



# SRI LANKAN COOKBOOK

# Content

01. Spices
02. Coconut Milk & Coconut Flakes
03. Rice
04. Garlic Curry
05. Coconut Roti
06. Dhal Curry
07. Coconut Sambol
08. Okra Stir Fry
09. Eggplant (Brinjal) Pickle
10. Papadam

## Quantities Used For Cooking

- Tsp (Tea Spoon) = 5ml
- Tbsp (Table Spoon) = 15ml
- Cup = 160ml ( Dry 150g)

# Spices

## Curry Powder

- |                    |   |          |
|--------------------|---|----------|
| 1. Coriander Seeds | - | 4 tbsp   |
| 2. Cumin Seeds     | - | 2 tbsp   |
| 3. Fennel Seeds    | - | 1 tbsp   |
| 4. Cardamom Pods   | - | 4        |
| 5. Cloves          | - | 4        |
| 6. Cinnamon        | - | 1 x 6 cm |
| 7. Curry Leaves    | - | 12       |
| 8. Pandan Leaves   | - | 1 x 4 cm |

## Unroasted Curry Powder

Grind above dry spices to powder form.

- Use specially for **Vegetable** curries.

## Roasted Curry Powder

Roast above dry spices (**first five spices separately and last three spices together**) on a dry pan till the color slightly change on low heat with stirring. Then grind the spices together to powder form.

- Use Specially for **Meat / Fish & Garlic** curries.

# Coconut Milk

- **Thick Coconut Milk**

Canned. (shake well before use)

- **Thin Coconut Milk**

Add 1:1 hot water to the thick coconut milk to make the thin coconut milk.

# Coconut Flakes

Buy Dried Coconut Flakes and add thick coconut milk to hydrate the coconut flakes to bring it to the fresh texture.  
(20ml per 1 Cup)

# Rice

## Ingredients

1. \_\_\_\_ cups rice
2. \_\_\_\_ pods cardamom
3. \_\_\_\_ small piece cinnamon
4. \_\_\_\_ pieces pandan
5. \_\_\_\_ tsp salt
6. \_\_\_\_ cups water

## Method

1. Wash rice till water is clear.
2. Add no: 2,3,4,5 & 6 ingredients to the rice.
3. Cook on medium heat until top water disappears.
4. Cook 10min on low heat.
5. Turn off and leave for 10 min then stir.

# Garlic Curry

## Ingredients

1. \_\_\_\_ cloves garlic
2. \_\_\_\_ tsp salt  
\_\_\_\_ tsp turmeric powder  
\_\_\_\_ tsp chilli powder  
\_\_\_\_ tsp roasted curry powder
3. \_\_\_\_ red onion  
\_\_\_\_ green chilies  
\_\_\_\_ curry leaves  
\_\_\_\_ pieces pandan  
\_\_\_\_ piece of cinnamon
4. \_\_\_\_ tbsp coconut oil
5. \_\_\_\_ cups thin coconut milk

## Method

1. Cut off the hard end of the garlic clove, cut into half and peel.
2. Mix no: 1 & 2 ingredients together.
3. Add no: 4 ingredient into a saucepan and use high heat till it starts to smoke.
4. Add no: 3 ingredients and fry till onion gets golden brown colour.
5. Turn down the heat to medium, add garlic and stir.
6. Add coconut milk and stir.
7. Cook around 20-30min till the curry becomes thick and creamy.  
**(stir every 5min)**

# Coconut Rotti

## Ingredients

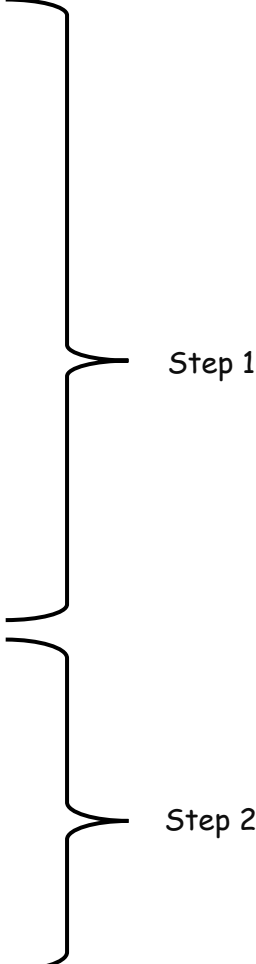
1. \_\_\_\_ cups of wheat flour
2. \_\_\_\_ cups of grated coconut
3. \_\_\_\_ tsp salt
4. \_\_\_\_ red onion (finely chopped)
5. \_\_\_\_ curry leaves (finely chopped)
6. \_\_\_\_ carrot (finely chopped)
7. \_\_\_\_ cups of water
8. \_\_\_\_ tsp coconut oil

## Method

1. Mix well no: 1,2,3,4,5 & 6 ingredients together.
2. Add water little by little to the mixture while mixing it till it becomes a thick dough.
3. Add no: 8 ingredient and mix well.
4. Make round shaped rottis out of the dough and cook them on a nonstick pan on medium heat.
5. Flip the rotti every 2min and bake it until it gets some brown colour patches.

# Dhal Curry

## Ingredients

- 
1. \_\_\_ cups dhal
2. \_\_\_ red onion  
\_\_\_ cloves garlic  
\_\_\_ green chilies  
\_\_\_ curry leaves  
\_\_\_ pieces pandan
3. \_\_\_ tsp salt  
\_\_\_ tsp unroasted curry powder  
\_\_\_ turmeric powder  
\_\_\_ tsp red chilli powder
4. \_\_\_ cups water
5. \_\_\_ cups thick coconut milk
6. \_\_\_ tbsp coconut oil
7. \_\_\_ red onion  
\_\_\_ cloves garlic  
\_\_\_ curry leaves  
\_\_\_ pieces pandan  
\_\_\_ dried red chilli  
\_\_\_ tsp mustard seeds
- Step 1
- Step 2



## **Method**

### **Step 1**

1. Wash dhal & add into a saucepan.
2. Add no: 2,3 & 4 ingredients.
3. Cook on high heat until the top water layer disappears.
4. Add no: 5 ingredients and stir once.
5. Cook until boils again & then turn off the heat.

### **Step 2**

1. Add no: 6 ingredient into a separate pan and use high heat until it starts to smoke.
2. Add no: 7 ingredients and fry till them turn to golden brown colour.
3. Mix them with the curry.

# Coconut Sambol

## Ingredients

1. \_\_\_\_ cups grated coconut
2. \_\_\_\_ red onion  
\_\_\_\_ green chilli  
\_\_\_\_ tomato  
\_\_\_\_ tsp salt  
\_\_\_\_ tsp red chilli powder
3. \_\_\_\_ tbsp lime juice

## Method

1. Add no: 2 ingredients into a mortar & crush it until makes a paste.
2. Mix no: 1,2 & 3 ingredients together with the hand.

# Okra Stir Fry

## Ingredients

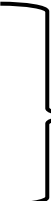
1. \_\_\_\_ Okra (2 for each)
2. \_\_\_\_ tbsp coconut oil
3. \_\_\_\_ tsp salt  
\_\_\_\_ tsp unroasted curry powder  
\_\_\_\_ tsp turmeric powder
4. \_\_\_\_ red onion  
\_\_\_\_ cloves garlic  
\_\_\_\_ curry leaves  
\_\_\_\_ pieces pandan
5. \_\_\_\_ chilli flakes
6. \_\_\_\_ tomato

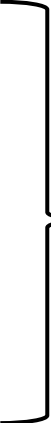
## Method

1. Wash okra, cut both ends off & slice into pieces.
2. Add no: 3 ingredients & mix.
3. Add no: 2 ingredient into a saucepan and use high heat till it starts to smoke.
4. Add no: 1 ingredient and stir fry for 5 to 10 minutes.  
(Stir it every 2 minutes)
5. Add no: 4 ingredients and stir fry for another 5 minutes.
6. Add no: 5 & 6 ingredients and stir fry for 2 minutes and then turn off the heat.

# Eggplant Pickle

## Ingredients

1. \_\_\_\_ eggplant
  2. \_\_\_\_ tsp salt  
\_\_\_\_ tsp turmeric powder
  3. \_\_\_\_ cups coconut oil
- 
- Step 1

4. \_\_\_\_ red onion  
\_\_\_\_ green chilies  
\_\_\_\_ cloves garlic
  5. \_\_\_\_ tbsp coconut oil
  6. \_\_\_\_ tbsp tomato sauce.  
\_\_\_\_ tbsp mango chutney  
\_\_\_\_ tsp red chilli powder  
\_\_\_\_ tsp salt  
\_\_\_\_ tsp sugar
- 
- Step 2

## Method

### Step 1

1. Cut eggplants into 6-8 cm size thin strips.
2. Add no; 2 ingredients and mix well.
3. Gently squeeze off the extra liquid out of the eggplant strips.
4. Add no: 3 ingredient into a pan and use high heat till the oil starts to smoke.
5. Then change the heat into medium heat.
6. Add eggplants into the oil and deep fry till they turn into golden brown colour.
7. Remove the excess oil using paper towels.

### Step 2

1. Add no: 5 ingredient into a pan and use high heat till it starts to smoke.
2. Change the heat into medium.
3. Add no: 4 ingredients and fry till them becomes golden brown colour.
4. Add no:6 ingredients and mix.
5. Add eggplant and mix.

# Papadam

## Ingredients

1. \_\_\_\_ papadams
2. 1 - 2 cups of coconut oil
3. A plate with paper towels. (*to absorb the excess oil*)

## Method

1. Break papadams into pieces. (1 papadam into 8 pieces)
2. Add no: 2 ingredient into a wok & use high till it starts to smoke.
3. Then change the heat to medium.
4. Add 1 papadam (8 pieces) at once & fry till the colour slightly change & remove from the oil. (few seconds)

(Papadams are made with wheat flour, white lentil flour, chickpea flour, salt & coconut oil)

# ELLA SPICE GARDEN

Ella Spice Garden was established in 2012 to offer visitors the opportunity to see and learn about the cultivation and uses of a varieties of spices, herbs, and medicinal plants. We demonstrate the importance of preserving traditional agricultural practices and cultural heritage experiences to the tourists visiting Ella, Sri Lanka. Our motive is to introduce "Gastronomy Tourism" to Ella with detailed insight into the spices that we use in Sri Lankan cuisines. And also our cookery demonstrations are well planned and served in a vegan theme.

Our cooking class is a unique experience that you can enjoy while you visit Ella, Sri Lanka. Our program begins with a spice garden tour with an attractive explanation about the spices that we use in our Sri Lankan cuisines. After tasting a taste bud awakening spice tea, we begin our Sri Lankan cooking class. We make it exciting and enthusiastic, so you will be involved in different hands-on activities and fun competitions with other students. We give you a real insight into the history of Sri Lankan cooking and the various utensils used.



+94 777 768 532

Ella Spice Garden



ellaspicegarden@gmail.com



@spicegardenella



ella.spicegarden