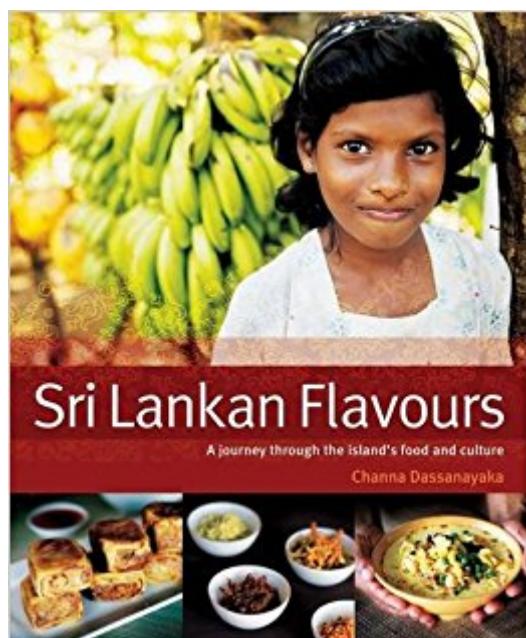


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# Sri Lankan Flavours: A Journey Through The Island's Food And Culture



## **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 thisÂ stunning mix of travelogue and foodÂ Chef Channa DassanayakaÂ takes readers along onÂ a journeyÂ 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 grandmotherâ™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 withÂ Date Chutney or Tomato and Lime Pickles; or with some sambols; Coconut and Tamarind; orÂ Caramelized Onion with Dried Fish and Spices. The feast is accompaniedÂ with some Coconut Roti, Scented Rice, Hoppers (pancakes made from rice and coconut milk), and some Cinnamon Tea.

## **Book Information**

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## **Customer Reviews**

&#147;Cooks of all skill levels will enjoy preparing and sharing Sri Lankan cuisine thanks to this cultural cookbook.â•#151;Library Journal Xpress Reviews

Channa Dassanayaka was born in Colombo, Sri LankaÂ and is now aÂ 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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