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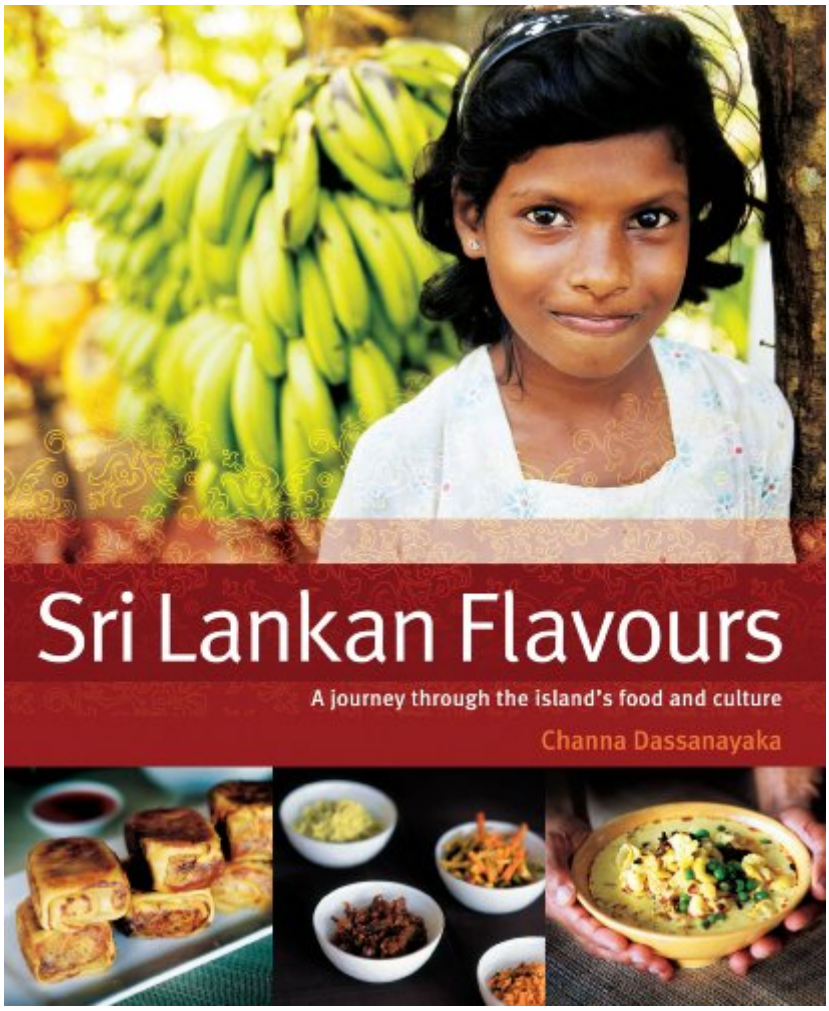
Sri Lankan Flavours



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Synopsis

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.

Book Information

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Customer Reviews

very authentic recipe book... very easy to follow recipes...and very tasty too... one of my most used recipe books.

The recipes i cooked from the book brought back all the memories of my trip to the beautiful island. I had a dinner party with friends and the plates came back to the kitchen clean. Wonderful book!

So far, every recipe I've tried tweaks my taste buds in new ways and challenges my cooking skills to new heights..

I have yet to try any of the recipes in this book, but the layout and information about the country is wonderful. My son was visiting Sri Lanka and bought this book there. When he told me about it, I decided I wanted to get a copy of it, myself.

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