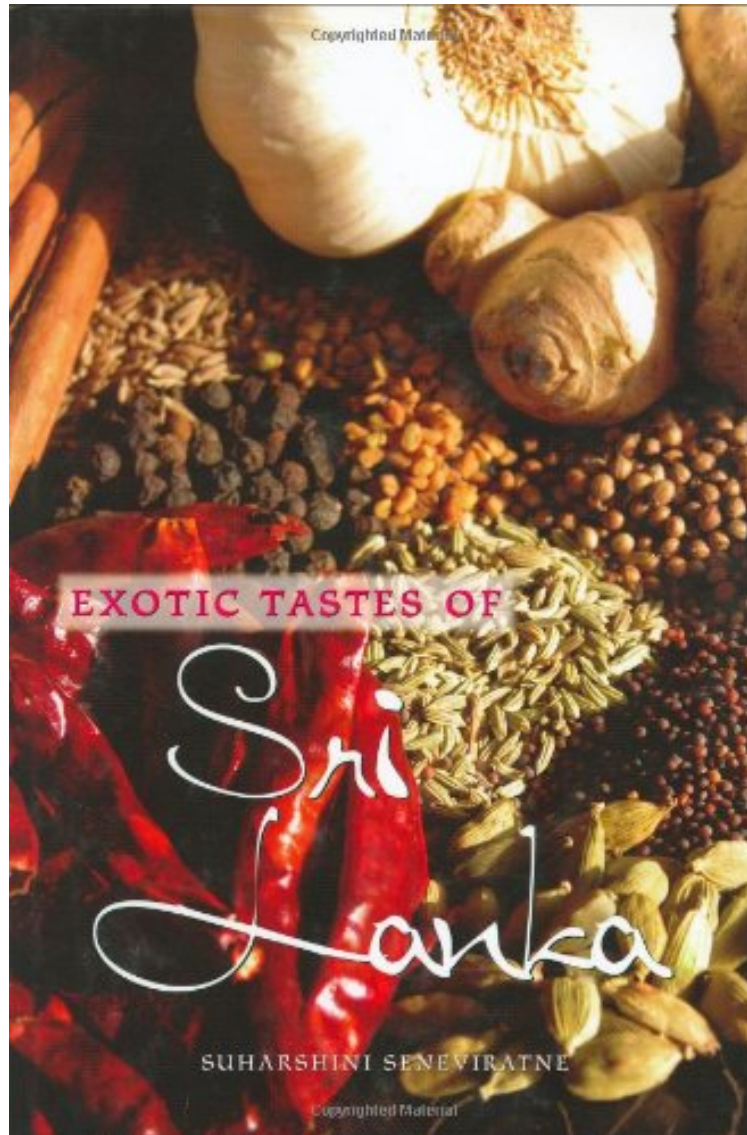


(Download) Exotic Tastes of Sri Lanka

Exotic Tastes of Sri Lanka

Suharshini Seneviratne

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Suharshini Seneviratne : Exotic Tastes of Sri Lanka before purchasing it in order to gage whether or not it would be worth my time, and all praised Exotic Tastes of Sri Lanka:

6 of 6 people found the following review helpful. Excellent Authentic RecipesBy A.S.It is true, as one reviewer commented, that the introductory notes to the recipes are unsophisticated to say the least. But if you allow yourself to be put off by the introductory notes and fail to try the recipes, you will be depriving yourself of the some the best tasting Sri Lankan food that can be made in home kitchens inside or outside Sri Lanka.I am Sri Lankan born and bred

now living abroad. I am also a dedicated home cook, and being Sri Lankan, that country's cuisine is obviously my favorite and the one I am most knowledgeable about. I am also an avid collector of cookbooks and it is not an exaggeration to say that I own or have cooked from virtually every Sri Lankan cookbook, including books that contain Sri Lankan recipes among others, for example books by Charmaine Solomon, Madhur Jaffrey, Priya Wickremesinghe and Rick Stein to name a few. These are all excellent books but *Exotic Tastes of Sri Lanka* tops them all. Until I started cooking from *Exotic Tastes* I could never replicate that certain *je ne sais quoi*, that exquisite but elusive flavor that is present in the food of very traditional Sri Lankan cooks. Some of it of course comes from the wood fires and the well seasoned clay pots that are used in traditional cooking and can never be replicated outside that environment (sadly becoming more and more rare these days), but Ms. Seneviratne's recipes bring you very close. Sometimes the precision of her recipes makes me smile (she will tell you the exact number of fenugreek seeds or peppercorns to use) but I belong to that school that believes that a recipe should be followed precisely as written the first time it is used with the cook being free to deviate thereafter. With Ms. Seneviratne's recipes, however, I am never tempted to deviate. This book has served me better than either the old stalwarts our mothers and grandmothers used, that are still in print but not available outside Sri Lanka (e.g., *The Daily News Cookery Book*, Chandra Dissanayake, Doreen Pieris), or the more recent books by, for example, Peter Kuruvita or S.H. Fernando, Jr., among others. Ms. Seneviratne appears to be a highly experienced Sri Lankan cook who not only understands the nuances and subtleties of the cuisine but is able to convey them to the cook following her recipes, despite her sometimes quaint English. I recommend this book without reservation, particularly to my fellow expatriate Sri Lankans. 15 of 17 people found the following review helpful. an "okay" cookbook on Sri Lankan food By Brett While this is not a bad book, I think most of the other reviews here are overly generous. This is an eclectic and not-so-polished cookbook. The descriptions of each dish... made to make them seem enticing...are written in bizarre Sri Lankan English with lots of hyperbole and unintended absurdity. However, the recipes themselves are clear and straightforward. However, THERE ARE NO PICTURES of the DISHES - nor is the writing detailed or descriptive on how to cook them - but it is generally SUFFICIENT / ADEQUATE. The table of contents is far from comprehensive. The recipes are reasonably clear - but the ingredient lists are not separated for the different components of each dish (i.e., for the stuffing, for the sauce) - and they can be long and hard to manage. However, it does have a LOT of recipes - both Singalese and Tamil - and some unusual ones that don't show up in the other cookbooks. It really shines with some unusual desserts I haven't seen recipes for anywhere else. It is recommended if you are a hardcore Sri Lankophile or you know how to make Sri Lankan curry already and want expand your horizons - but it is NOT the best introduction to the subject. 1 of 2 people found the following review helpful. The best reference Cookbook from Sri Lanka By Sunethra Alahakone I am originally from Sri Lanka and cooked and served my family Sri Lankan Dishes. However, my daughters didn't, but loved and enjoyed the dishes. I thought this book had the best step by step instructions for my daughters to start learning to cook Sri Lankan dishes. And I was right. It had all the necessary requirements and also a descriptions of the country's culture which gave my daughter more knowledge about Sri Lanka. I love this book and recommend to anyone who is willing to learn to cook these delicious dishes.

The breathtaking island of Sri Lanka lies in the Indian Ocean, separated from southeastern India by a mere 30-mile chain of shoals. This proximity to India has had an inevitable effect on Sri Lanka's cuisine, as did the successive Portuguese, Dutch, and British occupations. However, over the centuries the majority of these dishes have been modified to suit the local palate. *Exotic Tastes of Sri Lanka* highlights the gamut of flavors of this cuisine, which runs from hot and spicy to comforting and mild. The chapters of *Exotic Tastes of Sri Lanka* are devoted to short eats (appetizers), salads, staples, vegetarian dishes, poultry, meat and egg recipes, seafood preparations, desserts, and sweetmeats (treats). An array of exotic ingredients that is key and integral to Sri Lankan cuisine enhances the dishes. For instance, gambooge, with its uniquely sour flavor, is often used in traditional seafood preparations like Fish Ambul Thiyal, while either grated coconut or coconut milk intensify most recipes, including Pumpkin Kalu Pol Curry. Local staples are delectable works of art, such as exquisite Stringhoppers, Hoppers, and Pittu. Since the entrées revolve around the nation's favorite ingredient, rice, the loosely coined term "rice and curry" best describes Sri Lankan cuisine. Other staple ingredients include coconut (milk, oil, grated), as well as aromatic herbs and spices such as curry leaves, mint, coriander and fennel seeds, and cloves. Sri Lanka offers a particularly impressive repertoire of vegetarian and seafood preparations. Sample menus, explanations of spice uses and availability, typical cooking techniques, and descriptions of traditional utensils complement the 157 recipes, all adapted for home cooks.

About the Author Suharshini Seneviratne was born in Colombo, the capital of Sri Lanka, and came to the United States to attend the University of Maryland, College Park. She then moved to the Netherlands with her husband, and frequently cooked traditional Sri Lankan fare for her friends, which prompted her to write this book. She resides in the Washington, D.C. area with her husband and child.