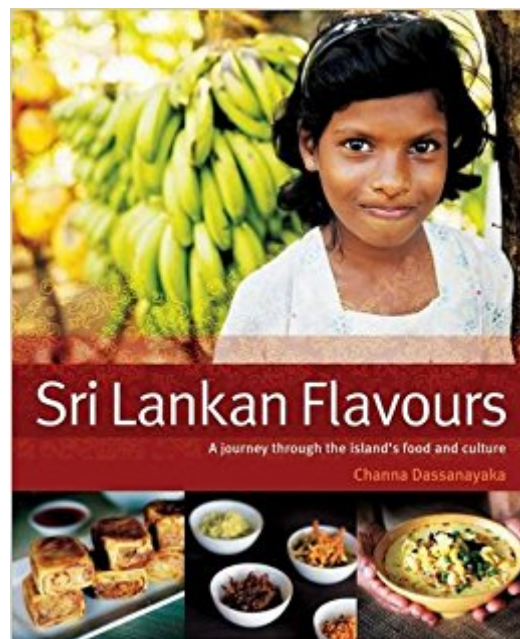


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# Sri Lankan Flavours: A Journey Through The Island's Food And Culture



## Synopsis

From Cauliflower, Cashew and Green Pea Curry to Mango Lassi, more than 70 recipes demonstrate how to eat as the Sri Lankans do at home in this stunning mix of travelogue and food. Chef Channa Dassanayaka takes readers along on a journey to Sri Lanka to rediscover the flavors, places, and memories of his childhood. He traveled to the bustling city of Colombo, where the streets are full of the hot spicy aromas of Sri Lankan food, and also to the hill country where he revisited his grandmother's village to savor the traditional clay-pot cooking over wood fires. Recipes for hot and spicy curries include Sweet Pumpkin with Roasted Coconut; Mustard Potato; Prawn; and Dried Pork. Curries are to be eaten with Date Chutney or Tomato and Lime Pickles; or with some sambols; Coconut and Tamarind; or Caramelized Onion with Dried Fish and Spices. The feast is accompanied with some Coconut Roti, Scented Rice, Hoppers (pancakes made from rice and coconut milk), and some Cinnamon Tea.

## Book Information

Paperback: 168 pages

Publisher: Hardie Grant (May 3, 2011)

Language: English

ISBN-10: 1740660668

ISBN-13: 978-1740660662

Product Dimensions: 8.5 x 0.6 x 10 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.5 out of 5 stars 4 customer reviews

Best Sellers Rank: #2,848,748 in Books (See Top 100 in Books) #85 in Books > Travel > Asia > Sri Lanka #965 in Books > Cookbooks, Food & Wine > Asian Cooking > Indian #2136 in Books > Travel > Asia > Southeast

## Customer Reviews

147;Cooks of all skill levels will enjoy preparing and sharing Sri Lankan cuisine thanks to this cultural cookbook. Library Journal Xpress Reviews

Channa Dassanayaka was born in Colombo, Sri Lanka and is now a restaurateur in Australia.

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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