



Sri Lankan Feast Menu for 4

- Prawn, cucumber, tomato & coriander salad with spicy dressing
- Spicy chicken curry
- Pineapple curry
- Tarka dal
- Flat bread
- Rice
- Recipe for curry Sri Lankan curry powder

Prawn salad ingredients ~

150-200g peeled & cooked king prawns, but any prawns will work

Use about 2/3 of a supermarket cucumber, chopped into half moons

3 spring onions, chopped up as small as you can

2 green birds eye style chillies, chopped up as small as you can

10 baby tomatoes, chopped into quarters

Handful of fresh coriander

1 lime, juiced

Fish sauce, a generous splash

Salt & pepper to taste, don't be shy with the pepper!

Method ~

Find a pretty medium serving bowl. Put the prawns, cucumber, spring onions, chillies, tomatoes & coriander in the bowl & give a good mix. Just before serving dress with the lime juice, fish sauce & salt & pepper.

Spicy chicken curry (Kukul mas mirisata) ingredients & method ~

500g skinned & boned chicken fillets, chop into large chunks

Marinade ~

1 tbsps chilli powder

1 tbsps sri lankan curry powder

2 tsp ground cumin

1 tsp ground coriander

1 tsp turmeric

1 tsp salt

1 lime, juiced

~ Mix all the above in a bowl & marinate for approx. 15 mins.

1 cinnamon stick

1 tsp cumin seeds

1/2 tsp black mustard seeds

1/2 tsp fenugreek seeds

10 curry leaves

1 tsp ground cardamon

(1 sliced large red onion prepared for adding in the next process)

~ Heat the above spices, about a medium heat, in a large skillet/pan that has a lid, for a couple of minutes & until you can smell the oils have released, keep an eye that they don't burn.

1 tsp ghee

1 sliced large red onion

~ add the ghee & onions till the onions have collapsed/brown, takes about 15/20 mins.

You can have a small jug/cup of water nearby to stop anything catching with a splash.

1 tin 400g chopped tomatoes

3 tsp (each) garlic paste & ginger paste

~ Add & mix in the tinned toms, garlic & ginger paste and mix well, then add in the chicken & marinade, mix again and pop the lid on for 15 mins.

400g tin coconut milk

~ add the coconut milk, leave to thicken on a medium heat until you get a thickish gravy, it can sit and blip on low until you are ready to eat, add lime & salt to taste. (see chefs notes at the end).

Tarka Dal ingredients & method ~

400g red lentils

2 tsp turmeric

~ wash the lentils, put in a high side saucepan with water 2cm above the height of the lentils, bring up to the boil, add the turmeric and then turn down the temperature to a simmer, should take about 20 mins, check to see if they are soft & cooked.

1 tsp ghee

2 tsp cumin seeds

1-2 chopped green small chillies, I use finger/birds eye, but up to you & what you have...

10 curry leaves

3 tsp garlic paste

2 tsp ginger paste

~ this is your tarka, the flavour for the lentils, this can be done last minute as only takes a minute or two, watch the temperature. Add and omit spices as to what you like, experiment & create your own flavour bomb.

Add the ghee to a frying pan, then throw everything else in and stir fry for a minute or so, then add to the cooked lentils, add salt & pepper, mix & serve.

Yoghurt Flat bread ingredients & method ~ makes 6

300g plain flour

2 tsp baking powder

3/4 tsp salt

300g natural yoghurt

80g desiccated coconut ~ optional, 2 chopped small green chillies, any will do though ~ optional, 2 spring onions, chopped small ~ optional

~ mix the flour, baking powder & yoghurt, add the other ingredients if you fancy...

Form a rough dough ball, pop to rest until you want to cook them, divide, in the bowl into 6 equal(ish) triangular pieces, cutting with a knife like a pizza. On a lightly floured top flatten each piece with your fingers, quite thin, be brave, if they break it is a super soft dough and will come back together. Dry fry in a med/hot frying pan, wait to see the bubbles in the dough & a golden brown finish, then flip, and keep warm in your oven. (see chefs notes at the end)

Pineapple Curry (Annasi curry) ingredients & method ~

435g tinned pineapple chunks, drained, juice retained (ready for later in the process)

1 tsp ghee

1 sliced red onion

2 sliced small green chillies, any will do though

~ add the ghee, onions & chillies, cook on a medium heat until collapsed/brown, turn the heat down if over frazzling, have water near by to splash if needed.

10g mild curry powder

1 tsp turmeric

Generous splash of fish sauce

1/2 tsp black mustard seeds

10 curry leaves

2 tsp garlic paste

1 tsp ginger paste

~ add the curry powder, turmeric, fish sauce, mustard seeds, curry leaves, garlic & stir fry for 2 mins

Drained pineapple chunks

1/2 pineapple juice

~ then add the pineapple chunks, mix well & then add the juice, cook for about 5 mins

60ml coconut milk

1/2-1 tsp salt

1/2 tsp pepper

~ add the coconut milk, salt & pepper, turn down the heat & leave for 5 mins, can sit of the heat until you are ready to eat.

Add fresh coriander to everything, as much or as little as you like.

To serve ~ Basmati Rice, approx. 60-75g uncooked rice per person, depending on how hungry you are.

Sri Lankan Curry Powder (Roasted Sinhalese Thuna Paha)

200g coriander seeds

100g cumin seeds

50g fennel seeds

4 cinnamon sticks

20 curry leaves

~ in a dry frying pan, set over a low/medium heat roast the above until you can smell the oils being released, put into a spice/coffee grinder and grind until you have powder, the cinnamon sticks will take a bit longer so you may need to pick out the bits and keep going until they have turned to powder, put into an airtight container & store in a dark place. Should make at least 25 curries, the roasting not only enhances the flavour but helps the shelf life, should last 9-12 months.

Chef notes ~

The chicken curry would work with chunks of pork (shoulder or belly), fish, prawns (see below) & various veg, like roasted potatoes, roasted pumpkin or butternut squash, roasted parsnips with green beans etc.

With regards to fish & prawns & pre-cooked veg, I would put them in about 5 mins before serving on a medium heat with the lid on. You could also cook whole fish separately and use this as a sauce to be served alongside.

If in a rush & want to add some veg as a one pot, add 200g frozen peas about 6 mins before serving & on a medium heat.

The bread could have many additions, some ideas ~

Crushed cumin & coriander seeds

Peshwari ~ ground almonds, desiccated coconut, pinch brown sugar & butter (these are quite dry ingredients so would need the butter to stop it from being too dry).

Garlic ~ use 4 tsp garlic paste & nigella seeds

Fennel seeds & fresh chopped chillies

Go mad, come up with your own mix...

Any questions please contact me x

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