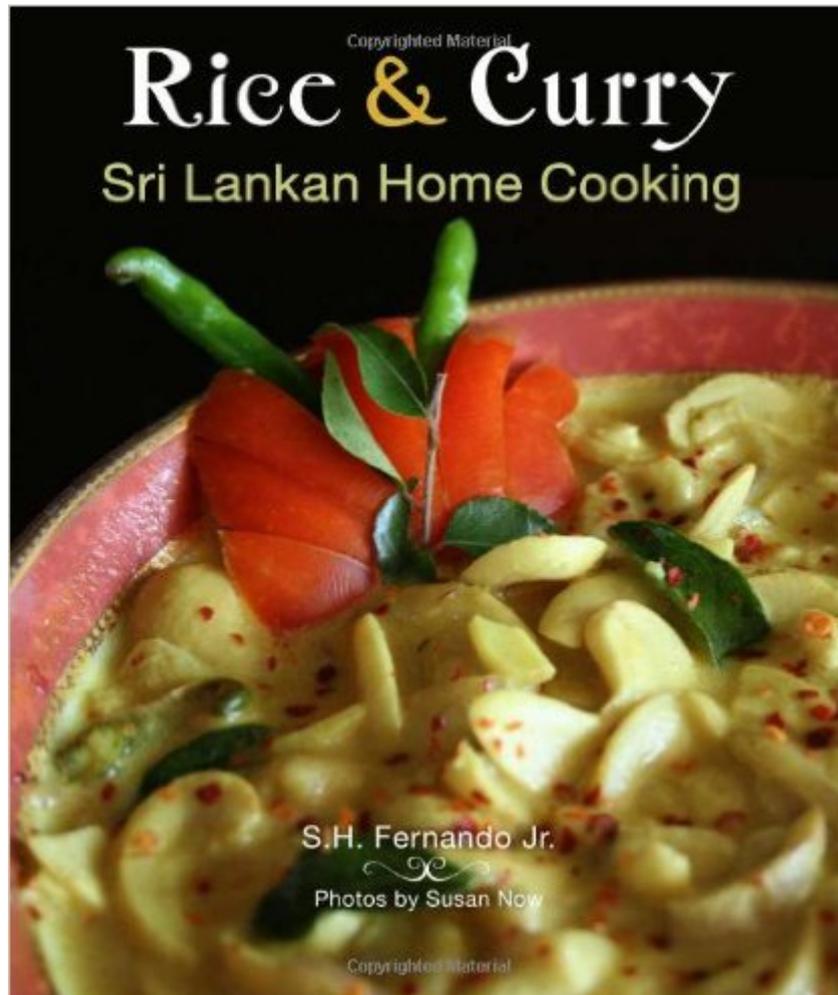


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# Rice & Curry: Sri Lankan Home Cooking (The Hippocrene International Cookbook Library)



## Synopsis

A NEW YORK TIMES NOTABLE COOKBOOK OF 2011! In Sri Lanka a meal is typically referred to as 'rice & curry'--and curries can vary from main dish offerings (meat, chicken, fish, or mutton) to an assortment of vegetable and even fruit curries. Indian, Malay, Arab, Portuguese, Dutch and British influences all left their mark on the cuisine, but indigenous Sinhalese dishes have remained popular in villages for centuries. Fernando takes readers on an unforgettable culinary journey through Sri Lanka: demystifying ingredients, spices, and flavors and proving that Sri Lankan food is an easy-to-prepare, healthy option for modern lifestyles. Includes over 100 recipes, an introduction to Sri Lankan history, culture and cuisine, and stunning color photographs throughout.

## Book Information

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## Customer Reviews

I gained interest in this book after reading the stellar review on it in the New York Times. With such little known about Sri Lankan food I really enjoyed the new pallet of seasonings that I discovered. I have always been a fan of food from it's surrounding countries and you taste all these in these recipes, but yet they have there own Sri Lankan twist. I def recommend this for all fans of South Asian cooking!

I purchased this book after following the Pan-Asian videos of Skiz on youtube for a while. Its amazing that the passion about this topic you can see in the videos can be found throughout the entire book as well. Beside the great amount of recipes, you can find basic and useful infos about

Sri Lanka you might need if you plan to visit. I also really liked the special features about the market in Sri Lanka, Leela, Tea, etc. that makes this book a great read. So far I tried 3 recipes and they were all great. Looking forward for the Lentil Soup and Fish Ambul Thial tomorrow.

A fantastic Sri Lankan cooking book, complete with interesting facts and history in the beginning. This book is truly authentic and has all of the Sri Lankan staples. The book itself is high quality with a nice finish and a clean, organized appearance.

I gave the Kindle version to my spouse as a Mother's Day gift to honor her mother who came from Sri Lanka and was an amazing cook. We both have many happy memories of sitting for hours with her family at the table eating rice and curry. My partner loved the cultural and historical material as well. The ultimate bonus for the whole family was that we have found the recipes easy to follow and the taste very authentic. We look forward to bringing many of these meals into common use in our home and keeping the traditions going through following generations.

The book starts with the author's introduction with stories about food, Sri Lankan history, travel tips, spice tips and information on merits of ingredients/ spices and Ayurveda and family recipes that had been tried, tested and passed down to him by the family. The recipes in the book are accompanied by some lovely photographs of the end results and it is hard to choose which one to try first as they all look so yummy. He has divided Recipes into 8 sections such as Curry powders, Short eats, soups and gravies, Rice and Bread, Meat and Poultry, Sea Food, Vegetable, legumes, fruits & nuts, Sambols, Chutney, Pickles and Salads and last part my favorite Desserts. He has also included Sample Menu which helps in choosing the right dish to make based on the no. of people who will eat. He has shown sample menu's for 4-6, 6-8 and for 8-10 people. This is one of the great cook-books I have come across which explains everything from spices to dishes, culture to travel in detail. I highly recommend this book to all the food lovers who would love to try some great and tasty recipes.

I learned a great deal about this fascinating country and cuisine. It is a home style cooking filled with family stories, memories as well as a travel chapter if you intend to visit this island. The recipes are easy to follow and the outcome is successful. I read the book and marked the recipes to cook. The first recipe I cooked was Leela's Legendary Milk Toffee which came out perfect! I cooked the eggplant curry, and the hard boiled eggs curry using the curry blend recipe in this book, and was very pleased with the flavor using coconut milk. There are meat, poultry, vegetarian a variety of

Sambol, bread and dessert recipes that satisfy every palate. If you like to add some spice to your kitchen, then this book is a perfect addition to your collection. Make sure to watch the author on YouTube too.

My fiancée is Sri Lankan, and I've been using this to expand my repertoire of recipes I know. The recipes (I've tried ~10 so far) all really smell authentic (I base this on my knowledge of her parents' cooking and my 3 week trip to Sri Lanka to visit her extended family). The taste is variable and perhaps I need a bit more practice, but some recipes in particular really let me nail the flavor I remember from her family's cooking. It's a great little book that really helps you understand the common factors across all of these recipes.

I've been cooking curry for a couple years now, so was curious about any differences that might counter the internet recipes and videos I'd been referring to. There are ingredients in this book that are new to me and not available locally, but which may be omitted with no ill effect. It was entertaining to read all the way through before actually trying a recipe. I hope to surprise a Sri Lankan friend with a dish or two. The chapter on tea is really interesting. My only regret is that I bought it for my kindle. I don't know if there's a way to search for a recipe using keywords on the kindle. I bookmarked several recipes, but wish I had done more bookmarking when I started reading from the beginning. I'm also not keen to bring my kindle into the kitchen while I'm cooking, since my paper cookbooks are quite splattered and war-torn. And even if I find a place to prop it that's both safe and easy to read, I'd have to wash and dry my hands every time I need to turn a page. An oily, sticky kindle just won't do.

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