

Traditional Sri Lankan Dishes

Kiri Bath (Milk Rice)



This is a popular breakfast item in Sri Lanka. A must-eat for most auspicious occasions.

4 cups of white rice
Cream of 1 coconut (or one 13 oz can)
salt to taste

Clean and wash the rice. Put the rice in a pan, stick in the index finger on surface of rice and fill water up to slightly above the 2nd joint of the index finger. Cover and cook the rice under low heat.

When the rice is almost done, mix the salt with the coconut milk and add to the rice. Stir and cook for a few more minutes.

Place the hot rice on a platter and flatten it using flat spoon or spatula. Cut it into squares and serve with fried onion

Stir Fried onions

1 large onion peeled and thinly sliced
1 teaspoon chili flakes
1 teaspoon paprika
1 sprig curry leaves (optional - usually found in Indian/Asian groceries)
½ teaspoon Salt
1 tablespoon Canola oil
3 cloves of Garlic

Place a non-stick skillet on medium heat and add oil. When the oil is hot, add the onions, garlic, spices, curry leaves and stir to mix. Spread the onion mixture evenly around the skillet and cook for about 2 minutes.

Sprinkle salt and continue to cook for another 5 minutes whilst gently stirring the onion mixture from time to time. Always spread the onions evenly around the skillet after stirring.

Lower the heat to medium-low, continue to cook for another 15 to 20 minutes and continue stirring from time to time.

When the oil begins to separate from the onions take the skillet off the heat. Adjust salt to taste and serve.

Chicken Curry



1 lb chicken
1 medium onion chopped
2 green chilies chopped
4-5 curry leaves (optional)
2 crushed Cardamom
3 cloves of garlic
1/2 inch piece of ginger
1-2 tsp chili powder
1 1/2 tsp roasted curry powder
1/2 tsp turmeric
1/2 tsp black pepper
1/2 tsp mustard seed(crushed)
salt to taste
1 tbsp cooking oil
1/2 tsp Paprika
1/2 cup of water

Trim any excess fat from the chicken, then cut into desired size.

Grind the ginger and garlic into a paste.

Mix the chili powder, curry powder, turmeric, pepper and salt with the chicken, cover and allow to marinate for about 1-3 hours.

Fry the onion, green chilies, curry leaves, mustard, Cardamom, and the ginger garlic paste in the oil under low heat.

When the mixture is golden brown, add the chicken and paprika. Stir. Add water and cover. Cook under low heat for about 30-40 minutes or until the chicken is tender. Add Salt if necessary.

Remove from heat and serve hot.

Ginger Tea



Small piece of Ginger (paste)

Tea bags

Boiling water

Sugar

Put tea bags in to boiling water and add ginger past in to it. Add sugar for your taste. Strain the mixture to separate solid parts.

Wellawahum (Sri Lankan Pancakes with Coconut)



Although they're called Pancakes in Sri Lanka, these are Crepes filled with a coconut mixture. Usually served with afternoon tea.

For the pancakes:

2 cups all-purpose flour
3 eggs
Pinch of turmeric (optional)
Pinch of salt
1 cup coconut milk, or as needed

Combine flour, eggs and salt in a food processor or blender. Add enough milk to make a fluid batter.

For the filling:

1 1/2 cups grated coconut
2/3 cup of brown sugar, dissolved in 1/4 cup water
3 cloves crushed
Pinch salt
1 crushed Cardamom
Small piece of cinnamon

Boil the sugar water until it gets brown color (caramelized). Add the rest of the filling ingredients. Cook for about 5 minutes stirring constantly. Set aside.

Now make the pancakes.

Heat an 8-inch crepe pan or skillet over medium heat for about 1 minute. Coat the surface of the pan with vegetable oil. After it gets sizzling hot, ladle some batter onto the middle of the crepe pan and immediately start swirling the pan to distribute the batter over the surface. Cook for 45 to 60 seconds or until lightly golden brown. Flip over and cook the other side for 20 seconds. Remove to a plate.

Spread about 2 tbsp of the filling over a diameter of the pancake evenly and roll. Repeat with the remaining batter. Serve warm.