

Sri Lankan Food Recipes In Sinhala

A simple and easy-to-use guide to great-tasting gluten-free cooking Whether you suffer from celiac disease, gluten intolerance, or want to avoid gluten, you know how challenging it can be to stick to a safe, nutritious, and delicious diet. Most gluten-free cookbooks are just collections of simple, basic recipes that get the job done without offering much creativity. But with Betty Crocker's Gluten-Free Cooking, the most trusted name in home cooking serves up a collection of recipes that are safe for celiacs (and others avoiding gluten), and delicious too! These accessible, delicious recipes cover breakfast and brunch, appetizers and snacks, main courses, gluten-free breads, sides, and desserts—giving you plenty of great-tasting options for every meal of the day. Includes more than 150 delicious gluten-free recipes, including contributions from popular gluten-free bloggers Features 75 beautiful full-color photos that offer mouthwatering inspiration Bonus material includes authoritative information on maintaining a healthy, happy gluten-free lifestyle Betty Crocker's Gluten-Free Cooking presents delicious recipes and handy advice from a name you can trust. Take it from Betty Crocker, going gluten-free doesn't mean giving up flavor!

We come together with other Sri Lankans—homelanders and diaspora, Sinhalese and Tamil, Buddhist and Hindu and Christian and Muslim—over delicious shared meals. Sri Lanka has been a multi-ethnic society for over two thousand years, with neighbors of different ethnicities, languages, religions, living side by side. We try to teach our children to be welcoming to all, to share our unique cultural traditions. That is part of what it means to be Sri Lankan, what it has always meant. Dark roasted curry powder, a fine attention to the balance of salty-sour-sweet, wholesome red rice and toasted curry leaves, plenty of coconut milk and chili heat. These are the flavors of Sri Lanka, a South Asian island at the crossroads of centuries of migration and trade. Can we choose the good parts of our culture to cherish, and leave the darker aspects behind? I hope so. I hope food can help provide a pathway there. Come together at our table, sharing milk rice and pol sambol, paruppu and crab curry. Linger over the chai—just one more cup. Eat, drink, and share joy. In *A Feast of Serendib*, novelist and post-colonial academic Mary Anne Mohanraj introduces her mother's cooking and her own American adaptations, providing an introduction to Sri Lankan American cooking that is straightforward enough for a beginner, yet nuanced enough to capture the unique flavors of Sri Lankan cooking.

A volume based on the popular NPR radio series explores how communities come together through food, combining popular stories from the show with new interviews, photographs, and recipes from a wide array of atypical kitchens.

In this eagerly awaited new book, Neil Perry shares

In Sri Lankan meals, rice and curries have a special place because curries are made of fish, chicken, meat, and mutton. Along with rice and curries, you can't ignore tropical fruits and desserts of Sri Lanka. Meals of Sri Lanka are fairly different from Goan vindaloo or saag paneer. Sri Lankan food offers lots of flavors, such as sweet onion relishes, scraped coconut, bitter melon and curry tamed by mild rice. You can get the advantage of salads and meat recipes. This Sri Lankan Cookbook is designed for your assistance because there are 25 delicious recipes for everyone. It is good for you to enjoy the taste of Sri Lankan Food and throw a Sri Lankan themed party. This book will be quite beneficial for you. This book offers: - Sri Lankan Beverages - Sri Lankan Salad Recipes - Sri Lankan Appetizer Recipes - Special Meat Recipes - Sri Lankan Dessert Recipes Download this book and get the advantage of 25 Sri Lankan Recipes given with complete instructions and images. A culture of food and friendship flows through my veins. This is the culture of the subcontinent, where a curry leaf tree grows in the garden of just about every home.' Acclaimed chef, author and TV presenter Peter Kuruvita shares over 100 vegetarian and vegan recipes that take us on a culinary journey of discovery through the subcontinent - from Bhutan, Nepal and Afghanistan to India, Pakistan, Bangladesh and his home country of Sri Lanka. All the dishes in this deeply personal collection, spiced with the flavours of Peter's life and travels, reflect the diversity of the regions, their legendary hospitality, their energy and excitement, extraordinary landscapes and rich history. Peter explores a goldmine of plant-based flavours in recipes for street foods; pulses and legumes; salads; dairy-based dishes; curries, stir-fries and stews; rice; soups; chutneys; and sauces. They are supported by detailed glossaries of ingredients, as well as advice on setting up a subcontinental pantry, tempering and blending spices, and adapting authentic regional cooking methods for the home kitchen. This book is a reflection of the changing dialogue about what we eat, as the world embraces the idea of a meal where flesh is not the main event. *Lands of the Curry Leaf* is a celebration of all things vegetable and their growing prominence at our tables. Showing that vegetables, grains and pulses can be culinary stars, Peter takes simple, honest, health-giving ingredients, adds a host of exciting spices, and transforms them into a complete and joyous meal.

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.

This brand-new series focuses on creating a collection of must-have books filled with 50 of the most on-trend dishes from around the world. The series will kick off with *S* is for Sri Lankan and *K* is for Korean, which will introduce the ultimate recipes from each cuisine, all in a highly desirable and on-trend gift package. Each book covers the 50 recipes that form the fundamentals of these zeitgeist cooking traditions, merging both ancient dishes and modern interpretations. *S* is for Sri Lankan includes iconic recipes with a modern twist, from egg hoppers, coconut pancakes, and green sambol, to curries, chutneys, and more. This trend-led series of cookbooks will be filling the bookshelves of budding new foodies while also making the perfect gift for anyone who hasn't yet experimented with these cuisines in their home cooking.

Shrinika Perera gives readers a taste of the Best of Sri Lankan Food. This book offers most popular Sri Lankan cousins designed with healthy ingredients such as coconut oil, coconut milk, coconut flakes, and spices authentic to Sri Lankan flavours. This book will give you the authentic flavours of Sri Lankan Breakfast, Lunch and dinners including rice and curry, salads, seafood, fish, and dessert ideas. Some of the favourite Sri Lankan foods are hoppers, string hoppers, lump rice, koththu roti, fried rice and their accompanying yummy curries. Most of the recipes are accompanied with coloured photos. These recipes have been tried for many years and come with step-by-step instructions. This book is great for a novice or someone to get great new ideas for delicious homemade meals. This book was previously published under Xlibris on April 17, 2015

Thank Heaven For Neven! This Definitive Family Cookbook Will Be A Lifesaver In Every Family's Kitchen At the very centre of family life is the food and fun we share together daily. Our families are the most important people in our lives, so when it comes to mealtimes we want to give them the best we can. This new definitive collection gives you all the inspiration and help you need to make life in the kitchen easier and more enjoyable. The book is divided into the areas where many parents look for help: **SOS - SAVE OUR SUPPERS!**, including very practical sections like '30 Minutes Max' and 'Mince Tonight'. **EAT MORE VEG**, for ways to sneak more veg into everyone's diet. **LUNCH**, which is full of inspiration for packed lunches and beyond. **BOB - BRING ON BREAKFAST!**, with lots of delicious dishes to start off your day. **PARTY TIME**, including everything you'll need to get you through Christmas and other family gatherings. **GET BAKING!**, with lots of ideas for homemade treats. **THE BUSY PARENTS' GO-TO**

BASICS, which will become your best friend in the kitchen. The book also includes lots of tips on how to wean the family off processed food for meal and snack times, how to plan for large family gatherings, how to cut down on food waste and how to bake the perfect celebration cake. Neven's insights from his sell-out Parent and Child Cookery Course at his cookery school in Blacklion, Co. Cavan, combined with his own experiences of being a dad to his four-year-old twins, result in 300 failsafe, tried and tested recipes that will be a godsend for busy parents everywhere.

Sri Lankan Flavours Hardie Grant Publishing

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 over 80 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...

Serendip takes us on a rich and rewarding journey through Sri Lanka's traditional foods, its family-oriented culture and its colourful approach to life.

100 all-new plant-based recipes by bestselling author Deliciously Ella. "Deliciously magnificent!" --Kris Carr, author of the NYT-bestselling Crazy Sexy Diet Ella's latest book features the most popular, tried-and-tested recipes from her supper clubs, pop-ups, and deli to show how delicious and abundant plant-based cooking can be. These simple vegan recipes cover everything from colorful salads to veggie burgers, falafel, creamy dips and sides, hearty one-pot curries and stews, speedy breakfasts, weekend brunches, muffins, cakes, and brownies. They're the recipes that Ella's thousands of customers have been asking for since the deli first launched in 2015, and each recipe has a beautiful photograph to show you how it should look. In addition to the more than 100 brand-new plant-based recipes, for the first time we are treated to a personal insight into Ella's journey--how she grew her blog, which she began writing to help get herself well while suffering from illness, into a wellness brand--and all that she has learned along the way, as well as what drives the Deliciously Ella philosophy and her team's passion for creating delicious healthy food. With diary excerpts that document the incredible journey that Deliciously Ella has taken and more than 100 irresistible recipes for every day using simple, nourishing ingredients, this stunning book will be a must-have for fans and food-lovers alike, and it's also perfect for anyone looking to experiment with vegan cooking for the first time.

Sri Lanka is known for diverse landscapes, beautiful stretches of beaches, ancient monuments and delicious cuisine. Sri Lankan cuisine is a blend of Dutch, Indonesian and South Indian cuisines. Since centuries, Sri Lanka has been a major producer and trader of spices. Steamed rice, fish curries, lentils, vegetables, and fruits are the staple food of this country. In this book, we have shared 25 authentic Sri Lankan recipes for you. The book contains recipes ranging from appealing soups, delicious rice, and bread to awesome meat and poultry, delicious vegetables and salads as well as yummy desserts. We have also shared the recipe for Sri Lankan curry powder which has been used in several recipes. Bring out the chef in you by starting to prepare some tasty Sri Lankan recipes.

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Take an evocative journey into the heart of the real Sri Lanka with intrepid photographer and writer, Bree Hutchins. With a voracious appetite for all things culinary and an undaunting spirit of adventure, Bree ventures into areas where most foreigners don't go, seeking out the hidden kitchens of Sri Lanka. On the reawakening Jaffna Peninsula, war widows cook crab curry and fry spicy snacks, while in a remote eastern village, Sumith stirs vats of smoky milk toffee over an open fire in a factory behind his home. Bamini cooks thosai for the Hindu temple feast, and old William boils up his Ceylon tea at Colombo's dawn wholesale market, just as he's done every day for sixty years. And at Monaragala Prison, in one of the poorest districts in Sri Lanka, the inmates prepare a fragrant fish curry with pol roti. Hidden Kitchens of Sri Lanka is far more than a collection of traditional recipes; stunningly vivid photographs, Bree interweaves recipes with heartfelt stories about the people who opened not only their kitchens but their homes and hearts to her, to create a moving yet hopeful picture of Sri Lanka today.

The breathtaking island of Sri Lanka lies in the Indian Ocean and is separated from southeastern India by a mere 30-mile chain of shoals. This proximity to India has had an inevitable effect on Sri Lanka's cuisine, as did the successive Portuguese, Dutch and British occupations. However, over the centuries the majority of these dishes have been modified to suit the local palate. Sample menus, explanations of spice uses and availability, typical cooking techniques, and descriptions of traditional utensils complement the 150 recipes, all adapted for home cooks.

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 vibrant 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 Sinhalese and Tamil cooking traditions and this cookbook brings these styles together to showcase the best of the country's culinary heritage. Dig into 100 recipes that celebrate the island's wonderful ingredients, from okra and jackfruit to coconut and chillies, and explore its culture

through original travel photography of the country, its kitchens and its people.

NEW EDITION Shrinika Perera gives readers a taste of the Best of Sri Lankan Food. This book offers most popular Sri Lankan cousins designed with healthy ingredients such as coconut oil, coconut milk, coconut flakes, and spices authentic to Sri Lankan flavours. This book will give you the authentic flavours of Sri Lankan Breakfast, Lunch and dinners including rice and curry, salads, seafood, fish, and dessert ideas. Some of the favourite Sri Lankan foods are hoppers, string hoppers, lump rice, koththu roti, fried rice and their accompanying yummy curries. Most of the recipes are accompanied with coloured photos. These recipes have been tried for many years and come with step-by-step instructions. This book is great for a novice or someone to get great new ideas for delicious homemade meals. This book was previously published under Xlibris on April 17, 2015

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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.

Cooking a wide variety of Sri Lankan meals doesn't require a lot of effort, an array of equipment, and guesswork. Snacks & Starters is a short collection of authentic Sri Lankan recipes which include Malu Paan, Mus Paan, Cutlets, yet it's bolstered with mouth-watering innovations such as fried breadfruit, fried stuffed peppers, and deviled chickpeas. These simple recipes as part of a series of cookbooks by Shyamali Perera and stories of Sri Lankan life will help cooks all over the world bring their families together around the table throughout the year.

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!

In Sri Lankan meals, rice and curries are popular because curries are made of fish, chicken, meat, and mutton which are common ingredients found in that area. Along with rice and curries, you can't ignore the tropical delights of Sri Lanka, such as their fruits and desserts. Sri Lankan food contains many flavors from different dishes, such as sweet onion relishes, scraped coconut, bitter melon and curries tamed by mild rice. The next time you throw a party, consider making Sri Lankan themed dishes. We guarantee your party guests will be delighted and impressed by your ability to make such great meals! There are easy-to-follow instructions and images to make cooking easier, which can be especially fun for the whole family to participate in. Get your copy of Flavors of the World - Sri Lanka and start creating amazing dishes tonight!

The award-winning authors take on Indian cuisine and more with "a breathtaking range of recipes . . . so fascinating it renders one virtually speechless" (Quill & Quire). For this companion volume to the award-winning Hot Sour Salty Sweet, Jeffrey Alford and Naomi Duguid travel west from Southeast Asia to that vast landmass the colonial British called the Indian Subcontinent. It includes not just India, but extends north to Pakistan, Bangladesh, and Nepal and as far south as Sri Lanka, the island nation so devastated by the recent tsunami. For people who love food and cooking, this vast region is a source of infinite variety and eye-opening flavors. Home cooks discover the Tibetan-influenced food of Nepal, the

Southeast Asian tastes of Sri Lanka, the central Asian grilled meats and clay-oven breads of the northwest frontier, the vegetarian cooking of the Hindus of southern India and of the Jain people of Gujarat. It was just twenty years ago that cooks began to understand the relationships between the multifaceted cuisines of the Mediterranean; now we can begin to do the same with the foods of the Subcontinent. "Part travel essay, part recipe journal, and completely compelling." —The Washington Post "This is a comprehensive book filled with compelling writing—a worthy addition to the couple's impressive body of work." —Publishers Weekly (starred review) "At the heart of *Mangoes & Curry Leaves* is the personal memoir of Alford and Duguid—their story of the Great Subcontinent, told through images and tastes, that is as colorful as it is moving." —The FoodWine

At long last, Sarah Britton, called the "queen bee of the health blogs" by Bon Appétit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah's adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. *My New Roots* is the ultimate guide to revitalizing one's health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

Over 100 easy-to-follow recipes with stunning colour photographs throughout.

"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 melon, 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."

This edition has been adapted for the US market. It was originally published in the UK. * Named one of the best cookbooks of the year by The New York Times, the Boston Globe, and Delish * "Enticing, inviting and delicious. Vegan and vegetarian dishes that are hard to resist (and why should you?)." —Yotam Ottolenghi "Sodha, who writes a vegan cooking column for The Guardian, has widened her scope in this exceptional volume, drawing on ingredients and techniques from throughout Asia to inspire a mix of mostly speedy, weeknight-friendly dishes... a glimpse of Ms. Sodha at her best." —Melissa Clark, The New York Times "With verve and charm, Meera Sodha persuades all cooks to make her luscious plant-based food. Her honesty and wit shine bright in this accessible collection of recipes tailored for omnivores and busy people. Every page bursts with exciting ideas you'll want to cook up!" —Andrea Nguyen, author of *Vietnamese Food Any Day* and *The Pho Cookbook* Modern, vibrant, fuss-free food made from easy-to-find ingredients, *East* is a must-have whether you're vegan, vegetarian, or simply want to eat more delicious meat-free food. Meera Sodha's stunning new collection features brand-new recipes from a wide range of Asian cuisines. This cookbook is a collaboration between Sodha and the East Asian and South East Asian home cooks and gourmet chefs who inspired her along the way. There are noodles, curries, rice dishes, tofu, salads, sides, and sweets, all easy to make and bursting with exciting flavors. Taking you from India to Indonesia, Singapore, and Japan, by way of China, Thailand, and Vietnam, *East* will show you how to whip up a root vegetable laksa and a chard, potato, and coconut curry; how to make kimchi pancakes, delicious dairy-free black dal and chili tofu. There are sweet potato momos for snacks and unexpected desserts like salted miso brownies and a no-churn Vietnamese coffee ice cream.

Author Sai Yoganathan's cookbook *A Kitchen Well-Travelled* is dedicated to her father who died of a brain tumour. 100% of the author's royalties from the sales of the cookbook will go to the New Zealand Brain Tumour Trust. Sai was born in Jaffna, a peninsula in the northern province of Sri Lanka. She described this book as her ultimate recipe collection, showcasing her family traditions, childhood memories, culinary adventures and travel experiences from around the world. Sai began her gastronomic journey in Sri Lanka and added many recipes to her repertoire during her tenures in Africa, New Zealand and Australia.

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.

Eat as the Sri Lankans do combining a mixture of curries - lamb with coriander, hot fish, cauliflower, cashew and green pea, mango or mustard potatoes - with some sambols - coconut and tamarind, caramelized onion with dried fish and spices, date chutney or tomato and lime pickles. And accompany the feast with some coconut roti, scented rice, hoppers (pancakes made from rice and coconut milk) and some spiced tea. Sri Lanka also has a strong tradition of hawker-style food, little bites of flavour eaten on the run. A stunning mix of travelogue and food, *Sri Lankan Flavours* celebrates the food and traditions of this exotic island.

'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.

Founded in November 2015 by a brother and sister who came to New York from the Middle East, Eat Offbeat is a unique catering company staffed by refugee and immigrant chefs who have found a new home, and new hope, for their lives. Now, in 70 authentic, nourishing recipes, with roots and soul that run as deep as their flavors, The Kitchen without Borders brings the culinary traditions of fourteen chefs from around the world including Syria, Iran, Eritrea, and Venezuela, right to our tables. Discover delicious, unexpected flavor combinations, and ingredients—like sumac, pomegranate molasses, tahini—that will enhance the repertoire of any home cook or adventurous eater. Here is Iraqi Biryani, a rice dish combining vegetables and plump dried fruits with warming spices. Or an irresistibly cooling yogurt and fresh mint drink native to Afghanistan, known as doogh. Gorgeously smooth Syrian hummus, the original inspiration for Eat Offbeat. And Chari Bari, hand-formed meatballs simmered in a Nepali-spiced tomato and cashew sauce. More than a celebration of delicious foods from around the world, this recipe collection—with its intimate chef profiles and photographic portraits—allows people who have been displaced to share their cherished cuisines, in their own words. And it makes a thoughtful, inspiring gift for any home cook, for anyone concerned about or affected by the world's refugee crisis, or for anyone who understands the profound link between food, home, and keeping traditions vibrantly alive. From May 15, 2020, to May 15, 2021, (including any preordered copies that ship during this period), Workman Publishing will donate 2% of the cover price for every copy of The Kitchen without Borders cookbook sold in the United States and its territories, the United Kingdom, Canada, Australia and European Union member states, to the IRC, a not-for-profit organization dedicated to providing humanitarian aid, relief and resettlement to refugees and other victims of oppression or violent conflict, with a minimum contribution of \$25,000 USD. For more information, visit rescue.org/cookbook and <https://www.workman.com/kwob>. No portion of the purchase price is tax-deductible. For additional information about the IRC, see rescue.org.

"In Step by Step Sri Lankan Cookery, Manel Ratnatunga offers a wonderful variety of tempting, finger-licking, delectable dishes that bring out the true flavour of Sri Lankan food. There are dishes for all occasions. Whether planning a nutritious meal for your family or an elegant dinner, this book will prove to be the ultimate resource. There are recipes for fish, chicken and prawns; for rice, gravies, curries and pickles; and for cakes, cookies and breakfast dishes"--Page 4 of cover.

Sri Lankan cuisine is known for its particular combinations of herbs, spices, fish, vegetables, rice, and fruits. The cuisine is highly centered around many varieties of rice, as well as coconut which is a ubiquitous plant throughout the country. ... Sri Lanka was historically famous for its cinnamon. The recipes are designed with healthy ingredients, such as coconut oil, coconut milk, coconut flakes, and spices authentic to Sri Lankan flavors, such as fish rolls, patties, fish buns, coconut rocks, prawns wade, vegetable roti, etc. All the recipes are accompanied by colored photos.

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