

**S is for
Sri Lankan
contains
50 of the
most
definitive**

**and
delicious
recipes
in modern
Sri Lankan
cooking.**

S is for Sri Lankan ingredients

banana leaves are used as plates in parts of Sri Lanka as the leaves are large, waterproof and flexible. You can buy these from specialist shops

brown mustard seeds are widely used in Asian cooking, and when fried, impart a nutty flavour

curry leaves are dark green, shiny, fragrant leaves from a tree belonging to the citrus family. They have a nutty flavour when fried in oil. Try to use fresh leaves if you can find them

fenugreek seeds are used as a spice and have a sharp pungent taste

ghee is clarified butter and has a high smoke point with a nutty flavour

gram flour is also called chickpea flour and is made from ground chickpeas. It is good for making flatbreads and coating foods, such as pakoras

jackfruit is grown all over South and Southeast Asia. It has a distinctive sweet, fruity smell. In Sri Lanka it is used in curries as it has a meat-like texture when it is young and unripe

jaggery is an unrefined sugar made from cane sugar that has been reduced down and set into blocks. It imparts a rich flavour to dishes

Maldiv fish is boiled, smoked and dried tuna produced in the Maldives and is used in cooking for its distinctive flavour. If you can't find it use shrimp paste or fish sauce instead

palm sugar is made from the sap of the sugar palm and adds a rich and creamy sweetness to curries and desserts

rice flour is made from ground raw rice and is used to make appams

string hopper press is used to make string hoppers, a traditional breakfast dish in Sri Lanka. The string hoppers are usually served with a coconut broth

tamarind is a fruit shaped like a long bean. It has a tart, sour, sweet flavour and is used as a key ingredient in curries

turmeric is a bright yellow spice with lots of health benefits and is a major ingredient in curries. Use carefully as it stains

urad dhal is made from black lentils. When the lentils are skinned and split they are creamy white. They are high in fibre and are used in lentil fritters

(Some Sri Lankan ingredients are available from large supermarkets or specialist Asian grocery shops. However, it is also worth checking online through suppliers such as spicesofindia.co.uk or theasiancookshop.co.uk)



(snacks and spices)

01

dhal fritters

(ulundhu vadai)



makes **10**

prep

soak **x4**

cook

ingredients

220g (7¾oz/generous 1 cup)
white urad dhal lentils, washed
5cm (2in) ginger, peeled
and minced
2 green chillies, deseeded
and minced
5 curry leaves
1 tsp salt

1 litre (32fl oz/4½ cups)
vegetable oil, for frying

soak

Cover the lentils with twice their volume in warm water and leave to soak for 4 hours.

blitz

Rinse the lentils and drain, then blitz in a food processor to a thick, dough-like paste. Add the ginger, chillies, curry leaves and salt and mix.

roll

Line a tray with clingfilm (plastic wrap). Using wet hands, break off large walnut-sized portions of the dough and roll into 10 balls. Make a hole in the middle of each one and place on the prepared tray.

deep-fry

Heat the oil in a large wok to 160°C (320°F), then reduce the heat to medium. Fry the fritters in batches of 2 for 5 minutes on each side until golden brown and crisp. Drain on a plate lined with kitchen paper (paper towel). Serve hot.

02

tamil street food snack

(murukku)

serves 
prep 
cook 

ingredients

160g (5¾oz/1¼ cups) rice flour
140g (5oz/generous 1 cup)
gram flour

½ tsp salt

¼ tsp chilli powder

¼ tsp bicarbonate of soda
(baking soda)

1 litre (32fl oz/4½ cups)
vegetable oil, for frying

mix

Mix the flours, salt, chilli powder and bicarbonate of soda in a bowl. Gradually add 150ml (5fl oz/⅔ cup) water and bring together to form a dough.

heat

Heat the oil in a large wok to 180°C (355°F), making sure to fill it no more than half full.

press

Transfer small sections of the dough to a murukku/string hopper press using a star-shaped plate attachment, and carefully press out 2–3 circles of dough directly into the hot oil. Do not overfill the pan.

fry

Fry for 2–3 minutes until golden brown and crisp, then drain on a plate lined with kitchen paper (paper towel). Repeat. Store in an airtight container for 3–4 days.

