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Fire and Spice: The Cuisine of Sri Lanka

Heather Jansz Balasuriya, Karin Winegar
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Heather Jansz Balasuriya, Karin Winegar : Fire and Spice: The Cuisine of Sri Lanka before purchasing it in order to gage whether or not it would be worth my time, and all praised Fire and Spice: The Cuisine of Sri Lanka:

4 of 4 people found the following review helpful. Great birthday gift for a gourmet cookBy Michele ThomsonI bought this book as a birthday gift for my son-in-law who is a gourmet cook. He had been looking for a copy for years and so was delighted to finally receive one. To top it off, the copy I obtained was not only in "like new" condition, but also signed by the author. Thanks to his wish list I was able to pull off a major gifting success!1 of 1 people found the following review helpful. A great experience and wonderful cookbookBy JBBI love Asian cuisine...especially regional Indian cooking. Heather's restaurant in Minneapolis is a jewel. I love hot food, but Sri Lankan hot food is in a different category. It is ubber spicy. This cookbook is a must for Indian curry lovers. Sri Lankan food is just different enough from Indian, you won't feel that anything in this book is duplicative to your Indian cookbooks. Highly recommended book, and please go to the restaurant if you get to Minneapolis!2 of 2 people found the following review helpful. Cook book reviewBy Shanthini JayanthanShe has some of the great daily Ceylon food recipes that can be made easily with great instructions and measurements.

From Publishers WeeklyAccording to Sri Lankan-born Balasuriya and Minneapolis Star and Tribune writer Winegar,

only one Sri Lankan restaurant exists in the U.S.--the Sri Lanka Curry House in Minneapolis, co-owned and managed by Balasuriya. So to sample the "fiery, aromatic and vivid" food of the island once known as Ceylon, you will most likely have to cook it. This book is a good introduction to a little-known cuisine. Historical and cultural background information relates the diverse influences--Indian, Arabic, Malaysian, Portuguese, Dutch, British--on this early center of maritime commerce and its cookery. Recipes range from soups, breads, curries and condiments familiar to any Indian-food fancier to indigenous specialties, such as the pancake-like hopper, and Americanized hybrids of questionable appeal ("Hellaciously Hot Sloppy Joes," "Potato Salad with a Kick"). Dishes are simple to prepare, if you've got frickadels (deep-fried meatballs), jaggery (palm sap sweetener) and the like on hand. If you go too far in your taste for authenticity, there is even a note on how to cool an inflamed mouth (by drinking tea, beer, tomato juice or lemonade). A glossary and a list of mail-order sources are appended. Illustrated. Copyright 1989 Reed Business Information, Inc. From Library Journal Even adventurous eaters are unlikely to have tasted Sri Lankan cooking, which resembles Indian and Thai cuisine but is still quite different. Ingredients like chilies, curry, ginger, lemongrass, and coriander make for some hot and spicy dishes; coconut and coconut milk provide a cooling contrast. The authors, a Sri Lankan chef and a food writer, include background both on the country's culture and cuisine, a detailed glossary of ingredients, and a good sampling of unintimidating but unusual recipes. A unique work, for most collections.-- JSCopyright 1989 Reed Business Information, Inc.