

**PRAKASH K SIVANATHAN
NIRANJALA MAHAWALATANNE**

SRI LANKA

THE COOKBOOK



NANDU KARI

Crab curry

Crab dishes in Sri Lanka are a delicacy and a special treat. You can use any type of crab for this recipe, but blue swimmer crab is the most commonly found around the island. Mangrove crabs (which are two to three times larger than the blue swimmer) are also popular in some parts.

1 kg crabs
½ medium onion, diced
5-6 garlic cloves, quartered
2 green chillies, slit down the middle, seeds removed
5-6 curry leaves
½ tsp fenugreek seeds
1 tbsp curry powder (see p13)
400ml tamarind extract, medium/thick (see p12)
400ml coconut milk
400ml water
¾ tsp salt
2 tbsp fragrant curry powder (see below)

Fragrant curry powder

2 tbsp grated coconut
1 tsp split urid lentil
1 tsp uncooked rice
1-2 fennel seeds
4-5 curry leaves

Roast these ingredients separately in a hot pan until golden light brown. Leave the mix to cool, then use a spice grinder to grind into a fine powder.

Preparation 20 minutes

Cooking 30 minutes

Serves 6

- 1 Wash the crabs and remove the top shell. Detach the pincer claws.
- 2 Break the pincer claws at the joint and gently crack the shell by tapping it with something hard, like the handle of a knife, but leaving the shell in tact. Remove any small pieces of broken shell.
- 3 Place the crabs and the claws in a large pan set over a medium heat. Then add all the other ingredients, except the salt and fragrant curry powder. Add enough water to just cover the crabs. Bring to a boil, reduce the heat, cover with a lid and let it simmer, stirring occasionally. Cook for about 20-25 minutes, making sure there is always gravy in the pan. Add water little by little if necessary to maintain gravy.
- 4 Add the salt, then sprinkle on the fragrant curry powder, mix, then cook for another minute before taking it off the heat. Allow the curry to settle for about five minutes before serving.



MUTTAI KULAMBU



Egg curry

A simple and quick curry dish that is an everyday staple.

It goes well with rice, pittu, string hoppers, rotti and even bread.

4 boiled eggs
1½ tbsp cooking oil
½ tsp mustard seeds
½ medium onion, diced
5-6 curry leaves
5-6 garlic cloves, quartered
2 green chillies, chopped
½ tsp fenugreek seeds
¼ tsp cumin seeds
¼ tsp turmeric powder
200ml coconut milk, thick
400ml water
1 tbsp curry powder (see p13)
¼ tsp cooking salt

Preparation 15 minutes
Cooking 15 minutes
Serves 4

- 1 Shell the boiled eggs, cut them in half lengthways and set aside.
- 2 Heat the oil gently in a dry pan. When hot, add the mustard seeds and fry until they start to splutter. Add the onion and curry leaves and fry for a few seconds. Add the garlic, chilli, fenugreek and cumin seeds and fry the mixture until the onions become soft and begin to brown a little.
- 3 Add the turmeric powder and give it a stir. Add the coconut milk, water, curry powder and salt and mix it well. Half cover the pan with a lid and allow to simmer for about 8-10 minutes.
- 4 Gently slide in the halved eggs, then half cover the pan with a lid and simmer for further five to six minutes. Check the seasoning, then remove from the heat and serve.

Alternatively, make an omelette mix by beating 4 eggs with ½ tsp of chilli powder, ½ tsp cumin, ¼ tsp turmeric powder and pinch of salt. Set aside. Add oil to a pan, then fry 2 tbsp of chopped onion until soft. Add the beaten egg mix and make an omelette. Once cooked, cut into bite-sized square pieces and add them to the curry instead of the boiled eggs.

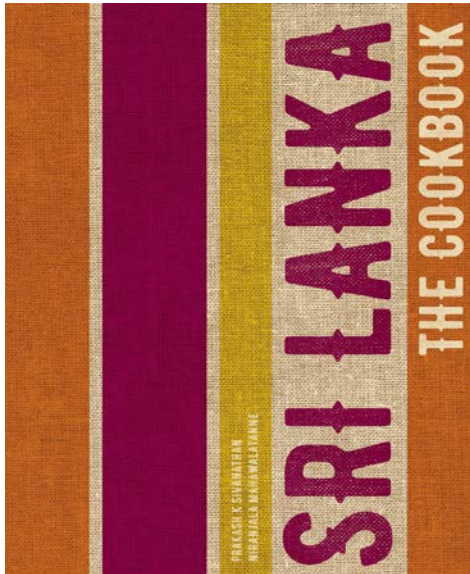






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SRI LANKA: THE COOKBOOK

By **Prakash K Sivanathan and Niranjala Mahawalatanne**

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 Singhalese 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.

Key Points:

- Sri Lanka is the new 'hot' destination for Western travellers, the book will include original photography of the country
- Sri Lankan food is newly interesting due to restaurants like Hoppers and street food stalls
- Authors are authentic, experienced chefs and cookery teachers

Author Information

Chefs Prakash and Niranjala Kannan ran award-winning Sri Lankan restaurant Elephant Walk for eight years in Hampstead, London. They are now cookery teachers running workshops and supper clubs under the name Coconut Kitchens.

Related Books

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