into detail on specialty products—like goraka, pandanus leaves, tamarind, and young jackfruit—always with attention to using ingredients available in North American grocery stores. With lush food photography and styling, hand-drawn illustrations, heirloom photos and ephemera, Milk, Spice and Curry Leaves is an invitation to a way of cooking and a family of traditions from the country known as the Pearl of the Indian Ocean.

sri lanka the cookbook: Cooking Veggies Nalini S Perera, 2020-11-20 Cooking Sri Lankan Style is a series of cookbooks that acknowledge the importance of year-round culinary traditions while showing how an island culture continues to shape modern food choices and cooking methods. This series of cookbooks contain a year's worth of recipes and menus for everyday meals, holidays, and special occasions—all written with customary Sri Lankan flair. For seasoned Sri Lankan cooks, these cookbooks are a treasure of over 100 traditional recipes that everyone will love. For traditional Sri Lankan cooks, it's old favorites using traditional Sri Lankan ingredients in a contemporary fashion. For the new generation of Sri Lankans and international cooks who want to cook popular Sri Lankan recipes, such as Kiri Buth, Pol Roti, and the ever-popular Kottu Roti these books offer a fresh way to cook with different varieties of rice, flour, coconut, and island spices and a complete list of

equipment, cooking tips, and photos. Cooking Veggies is series two of this collection of authentic Sri Lankan recipes that highlight the styles and techniques of island cookery using a variety of spices, vegetables, and coconut milk. Sri Lanka is a tropical island in the Indian Ocean known as Serendipity or the Pearl of the Indian Ocean to the ancient travelers of the West. Since ancient times, Sri Lanka has been famous for spices, tea, coconut, and precious gems. Its mystical beauty that spreads from the golden beaches to the hills with tea plantations gives a natural diversity to the native foods. This collection of recipes that have been passed down for generations shows how tasteful dishes could be made using vegetable, coconut milk, herbs, and spices.

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