

A.H. Karuna's Receipes

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Curry Powder

There are as many different types of curry powders as there are languages in South Asia! This is A.H. Karuna's version.

Ingredients

coriander – 50g
cumin seed – 50g
black pepper – 50g
cinnamon – 50g
turmeric – 5g
cardamom – 15 seeds
cloves – 15 seeds
curry leaves – a handful
chilies – 5g

Directions

1. Combine all ingredients in large flat metal pan.
2. Let it roast in the sun for two hours.
 - a. *Alternative: roast in oven for 10 minutes until general color is brown.*
3. Crush all ingredients with a mortar and pestle.
4. Use a sifter to separate larger pieces from the crushed powder. Repeat steps 3-4 as needed until everything has been crushed into curry powder.



Kokis

Kokis is a deep-fried Dutch sweetmeat that remains a part of contemporary Sri Lankan cuisine. It is a must-eat during the Sinhala and Tamil New Year festivities. A kokis mold is needed to obtain the distinctive flower shape.

Ingredients

Rice flour – 300g

Saffron – ¼ tsp

Salt – ½ tsp

Egg – 1

Water – 300mL



Directions

1. Combine all ingredients in a bowl to create a batter.
2. Heat oil in a small pot or wok. Leave the kokis mold in the oil so it also becomes hot.
3. Dip the heated mold in the batter (do not submerge) and then immediately dip the mold in the hot oil.
4. After several seconds, shake the mold so the batter slides off. Leave the mold in the hot oil so it is ready to dip back in the batter.
5. When kokis has become golden brown, remove from oil and place on paper towel.

Wellawahum

Easily described as coconut-filled pancakes/crepes, wellawahum is a beloved teatime snack.

Ingredients

Rice flour – 300g
Scraped coconut – 250g
Coconut treacle* – ½ cup
Cardamom seed – 5pc, minced
Saffron – ¼ tsp
Salt – ½ tsp
Egg – 1
Lime – 1
Water – 300mL



Directions

1. Combine flour, saffron, salt, egg, and water in bowl to create a batter.
2. In a heated medium saucepan; add honey, cardamom, and a pinch of salt. Bring to a boil.
3. After one minute, add coconut. Stir well. Place on low heat.
4. Heat a small greased pan. Place a large spoonful of batter in pan as if you are making a pancake or crepe. Swing around pan to thin out batter; flip when ready.
5. After pancake is cooked, place on plate. Put a small spoonful of coconut at one end of the pancake. Squeeze lime juice on coconut. Roll pancake, starting with the end with the coconut, like a traditional crepe or burrito.

**(golden syrup or honey is a good substitute)*

The recipes below are for rice and curry dishes. You will find that many of them are very similar except for the main ingredient and thus will have around the same amount of spices. Sri Lankan cooks rarely measure out ingredients—the amounts provided are meant to be guidelines, so feel free to experiment with different levels of spices.

Generally, a rice and curry meal will involve steamed red or white rice and between three and six curries, including dhaal. A plate is prepared by placing a large mound of rice in the middle and placing a large spoonful of each curry around the mound. Select one end of the plate as your “mixing area.” Using your fingers, place a little of every curry and rice into the “mixing area;” mix with your fingers and bring it to your mouth. Only mix the food in the “mixing area.” it is poor manners to mix up the entire contents of the plate all at once!



Dhaal

Dhaal is an essential ingredient for any rice and curry dish. Often, dhaal is the paste that enables the many curries and rice to stick to each other to make a bite-sized morsel. Dhaal also complements many breakfast dishes such as roti or bread.

Ingredients

Dhaal – 150g (*also known as red lentils*)

Large onion – ½

Garlic – 4 cloves

Curry leaves – 10g

Cinnamon – ½ tsp

Chili powder – 1 tsp

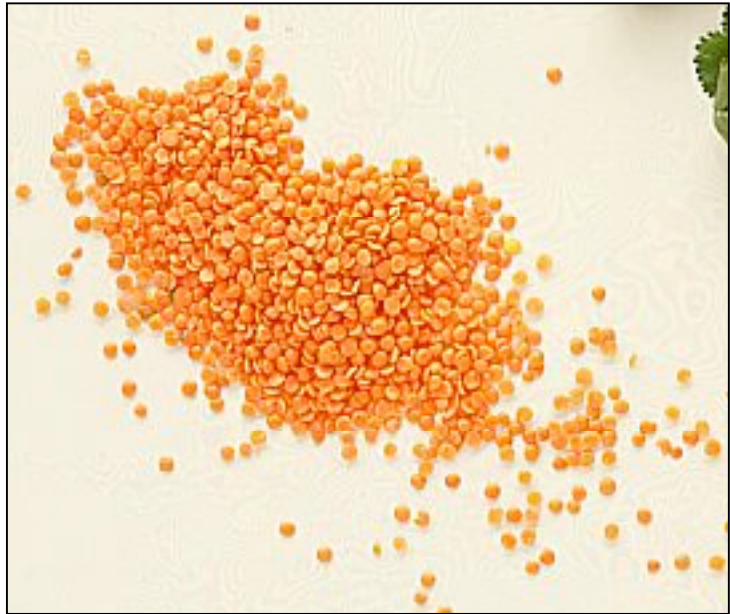
Saffron – ¼ tsp

Curry powder – ½ tsp

Mustard seed – ½ tsp

Salt – 1 tsp

Coconut milk – 4 cups



Directions

1. Wash dhaal with water and rinse until water runs clear.
2. Chop onion and garlic.
3. Place all ingredients in pot. Cover. Cook for about 15 minutes at medium heat.

Pineapple Curry

While not a common curry in Sri Lanka, it is a delight for Western palates.

Ingredients

Pineapple – 1
Oil – 3 tsp
Onion – 1 large
Cinnamon – 1 stick
Garlic – 3 cloves, chopped
Curry leaves – a handful
Saffron – ¼ tsp
Curry powder – 1 tbsp
Chili powder – 1 tsp
Salt – 1 tsp
Coconut milk – 1 cup
Sugar – 1 tbsp



Directions

1. Chop onions and garlic.
2. In a pot, heat the oil. Put in garlic, onion, cinnamon, and curry leaves.
3. After a few moments, place everything else except the coconut milk. Stir for 30 seconds.
4. Pour in coconut milk. Stir and cover on low heat for 15 minutes.
5. Add the sugar, stir and cover on low heat until ready to serve.

Bean Curry

Experiment with different levels of spices with this dish.

Ingredients

String beans – 250g
Onion – 1 large
Cinnamon – ½ stick
Chilies - 2
Garlic – 3 cloves, chopped
Curry leaves – 10g
Saffron – ¼ tsp
Mustard powder – 1 tsp
Salt – ¾ tsp
Coconut milk – 1 cup



Directions

1. Chop up the beans into one-inch sections. Chop onions, chilies, and garlic.
2. Place all ingredients in a pot. Cook for 15 minutes at medium heat, cover.

Pumpkin Curry

Pumpkins are in season from February to July and are often sold in quarters at the food market.

Ingredients

Pumpkin – ¼ (300g)
Onion – ½ large
Cinnamon – ½ stick
Garlic – 5 cloves
Curry leaves – 10g
Saffron – ¼ tsp
Mustard – ½ tsp
Curry powder – ¼ tsp
Ground pepper – ¼ tsp
Salt – ¾ tsp
Coconut milk – 1 cup



Directions

1. Clean the pumpkin; remove all seeds and strings. Chop pumpkin into medium-sized chunks. Chop onion and garlic.
2. Place all ingredients in pot; cook at medium heat for 15 minutes, cover.

Carrot Curry

The Sinhalese consume their vegetables mainly through curries such as this.

Ingredients

Carrot – 2
Garlic – 2 cloves
Chilies – 2
Curry leaves – 10g
Cinnamon – ½ stick
Saffron – ¼ tsp
Mustard – ½ tsp
Curry powder – ½ tsp
Salt – 1 tsp
Coconut milk – 3 cups



Directions

1. Peel and chop the carrots into 1-inch strip. Chop chilies, garlic, and onion.
2. Place all ingredients in pot; cook at medium heat for 15 minutes, cover.

Fried Brinjal Curry

Brinjals are similar to eggplants but are smaller and light purple with white stripes. Because this involves frying several ingredients, coconut milk is not used here like it is in most curries.

Ingredients

Brinjal – 3
Salt – 1 tbsp
Oil – 1 cup
Onion – 1
Garlic – 2 cloves
Tomato – 1
Curry leaves – 10g
Chili powder – 1 tsp



Directions

1. Chop onion, garlic, and tomato.
2. Slice the brinjal into thin disks. Rub 1 tbsp salt into the brinjal and let sit for five minutes.
3. Using hands, tightly squeeze a handful of brinjal to drain all the water and place in bowl. Repeat for rest of the brinjal slices.
4. Heat $\frac{1}{2}$ cup of oil in a saucepan. Fry the squeezed brinjal until it become dark brown—just short of black. Remove from oil.
5. Heat 2 tbsp oil in pot. Place curry leaves, onion, and garlic in pot; fry lightly for a few minutes.
6. Place tomato, chili powder, fried brinjal, and $\frac{1}{4}$ tsp salt into pot. Mix and fry lightly for a few minutes. Serve.

Fish Curry

Fish curry is a daily dish. A Sri Lankan may encounter it three times a day—breakfast, lunch, and dinner. Freshly caught tuna is best. Because you are mixing with your fingers, you will be able to pick out fish bones before you place the combined rice and curries into your mouth.

Ingredients

Fish – 600g
Garlic – 6 cloves
Tomatoes – 2
Onion – 1
Chilies – 7-10
Curry leaves – 10g
Saffron – ¼ tsp
Curry powder – 1 tbsp
Pepper – ½ tsp
Salt – 1 tsp
Water – 2 cups



Directions

1. Chop the fish into medium-sized chunks. Chop onion, garlic, tomatoes, and chilies.
2. In a small saucepan, heat oil and place onion in it. Fry it until it becomes brown. Add a pinch of salt and remove from oil.
3. In pot, combine all ingredients including fried onion. Cook on medium heat for 15 minutes, cover. Fish should become brown and easy to fall apart.