

## Kochrezepte aus Sri Lanka (Ella)

### Curry Powder

There are many ways of making curry powder. It is strongly recommended that condiments be kept separate as greater flavours can be developed when used separately.

List of Curry Powder Ingredients (one can buy in powder form or make it yourself)

<b>Cardamoms</b> Bot : Elettaria Cardamom Sinhalese : Enasal	<b>Sweet Cumming</b> Bot : Foeniculum Vulgare Sinhala : Maduru
<b>Chilies</b> Bot : Capsicum Sinhala : Miris	<b>Mustard</b> Bot : Brassica Juncea Sihala : Aba
<b>Cinnamon</b> Bot :Cinnamomum Zeylanicum Sinhala : Kurundu	<b>Pepper</b> Bot : Piper Nigrum Sinhala : Gammiris
<b>Cloves</b> Bot : Eugenia Caryophyllate Sinhalese: Karabunety	<b>Tamarind</b> Bot : Tamarindus Indica Sinhalese : Siyambala
<b>Coriander</b> Bot : Coriandrum Sativum Sinhalese: Kottamalli	<b>Turmeric</b> Bot : Curcuma Longa Sinhalese : Kaha
<b>Fenugreek</b> Bot Trigonella Foenum-graecum Sihala : Uluhal	<b>Curry Leaves</b> Bot : Murraya koenigil Sihala Karapincha
<b>Ginger</b> Bot : Zingiber Officinale Sinhalese: Inguru	<b>Rampe Pandan leaves</b> Bot ; Pandanus Latifolia Sinhala Rampe Pandan Leaves
<b>Goraka</b> Bot : Garcinia Cambogia Sinhalese Goraka	<b>Lemon Grass</b> Bot : Cymbopogon citrates Sinhala : Sera
<b>Cumming</b> Bot : Cuminum Cyminum Sinhalese : Sududuru	<b>Nutmeg</b> Bot : Myristica Fragrans Sinhala : Sadikka

### **Curry Powder**

( For Meat and Fish )

500g dry chillies 250g coriander 125g cumin seeds 60g pepper seeds

Grind all, (Keep chillies and the curry powder separately as some does not like it hot )

### **Curry powder**

( For Vegetables )

500g dried chillies 250g coriander seed 125g pepper 125 cumin 50g turmeric

Roast all the ingredients except the turmeric ,Grind together store in a dry well thight lidded bottle. (Keep the chillies separately if you like )

### **How to temper**

1 tbl spoon oil, 1 onion sliced 1 dried chilies broken in to pieces (if desired ) a pinch of cumin, a pinch of fenugreek, a good pinch of mustard, a few curry-leaves,

(Occasionally pandan leaves and chopped garlic ginger are used depending on curries or rice that has to be tempered.)

Oil is heated in a pan, when hot add the fenugreek ( Dill seeds ), next the mustard seeds and curry leaves and lastly the onions and chilies' . When the onions are golden brown turn in the curry.

## **Pumpkin curry**

1 lb pumpkin                    1/4turmeric powder            2deseertspoon salt            1/2teaspoonchllipowder  
2onions sliced                2 green chili sliced            2 bulbs garlic chopped            10 pepper seeds  
1 cup water                    1 sprig curry leaves            1/4teaspoon dill seeds  
1 teaspoon mustered seeds ground            1 cup thick coconut milk  
2 dessertspoon scraped coconut and 1 dessertspoon raw rice slightly roasted and ground

cut the pumpkins in to 1 1/2 inch cubes with skin on .wash and place in a spacious saucepan with all the ingredients other than the ground mustard/rice coconut and coconut milk. Use about one cup of water, when all the water is absorbed add the coconut milk and the ground stuff. Do not cover boil without covering.

## **Spinach curry**

1/2 lb spinach                01 teaspoon green ginger chopped  
two dessertspoon chopped onions                two bulbs garlic chopped  
2 dessertspoons margarine or butter salt to taste                one cube maggi chicken soup cube or other

heat the butter in a wok when hot add the ginger ,onions, garlic and when the onions are transparent add the washed cut spinach, mix all together add 1 tables spoon of milk add the chicken cube and salt to taste. Boil a little longer not to loose the colour of the spinach.( a little oyster sause will be better)

## **coconut sambol**

1/2 coconut scraped            1 teaspoon chilly powder 1/2teaspoon salt pepper powder(optional)  
2 onions chopped  
1/2 lime  
mix all the ingredients together or if you have a pounder pound it

## **rottis**

1/2 lb flour                      1/2 coconut scraped    3 dessertspoons salt water  
1/2 cup cold water              pat of margarine

mix together in bowl the flour and the ingredients add some cold water( tap water not from the fridge)and mix up to a suitable consistency that will leave the bowl. Make 6-8 equal balls. grease a oil paper with a little margarine or butter, flatten an even, round rotti and apply just a little more margarine on top. Heat a flat pan turn the rotti on to it,and remove the paper, when one side is baked it can be easily removed with a metal spatula or knife, turn over to the other side, and bake. You can slit it in half when baked apply with butter and jam or chicken /beef/ fish/ dhal/curry or coconut sambol

## **chicken / fish /meat curry**

1 chicken 1 dessertspoonful sliced red onions 2 cloves of garlic and slice green ginger chopped  
a pinch of turmeric 1 teaspoon chili powder a dessertspoon of coriander powder  
1 teaspoon of Cumming powder 1/2 teaspoon of fenugreek (dill seeds)  
1 inch piece of cinnamon a small sprig of curry leaves, Juice of half a lime  
1 tea cup thick coconut milk 1 1/2 thin coconut milk 1 dessertspoon oil

Cut the chicken in joints and put them into a pan with the thin coconut milk ,garlic ,ginger turmeric, chilies', fenugreek ,cinnamon, and salt and half each of the onions and curry leaves. Cook until the chicken is half done, then add the thick coconut milk mixed with the coriander and Cummings, add also the lime juice and cook until the chicken is tender, Heat the oil in a pan and fry the remainder of the ingredients, turn in the chicken preparation and allow to simmer a few minutes longer.

### **Auborgine / Egg plant curry**

500 gme aubogine 250 gms tomato 100 gms capsicums 250 gms onions sliced length vice  
3 cloves of garlic's a sprig of curry leaves 2 dessertspoons vinegar 1 teaspoon soya sauce  
2 teaspoons sugar, salt powder, cup of coconut milk, oil for deep frying,1 teaspoon turmeric 1 tea spoon mustered seeds

Cut the aubogine in half length vise and cut across in slicers about 1/2 cm thick, put in to bowl with a teaspoon of salt and turmeric powder mix well and deep fry until golden brown put on paper or colander and make the sauce. Add all the ingredients with coconut milk, heat one dessertspoon of oil and fry the mustered seeds. When the seeds are popping add put the coconut milk with the ingredients and simmer down for about 10 minutes. Or until the bubbles form when the sugar is caramelizing, Then add the fried auborgine mix well and taste for salt

### **Garlic curry**

500 gms garlic peeled,250 gms of onions peeled,1 teaspoon of fenugreek(dill seeds)1 breakfast cupful  
thick and thin coconut milk,1 teaspoon of chili powder, a pinch of turmeric, tamarind juice and salt to taste

Fry the whole cloves of garlic ,the peeled onions(button onions if not slice length vice)in little oil without getting them brown add the fenugreek mix the thin coconut milk and turmeric chilies powder and cook until the garlic is done, when done add the thick milk with tamarind juice(add little by little to your liking) and salt simmer few minutes taste for salt. Until the gravy thickens.

### **Pineapple Chutney**

One Ripe Pineapple cut into small pieces, One tea spoon of cut garlic and One tea spoon of cut ginger  
250 gms of sugar, and half liter of white vinegar.

Grind the cut ginger and garlic with two table spoon of vinegar. Put the cut pineapple into a deep pan, with the balance vinegar, sugar, salt to taste, and when boiling put the ground paste into the pan. When the pine is soft let it cool and grind it then boil again to a thick paste.

## **Chilli paste**

250 gms onions 1 inch piece ginger, 3 cloves of garlic, few curry leaves, 50 gms chili pieces, 3 table spoons of sugar, 2 tea spoons soya sauce, 1 tea spoon cinamon powder, 1/2 tea spoon cloves powder, 1/2 tea spoon cardomon powder, salt. 4 table spoon of oil.

Heat the oil in a pan when hot fry the ginger, garlic and curry leaves, When the garlic browns add soya and chili pieces and let it fry, Add salt and (the onions garlic ,ginger,curry leaves all should be chopped)

Onions and sugar then add the cloves cardomn and cinamom . Let it boil at this time the oil should come to the top, Then it is ready.

## **Potato with mint**

250 gms Potato peeled and boiled as for mashed potato. One large onion. Few mint leaves cut to small pieces One capsicum chilly or red or green bell peppers deseeded and cut to small pieces . pinch of cardamom powder a pinch of cloves powder salt to taste.

Cut half of the onion finely and mix all ingredient together with a fork .Cut the other half of onion finely too and keep aside. Keep a pan on fire with two table spoons of butter or margarine when hot add the balance half of the onions and fry till brown. Avoid burning. The add the potato mixture and keep mixing well for about 3 mins If it looks too dry add some drinking milk or coconut milk. Taste for salt.

## **Beet Root with coconut**

250 gms beet root, 2 Table spoons of grated coconut, 4/1 tea spoon of cinnamon powder, 4/1 tea spoon of Cumming powder ,lime juice. Salt to taste

Grate the beet root with a grater use the larger side. Add the Cumming , cinnamon , lime juice and the coconut and mix well and leave aside. In a pan fry cut onions, one pip of cut garlic, one tomato cut and some curry leaves. When the tomatoes are cooked add the beet root mixture mix well simmer for 3 minutes . Take off fire and serve.

**Note:** If you can not find fresh coconut add thick coconut milk at the moment you add the beet root to the fried tomatoes ect, and mix well and simmer a bit longer.

## **Devilled Chicken**

500 gms Chicken 500 gms potato 500gms onions 1/2 tea spoon ground mustard 1 tea spoon ground dry chilies'  
4 cloves garlic 4 slices ginger 1 tea cup boiling water 1 tea spoon mustard 1 tablespoon Worcester sauce  
2 table spoon vinegar 1 dessert spoon sugar 1 dessert spoon sliced onions salt dripping

Cut the meat in convenient pieces and put them in to a stew pan. Add the water, chilies', ground mustard, garlic, ginger, vinegar, salt and onions cut in quarters. Let nit cook slowly for

## **Dhal Or Lentil curry**

250 gms Orange lentils or Dhal ,1 large onion,2 pips garlic, few curry leaves, 2 tomatoes, 2 cups water, 1 cup coconut milk.1 tea spoon turmeric powder , 1 tea spoon cinnamon powder or 1 inch piece

Wash the dhal and put it in to a pan with the water and add the turmeric and cinnamon and half of the onions ,garlic ,curry leaves , tomatoes . boil until the water is absorbed.

In a another pan heat 1 table spoon of oil and fry rest of the onions , curry leaves , garlic, tomatoes.

When the tomatoes have smashed put the cooked lentils mix well and add the coconut milk cook for about 3 minutes and it is done

## **Bittergourd (melon) Sambol**

4 bittergourds 1 dessertspoonful sliced onions 1 capsicum sliced 1 tomato sliced juice of half a lime salt 1 tea spoon turmeric powder.

Cut the gourd across in slicers. Put in to a bowl with 2 tea spoon salt and add hot water. Leave until you can put your hands in, then drain and add turmeric and salt and deep fry it. Stop half way let it cool then fry again just before serving, When fried add the tomatos ,onions, capsicum lime juice mix together and serve.

## **Cooking Tips: How to Peel the Garlic**

### **Part I: Begin at the end**

Looking at the garlic clove, you'll see a tough piece at the end. This is the part that was attached to the bottom of the garlic head before the clove was removed.

Place the garlic clove on the chopping block, and using the tip of your knife, slice off that end.

### **Part II: Break the skin**

Keeping the garlic on the chopping block, use your thumb and index finger to hold the sides of the clove. Hold the knife with the other hand.

Again using the tip of the knife, carefully make a vertical slit from top to bottom in the skin of the garlic.

### **Part III: Tap into it**

Keeping the garlic on the chopping block, tap the clove once or twice with the back of the blade of the knife.

### **Part IV: Peel it off**

The skin should be nicely loosened at this point and can easily be pulled off in one piece. If the skin is still not loose enough, repeat Part III.

Carefully making a slit down the side of the skin may help matters. The garlic is now ready to be crushed, chopped, minced, or used whole.

Yes, you've read it correctly: whole garlic! Try it in stews or with grilled vegetables.