





SRI LANKAN COOK BOOK

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 Ella Spice Garden



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SPICES

Curry Powder

Coriander Seeds	-	4 tbsp
Cumin Seeds	-	2 tbsp
Fennel Seeds	-	1 tbsp
Cardamom Pods	-	4
Cloves	-	4
Cinnamon	-	1 x 4 cm
Curry Leaves	-	12
Pandan Leaves	-	1 x 4 cm

Unroasted Curry Powder

Grind above dry spices till 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. Afterward grind the spices together till powder form.

- Use Specially for Meat / Fish & Garlic curry

COCONUT MILK

Thick Coconut Milk

Canned (shake well before use)

Thin Coconut Milk

Add 1 to 1 hot water to
thick coconut milk



RICE

Ingredients

1. 4 cups rice (4 people)
2. 2 pods cardamom
1 small piece cinnamon
8 pieces pandan
1/2 tsp salt
3. 6 cups water

Method

1. Wash rice till water is clear.
2. Add no: 2 & 3 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.

PAPADAM

Ingredients

..... papadam

1 - 2 cups oil

Plate with tissues (*to absorb excess oil*)



Method

1. Break papadam into small pieces.
(*8 pieces per papadam*)
2. Add oil to a wok & use high until the oil smokes.
3. Then change the heat to medium.
4. Add 1 papadam (*8 pieces*) at once & remove from the oil when the color has slightly changed (*few seconds*)

GARLIC CURRY

Ingredients

1. 50 cloves garlic (4 People)
2. 1 tsp salt
1/2 tsp turmeric powder
3. 1/2 red onion (medium)
1 green chilies
12 curry leaves
4 pieces pandan
1 piece of cinnamon (1 x 2 cm)
4. 2 tbsp oil
5. 1/2 tsp chili powder
6. 4 tsp roasted curry powder
7. 1 1/2 cups thin coconut milk

Method

1. Cut the end of the garlic clove, cut into half and peel.
2. Mix no: 1 and 2 ingredients.
3. Add oil into a saucepan and use high heat until the oil smokes.
4. Add no: 3 ingredients and fry until onion caramelize.
5. Change the heat to medium.
6. Add garlic and stir.
7. Add chili powder and stir.
8. Add roasted curry powder and stir.
9. Add coconut milk and stir.
10. Cover and cook for around 30min till the curry very thick (stir every 5min)

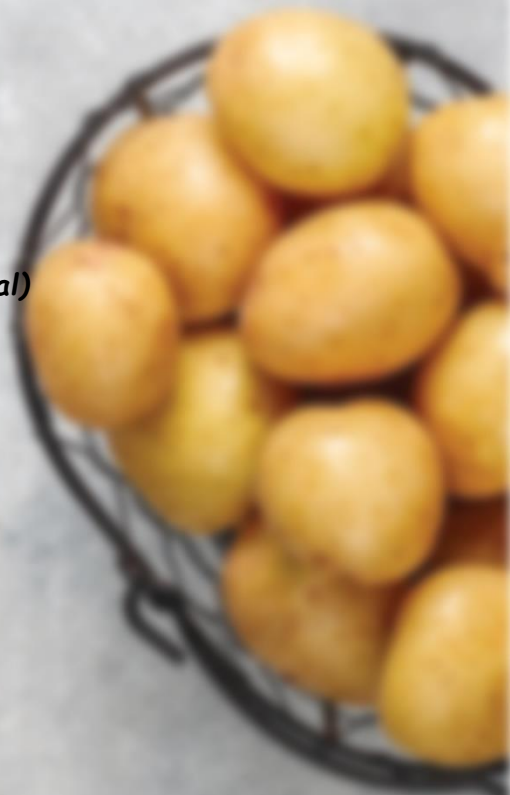
POTATO CURRY

Ingredients

1. 4 medium size potatoes (4 People)
2. 1/2 red onion
2 cloves of garlic
1 green chilies
12 curry leaves
4 pieces pandan
1-piece cinnamon (1 x 2 cm)
3. 1 1/2 tsp salt
2 tsp unroasted curry powder
3/4 tsp turmeric powder
1/2 tsp fenugreek seeds (optional)
4. 1 1/2 cups thin coconut milk
5. 1 cup thick coconut milk

Method

1. Boil potatoes & peel.
2. Cut into cubes.
3. Add no: 2,3 and 4 ingredients.
4. Cook till boils on high heat.
5. Add thick coconut milk & keep stirring until boils again & turn off the heat.



DHAL CURRY

Ingredients

1. 1 1/2 cups dhal
2. 1/2 red onion (*medium*)
2 cloves garlic
1 green chilies
12 curry leaves
4 pieces pandan
3. 1 1/2 tsp salt
2 1/2 tsp unroasted curry powder
1 tsp turmeric powder
3/4 tsp red chili powder
4. 2 cups water
5. 1 cup thick coconut milk
6. 2 tbsp oil
7. 1 red onion
2 cloves garlic
12 curry leaves
4 pieces pandan
1 dried red chilies
1/2 tsp mustard seeds

Method

1. Wash dhal & add to a saucepan.
2. Add No: 2, 3 and 4 ingredients.
3. Cook on high heat until top water layer disappears.
4. Add No: 5 and stir once.
5. Cook 5min then turn off the heat.
6. Add No: 6 ingredient and use high heat until the oil smokes.
7. Add No: 7 ingredients to the pan & fry until onion caramelize.
8. Add fried ingredients to the dhal & stir well.

COCONUT SAMBOL

Ingredients

1. 2 1/2 cups grated coconut
2. 1/2 red onion (*dice, cubes*)
1 green chili
1/2 tomato
3. 1 tsp salt
1/2 tsp red chili powder

Method

1. Add No: 2 and 3 ingredients to a mortar & crush until it makes a paste.
2. Add the paste to the coconut.
3. Add juice of 1 lime & mix well.

KOTHTHU RECIPE (CHICKEN/ BEEF)

Ingredients for beef / chicken curry

1. 1 lb boneless skinless chicken breast or beef
2. 1/2 of an onion sliced
3. Chopped garlic and ginger
4. 1 green chili chopped
5. 2 cardomoms, 1 clove and 1 stick cinnamon red chili powder (as desired)
6. 1 1/2 tsp curry powder
7. 1 tsp black pepper powder

Cooking Method

Wash the chicken well and cut into thin strips. If using beef cut them into small pieces and season with red chili powder, curry powder, salt and black pepper powder and set aside. Heat a pan with a little cooking oil and add the onions. When it turns light brown add chopped garlic, ginger, green chilies, curry leaves and spices. Then add the seasoned meat/chicken and stir well. Add vinegar or tamarind juice and sufficient water and cook well. When the meat is done add 1 cup coconut milk and simmer for few minutes and remove from heat.

Ingredients

1. 8-10 large flour tortillas
2. 4 medium carrots grated
3. 200 g green beans cut into thin stripes
4. 1/2 of a bell pepper cut into thin stripes
5. green onions
6. 1 large onion sliced
7. chopped garlic and ginger
8. 2 green chilies chopped
9. 1 sprig curry leaf and rampe
10. 2 eggs

Method

Cut the tortillas into thin strips and then cut into 2-inch size pieces and set aside. Get a large nonstick skillet and add 2 tbs cooking oil and add the sliced onions and stir until golden brown. Then add chopped ginger, garlic, green chili, curry leaves and rampe and stir well. Now add 2 eggs one at a time and scramble it well. Then add all the cut vegetables (can use any vegetable you want) and stir well. Let it cook for a while. After few minutes add the striped tortillas and mix well. Finally add the meat and then the curry and mix well until it sticks together.

EGGPLANT (BRINJAL) PICKLE RECIPE

Ingredients

1. 1 lbs Eggplant
2. Cooking oil for frying
3. 10 to 15 small red onions (*shallots*)
4. About 10 Green Chilies
5. 2 dessert spoons mustard seeds
6. 8 dessert spoons vinegar (*approx.*)
7. Salt to taste
8. 2 tsp raw chili powder
9. 1 tsp sugar
10. 1/2 tsp turmeric powder

Method

Soak the mustard seeds in a little vinegar for about 30 minutes. While waiting, wash and slice the eggplant in rounds (*optionally half circles*). Rub turmeric powder and a little salt. Deep fry in cooking oil. Remove to a colander and let it cool. Cut the red onions in length wise. Grind the soaked mustard seeds into a fine paste. Mix all the ingredients together. Cover up in a bowl for a short while and it will be ready to eat. This pickle keeps well for a week or two in the refrigerator.

POTATO STIR FRY

RECIPE (PARTY STYLE)

Ingredients

1. 6 large potatoes
2. 1 large onion sliced
3. 2 tsp. crushed red chilies
4. 1/2 tsp. chili powder
5. 1/2 tsp. turmeric powder
6. 1 tsp. mustard seeds
7. 1 sprig curry leaves
8. 1 stick cinnamon
9. Salt to taste
10. 2 or 3 dried red whole chilies

Method

Peel the potatoes and cut them into 2cm cubes. Add sufficient salt and deep fry them until golden brown. In a bowl, combine sliced onions, crushed red chilies, chili powder, turmeric powder, curry leaves, cinnamon, 1/2 tsp salt, and mix well. Heat 1 tsp cooking oil in a pan, then add mustard seeds and when it starts to splatter add 2 or 3 dried whole red chilies. Let it fry for a few seconds and then add the onion mixture to it. Stir fry until golden brown. Finally add the fried potato cubes, mix well and remove from fire.

HOT & SPICY SRI LANKAN CHICKEN CURRY

(a) Ingredients

1. Black Pepper powder
2. Red chili powder
3. Unroasted curry powder
4. 1 tsp turmeric powder
5. Salt to taste

(b) Ingredients

1. Roasted Black curry powder (*kalu kudu*)
2. Tamarind juice or vinegar and goraka
3. Coconut milk (*optional*)

(c) Ingredients

- 1/2 onion sliced
- Chopped 2 green chillies
- Chopped garlic and ginger
- 1 Clove, 2 Cardamoms and 1 stick Cinnamon
- Roasted Black curry powder (*kalu kudu*)
- 1 sprig curry leaf
- Pandan leaf (*rampe*)

Method

Take the skin out of the chicken and cut it into suitable pieces and wash well. Drain the excess water and add all the (a)Ingredients. Mix well and set aside.

Then heat a pot and add a little cooking oil. When it's hot add the sliced onions and brown it well. Then add all the (b)Ingredients.

Now add the chicken and stir it well. Then add Tamarind juice or vinegar and a little bit of water if desired and cook thoroughly. Stir occasionally and cook until all the water is evaporated. At this point if you need gravy you can add coconut milk and bring to a boil. Finally add roasted black curry powder (*kalu kudu*). Shake well and take the pot out of the stove.

CHICKEN BLACK PEPPER CURRY RECIPE

Ingredients

1. 1 lb Chicken breast
2. 1 large Onion
3. 1 large tomato
4. 2 Banana Peppers (*Malu miris*) or green bell pepper
5. Turmeric powder
6. Chopped 2 cloves Garlic
7. Chopped Ginger
8. Rampe
9. Curry leaves
10. 1-inch stick of cinnamon
11. slightly crushed Black Pepper
12. Tamarind
13. Salt to taste
14. Cooking Oil

Method

Slice the half of the onion the regular way and the other half in to 2-inch size pieces. Cut the Chicken breasts in to small pieces. Slice the outside of the Tomato in to 2-inch pieces and chop the middle part and leave it aside. Heat the cooking oil and add the chopped Onions, rampe, curry leaves, chopped green chilies and cinnamon and let it fry. Then add chopped garlic, ginger, turmeric powder, salt, sliced chicken and Tamarind juice and let it boil for a while. You will get a nice yellow curry. Do not add water or coconut milk in to it. When it's done add the chopped middle part of the tomato. Then add crushed pepper, sliced tomato (big pieces), sliced banana pepper, onions (2 inch sliced) and a bit of salt and let it simmer for a while and enjoy it. You can add a little bit of chili powder but make black pepper the main ingredient.

SRI LANKAN BEEF & POTATO CURRY

Ingredients

1. 1 lb. Beef
2. 1/4 lb. potatoes
3. 2 level dessert spoons red chili powder
4. 3 dessert spn vinegar
5. salt to taste
6. 2"-piece cinnamon
7. few cloves
8. 2 bulb garlic finely chopped
9. 2 cardamoms
10. 1 small piece ginger finely chopped
11. 1 tsp sugar
12. 1/2 lime and 2" lemon grass(sera)
13. Cooking oil
14. a sprig of curry leaves and a piece of rampe
15. 1 medium onion sliced

Method

Cut the beef in 1/2-inch cubes and season with vinegar, salt and ground chili powder. Add chopped garlic, ginger, cinnamon, cloves, cardamoms and lemongrass and set aside.

Then cut the potatoes in small cubes and season with a little salt and deep fry until golden brown and set aside. Now heat a pan with little oil and add rampe, curry leaves and onion and stir until onions are light brown. Then add the beef mixture and stir well.

Stir occasionally, scraping off the bottom. When cooked, add the fried potato cubes and spread the lime juice and sugar. Before serving drain the excess oil and stir the curry well.

YELLOW RICE RECIPE

Ingredients

1. 2 cups Rice
2. Turmeric powder
3. 2 cloves, 2 cardamoms and 1 stick cinnamon
4. 1 soup cube or chicken broth
5. 2 tbs chopped onions
6. 1 clove garlic chopped
7. 1 tsp chopped ginger
8. Curry leaves and rampe (pandan leaves)
9. 1 tbs Margarine

Method

Wash the rice and add 2 cups water and a soup cube and cook the rice in a rice cooker or a pot.

(If adding chicken broth add water accordingly).

While the rice is cooking heat a nonstick pan and add the margarine.

When it's heated add chopped onions. When it's light brown add the rest of the ingredients and stir well.

When the rice is at the boiling point add the tempered mixture to it and cover the lid. When the rice is done mix the rice well remove the spices and serve.

This rice dish has a nice aroma and a taste.
It's easy to prepare and good for parties.



ELLA SPICE GARDEN !!

Ella Spice Garden Cooking Lesson is a unique experience that you can enjoy while you visit Ella town. Our program begins with a spice garden tour with an attractive explanation about the spices we use in our Sri Lankan cuisine. After tasting a taste bud awakening spice tea we begin our Sri Lankan cooking session. We try to make it really interesting and enthusiastic so you will involve in different hands-on activities and funny competitions with other candidates. We give you a real insight about the history of Sri Lankan cooking and different utensils used. You will get a recipe book which you will use to write down small tips and ingredient quantities used for our cooking. We will make Rice, Roti, and some mouthwatering Curry's with hands-on activities for all the participants later you can enjoy the taste of Sri Lankan authentic spicy meals.



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