

LOW SALT RECIPES

A guide for healthy cooking
2021



Ministry of Health
Sri Lanka



Sri Lanka Medical
Nutrition Association



World Health
Organization
COUNTRY OFFICE FOR
Sri Lanka



Chefs Guild of Lanka

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Message from the president of Sri Lanka Medical Nutrition Association (SLMNA)

The low salt cooking challenge was started with the collaboration of the Ministry of Health and the World Health Organization to make awareness among the public regarding salt consumption. It was conducted successfully with the immense support of chef guild's association and other stake holders. The rising trend of non-communicable diseases like hypertension and heart disease is mainly due to salt consumption. It is estimated that a Sri Lankan consumes up to 8-18 g of salt/day. The WHO has recommended only 1 tsp (5g) of salt per person in a day therefore, people in our country should reduce the consumption of salt by 15%.

The main component that affects health is the amount of sodium that is present in the salt. A normal adult needs only 1 g of sodium during the day. Half a teaspoon of salt contains 1g of salt. If a person who consumes 12 g of salt can reduce it up to 10 g then the risk of hypertension can be reduced by 40%.

It is seen that with increasing age and high salt consumption there's an increased incidence of hypertension. The most vulnerable age group is between 30-50 years. Therefore, it is our responsibility to make awareness among the public and educate them.

The book consists of recipes created by our participants and the nutritional value with the amount of salt added is specified in each recipe. I hope that this would be an innovative and useful resource.

I greatly appreciate the support given by the stakeholders who contributed to make this event a success. The book is the ultimate outcome of the event. I hope this book will help us to make a change in the community.

**Dr. Renuka Jayatissa,
President,
Sri Lanka Medical Nutrition Association.**

Message from the World Health Organization

Raised blood pressure is a leading risk factor for the global disease burden and is estimated to cause 9.4 million deaths every year – more than half the estimated 17 million deaths caused by cardiovascular diseases, annually. Consuming more than 5 grams of salt per day contributes to high blood pressure and increases the risk of heart disease and stroke.

The World Health Organization guides Member States with a 'menu' of policy options to achieve noncommunicable disease (NCD) targets by 2025. Reduced population intake of salt is essential to meet the overall SDG3 goal of 25% reduction in premature mortality from NCDs. Dietary surveys have shown that the average salt intake in Sri Lanka is nearly double the recommended 5 grams per day, mainly contributed by dietary practices of adding salt to rice and consuming traditionally preserved salty foods.

In this backdrop, the World Health Organization is pleased to collaborate with the Sri Lanka Medical Nutritionists Association and the Directorate of NCD, Ministry of Health to conduct the 'National Low Salt Cooking Challenge' to engage those involved in food technology, culinary science and public to innovate in cooking low salt popular Sri Lankan dishes. With the Chefs Guild of Sri Lanka, selected recipes from this successful event are compiled, published and made available to general public.

We look forward to continuing the multi-sectoral partnerships in Sri Lanka to support the country achieve its targets in prevention and control of NCDs towards health and well-being of its population.

Dr. Alaka Singh
WHO Country Representative for Sri Lanka

Message from the Director, Directorate of Non-Communicable Disease, Ministry of Health

Non-Communicable Diseases (NCDs) account for approximately 83% of the deaths in Sri Lanka, and majority of these are due to cardiovascular diseases. Heart disease and stroke are also identified as the leading causes of death and disability in Sri Lanka, and high blood pressure is identified as an important modifiable risk factor for both these disease conditions. It is further proven that excess dietary intake of salt (sodium) is a leading cause of high blood pressure. Therefore, it is necessary that action is taken to strengthen community awareness on the importance of reducing salt consumption for good health.

In this regard, the Directorate of Non-Communicable Disease of the Ministry of Health, in close collaboration with the Sri Lanka Medical Nutrition Association (SLMNA) and the World Health Organization – Sri Lanka Country Office, conducted and successfully completed the “Low Salt Cooking Challenge” competition among the general public. The main objective of this competition was to promote the reduction in the use of salt during cooking and preparation of meals, and also to generate a book of low salt recipes. This book of recipes will be invaluable in the community empowerment towards promotion of low salt consumption, for the long-term outcome of reducing the incidence of high blood pressure.

I take this opportunity as the Ministry of Health, to convey our appreciation to the Sri Lanka Medical Nutrition Association (SLMNA), the World Health Organization – Sri Lanka Country Office, the Chef’s Guild of Sri Lanka and the Sri Lanka Spices Board, for the immense contribution they have made towards making this objective a big success.

Dr. Vindya Kumarapeli
Consultant Community Physician
Director- Non Communicable Diseases
Ministry of Health

Acknowledgement

This low salt recipe book was developed and published by Sri Lanka Medical Nutrition Association (SLMNA) as a final outcome of Low Salt Cooking Challenge – 2021, which was organized by SLMNA in collaboration with World Health Organization (WHO) and Ministry of Health, Sri Lanka. We extend our sincere gratitude to WHO for their contributions and financial assistance in conducting the cooking challenge and developing this recipe book.

We are deeply indebted to Dr. Renuka Jayatissa, the pioneer of Clinical Nutrition in Sri Lanka for her expertise and the guidance she provided for this Low Salt project. We would like to thank Dr. Nalika Gunawardena, National Professional Officer – WHO Sri Lanka Country Office, for facilitating this project successfully. We appreciate and thank all the resource personnel and many professional experts from various fields, including officials from Ministry of Health, executive chefs from Chefs guild Lanka, culinary expert and chairman Sri Lanka Spice Board, Clinical Nutrition experts and members of Sri Lanka Medical Nutrition Association. We value their ideas, comments and expertise provided during the low salt cooking challenge and development of this recipe book.

Finally, we would like to thank all the persons who helped us in numerous ways to produce this recipe book successfully in a timely manner. We hope this recipe book will provide the reader with many low salt alternatives and encourage them to maintain a healthy lifestyle.

INTRODUCTION

In Sri Lanka, Non-Communicable Diseases account for the majority of deaths. Among them stroke is the 2nd leading disease. Although there are many contributing factors for the development of stroke, presence of high blood pressure (Hypertension) remains the 2nd leading cause.

Excess sodium intake by means of salt consumption has a strong positive correlation with prevalence of hypertension which was evident by several research studies. High sodium intake increases the risk of cardiovascular disease and mortality. And may as well have other harmful effects including increased risk of stroke, heart failure, osteoporosis, obesity, gastric cancer, and chronic kidney disease.

Therefore, the WHO has acknowledged high sodium intake as one of the silent killers of humans and has recommended to reduce sodium to less than 2000 mg/day (5 g/day salt) in adults. According to the National Population Salt Consumption survey in 2012, we Sri Lankans consume two times higher than the recommended.

Nearly 80% of the salt in our diet comes from home cooked foods. Cutting down the amount of salt used in cooking by simply adding locally available spices and condiments helps to prepare a variety of dishes without sacrificing the flavor and subsequently decreases the risk of developing these diseases which will have a great positive and sustained effect on health and economic impact of the country.

In order to increase the awareness about the importance and ways to cook common foods with less salt, The National low salt cooking challenge - Sri Lanka, was organized and held between 1st of May 2021 to 31st of October 2021. Low salt, culturally sensible, low to medium cost recipes and preservative methods with less salt were selected from this cooking challenge and presented in the form of an e - recipe book.

We believe that this book, which is the final end product of the national cooking challenge, will serve as a foundation from which more and more healthy low salt recipes can be formulated.

OUR JOURNEY.....

National low salt cooking challenge 2021 was held in Sri Lanka organized by the Sri Lanka Medical Nutrition Association in collaboration with the World Health Organization and Ministry of Health.

The cooking competition was organized in 3 rounds. As the initial step, applications were called, and the participants were instructed to apply as a team. 40 teams were selected to compete in the 1st round. Each team consisted of 3 members from predefined categories. There were teams from island-wide who participated in this competition. Due to the current COVID 19 pandemic, the 1st round was held virtually. The recipes with the videos of their cooking were sent by the contestants to the organizing committee. All the participants had given their best in this competition.

The selection was done by a panel of judges. The judging panel consisted of two experts in the field of nutrition and Non-Communicable Diseases and a culinary expert. The teams who won were announced in a virtual meeting held with the participants. Participants of the first round were awarded a certificate for their participation.

The second round of the cooking challenge was held during the period of October 4th to 11th. The second round was also conducted virtually due to the covid-19 situation in the country. Two practical cooking demonstrations were arranged before the competition, which were conducted by well-known culinary experts. This helped the contestants to gain knowledge on cooking with low salt and presentation of the dishes. In this round, the participants were given a list of ingredients from which they had to prepare the main meal. Apart from the main meal they were requested to prepare a low salt-preserved food which complements the main meal. There were 20 teams selected from the first round that participated.



The recipes that each team prepared were received beforehand. In this round, the cooking was observed by a panel of judges live through a zoom video conference. At the same time the professional videographer of this project visited each residence and did an onsite video recording of the cooking session.

Consultant Nutrition Physicians, Senior Registrars in Nutrition, Experts in the field of Non - Communicable Diseases, and culinary experts comprised the panel of judges. At the time of judgment due consideration was given to the total amount of salt added to the meal which included the hidden amounts of salt in added ingredients. Apart from the nutritional value, cleanliness, safety, and hygiene during food preparation and final presentation of the food were included. Teams were selected based on the recipes, video recordings, and live judging. 5 teams out of the 20 teams that contested were selected. Winning teams were announced in a meeting with the contestants in the presence of the jury.

The Final round of the National Low salt Cooking Challenge was successfully held on the 30th of October 2021, at Galle Face Hotel. Prior to the event a virtual press conference was held by Dr Renuka Jayatissa The president - Sri Lanka Medical Nutrition Association, on the 25th of October 2021, to raise awareness about the importance of low salt consumption among the public.

The final event started at 3.30 pm in the presence of the delegates who were invited. It was held strictly adhering to the COVID 19 safety rules. Madam Shiranthi Wickramasinghe Rajapaksa (1st Lady to the 5th executive President of Sri Lanka, current Prime minister) attended the event as the chief guest. Dr. Amal Harsha de Silva, Secretary - State Ministry of Backward Rural Areas Development and Promotion of Domestic Animal Husbandry & Minor Economic Crop Cultivation, Dr. Olivia Nieveras, Public Health Administrator for World Health Organization, Sri Lanka participated as guests of honor. Officials from the Ministry of Health, World Health Organization, members of Sri Lanka Medical Nutrition Association, and Chefs Guild of Lanka also took part in the event.



The judging panel consisted of Dr. Renuka Jayatissa - The president - Sri Lanka Medical Nutrition Association, Dr. Shanthi Gunawardena - Consultant Community Physician - Non-Communicable Diseases, Ministry of Health, Chef Madhawa Weerabaddena - The Director Chefs Guild of Lanka, Mrs. Kumuduni Gunasekara, Chairman - Sri Lanka Spice Board, Chef Thennakoon from Chefs Guild of Lanka, and Mrs. Chathurika Wijesingha, Former President - Sri Lanka Women Lawyers' Association.



The event was telecasted virtually through a zoom video conference where the other stakeholders and interested parties joined, and witnessed the cooking competition. The winners of the final round were announced at the end of the event. The team from Nuwara Eliya district succeeded in winning the 1st place, the second place by team Chilaw and the third place by team Matale respectively. Team Kurunegala and Kuliypitiya took the fourth and fifth place respectively.



Low salt recipes 2021

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Measurements

ABBREVIATIONS

| | |
|---------------|--------|
| Teaspoon | tsp |
| Tablespoon | tbsp |
| Yoghurt spoon | ygrtsp |
| Milliliter | ml |
| Gram | g |
| Kilogram | kg |

VOLUMES

| Household measures | Metric |
|--------------------|--------|
| ½ tsp | 2.5 ml |
| 1 tsp | 5 ml |
| ½ tbsp | 7.5 ml |
| 1 tbsp | 15 ml |
| ½ cup | 100 ml |
| 1 cup | 200 ml |

WEIGHT

| | |
|-------------------------------|-------|
| Salt Yoghurt spoon | 2.5 g |
| Teaspoon (level) | 5 g |
| Chili powder yoghurt spoon | 1 g |
| Teaspoon (level) | 2 g |
| Chili pieces Teaspoon | 3 g |
| Curry powder yoghurt spoon | 1.2 g |
| Teaspoon (level) | 2.5 g |
| Pepper powder yoghurt spoon | 1.2 g |
| Teaspoon (level) | 2.2 g |
| Pepper (whole) Teaspoon | 4.5 g |
| Turmeric powder yoghurt spoon | 1.3 g |
| Teaspoon (level) | 4.2 g |

WEIGHT

| | |
|--------------------------------|-------|
| Mustard seeds yoghurt spoon | 1.2 g |
| Teaspoon (level) | 3 g |
| Fenugreek yoghurt spoon | 1.2 g |
| Teaspoon (level) | 2.2 g |
| Cumin seeds Teaspoon | 2.5 g |
| Tamarind (one seed) | 1 g |
| Sugar Teaspoon (level) | 3 g |
| Teaspoon (semi heaped) | 7 g |
| Teaspoon (heaped) | 9 g |
| Cinnamon stick (small) | 0.5 g |
| Garcinia (Goraka) one piece | 3.2 g |
| Cardamom one pod | 0.3 g |
| Ginger one piece | 2.0 g |
| Maldive fish Teaspoon (heaped) | 5 g |
| Red onion Small | 2 g |
| Medium | 3 g |
| Large | 6 g |
| Garlic Small | 1 g |
| Medium | 4 g |
| Large | 6 g |
| Curry leaves one branch | 2 g |
| Green chili Small | 1.5 g |
| Medium | 2.5 g |
| Large | 3.5 g |
| Coconut scraped Tablespoon | |
| Dates one fruit | 10 g |
| Curd Tablespoon | 14 g |

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Suwandal Yellow Rice

INGREDIENTS

| | |
|----------------------------|-------------|
| Suwandal rice | 200 g |
| Cardamom | 3 |
| Pandan leaves | Small piece |
| Turmeric to taste | |
| Coconut/king coconut water | 3 cups |

Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 702.7 kcal |
| Protein | 13.0 g |
| Fat | 1.0 g |
| Salt | 0 g |

METHOD

1. Wash the rice thoroughly
2. Add turmeric, pandan leaves, cardamom, coconut/king coconut water to the rice
3. Cook the rice



Serves 02 adults



No added salt

| | |
|---------|-------------|
| Energy | 1029.7 kcal |
| Protein | 18.7 g |
| Fat | 16.3 g |
| Salt | 0 g |

Herbal Rice

INGREDIENTS

| | |
|---------------------------------|--------|
| Jeera Samba (Suduru samba) rice | 250 g |
| Avocado leaves | 03 |
| Asparagus (Hathawariya) | 03 |
| Indian Copperleaf (Kuppameniya) | 02 |
| Red onion | 10 g |
| Pandan leaves (Rampe) | 01 |
| Curry leaves branch | 01 |
| Carrot | 01 |
| Cinnamon ¼ size | 01 |
| Coconut oil | 1 tbsp |
| Fish stock | 3 cups |

METHOD

1. Blend avocado leaves, asparagus, Indian copperleaf and carrot separately and take the juice.
2. Wash rice well, add fish stock and cook.
3. Divide the rice into 3 equal portions.
4. Sauté red onion, curry leaves, cinnamon separately in ¼ tsp of oil.
5. Temper the rice portions separately and add the color extracted from avocado leaves, asparagus, Indian copperleaf and carrot juice.
6. While hot, serve the rice into a cup in a way it has its own separate colors.
7. And transfer the rice onto a plate.



Serves 02 adults



No added salt

| | |
|---------|-------------|
| Energy | 1209.7 kcal |
| Protein | 31.8 g |
| Fat | 25.7 g |
| Salt | 0 g |

Lemongrass Infused Rice

INGREDIENTS

| | |
|------------------|---------------|
| Suwandal rice | 1 cup |
| Onion | 1 small |
| Garlic | 2 cloves |
| Lemongrass | 1 small piece |
| Curry leaves | 1 branch |
| Cloves | 4 |
| Cinnamon | 1 small piece |
| Cardamom | 2 |
| Oil | 2 tspn |
| Boiled chickpeas | 100 g |
| Butter | 2 tsps |

METHOD

1. Put the oil in the pan and stir fry the onions, garlic, spices, lemongrass and the curry leaves.
2. When these are fried, add the rice.
3. Then add 1½ cups of water and cook the rice.
4. Mash the boiled chickpeas and mix with the butter.
5. Serve it with the rice when plating.



Steamed Shrimp & Broccoli Rice

INGREDIENTS

| | |
|--------------------------|---------|
| Cooked Suduru Samba Rice | One Cup |
| Broccoli | 100 g |
| Shrimp | 50 g |
| Tamarind Juice | 2 tbsp |
| Basil | 5 g |

Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 295.4 kcal |
| Protein | 17.1 g |
| Fat | 1.3 g |
| Salt | 0 g |

METHOD

1. Clean and wash the Shrimp Properly.
2. Grated the cleaned Broccoli.
3. Steam Shrimp and Broccoli 5-10 min.
4. Steamed shrimp and Broccoli sauté with Tamarind juice.
5. Sprinkle Basil to this Mixture and add cooked rice and mix well.



Serves 03 adults



No added salt

| | |
|---------|------------|
| Energy | 518.0 kcal |
| Protein | 42.7 g |
| Fat | 8.5 g |
| Salt | 0 g |

Black Pepper Mixed Protein Basmati Rice

INGREDIENTS

| | |
|---------------------|---------|
| Cooked Basmati Rice | One Cup |
| Broccoli | 100 g |
| Chicken | 100 g |
| Oyster Mushrooms | 100 g |
| Egg | 1 |
| Parsley | ½ tsp |
| Mint Leaves | ½ tsp |
| Curry Leaves | ½ tsp |
| Black Pepper Powder | ½ tsp |
| Yogurt | 1 tsp |
| Plums | 20 g |
| Ginger | 5 g |
| Garlic | 5 g |

METHOD

1. Clean and wash the chicken, mushrooms and broccoli properly.
2. Steam the washed chicken, mushrooms and broccoli for 5 min by adding ¼ tsp of black pepper.
3. Add one egg to a bowl and add a pinch of pepper, mint leaves, parsley, coriander leaves and mix well. Then add this mixture to 3 small cutleries and steam together in a steamer.
4. In low flame add yogurt to a saucepan and add ginger - garlic paste.
5. When aroma comes add steamed mushroom, broccoli and chicken to it and mix well.
6. Add basmati rice to the saucepan and mix well.
7. Present it with sprinkled plums and steamed (poached) egg.



Serves 03 adults



No added salt

| | |
|---------|------------|
| Energy | 229.6 kcal |
| Protein | 4.4 g |
| Fat | 0.4 g |
| Salt | 0 g |

Carrot Rice & Butterfly Pea (Nil-katarolu) Rice

INGREDIENTS

Carrot rice

| | |
|---------------|-------|
| Suwandal rice | 50 g |
| Carrot | 10 g |
| Coconut milk | 10 ml |

Butterfly pea (Nil-katarolu rice)

| | |
|--|-------|
| Suwandal rice | 50 g |
| Butterfly pea flower (Nil-katarolu mal) | 10 g |
| Coconut milk | 10 ml |

METHOD

Carrot rice

1. Wash rice properly. Place in a pot or in a rice cooker. Cook rice with carrot.
2. Finish with coconut milk

Butterfly pea (Nil-katarolu rice)

1. Wash rice properly.
2. Place in a pot or in a rice cooker.
3. Cook rice with butterfly pea flower.
4. Finish with coconut milk.



Serves 03 adults



No added salt

| | |
|---------|------------|
| Energy | 944.4 kcal |
| Protein | 44.1 g |
| Fat | 2.3 g |
| Salt | 0 g |

Chicken & Mushroom Mixed Rice

INGREDIENTS

| | |
|----------------------|-------|
| Jeera (Suduru) samba | 300 g |
| Mushroom | 100 g |
| Drumstick leaves | 20 |
| Small onions | 5 |
| Garlic cloves | 2 |
| Cinnamon leaves | 2 |
| Cardamom | 2 |
| Chicken drumstick | 2 |

METHOD

1. Cook the rice
2. Fry all the above ingredients together
3. Add them to the rice



Serves 03 adults



No Added salt

| | |
|---------|------------|
| Energy | 805.4 kcal |
| Protein | 16.1 g |
| Fat | 1.5 g |
| Salt | 0 g |

Spinach Rice (Nivithi Batha)

INGREDIENTS

| | |
|-----------------------|---------|
| Suwandal Rice | 300 g |
| Spinach | 15 g |
| Water | 500 ml |
| Pandan leaves (Rampe) | 1 piece |

METHOD

1. Wash the rice thoroughly.
2. Add 500 ml of water and boil the rice.
3. When it is boiling add pandan leaves into the rice.
4. Wash the spinach leaves, put into a food processor or blender and add a little amount of water and blend well.
5. When the rice is done add the spinach into rice, mix well until rice becomes green color.
6. Serve with curries.



Suwandal Rice With Traditional Yam

INGREDIENTS

| | |
|-----------------------|--------|
| Water | 275 ml |
| Suwandal rice | 150 g |
| Purple yam (Raja ala) | 125 g |
| Colocasia (Kiri ala) | 125 g |

Serves 03 adults



No added salt

| | |
|---------|------------|
| Energy | 692.6 kcal |
| Protein | 15.6 g |
| Fat | 3.5 g |
| Salt | 0 g |

METHOD

1. Cook the rice in a rice cooker.
2. Steam purple yam and colocasia in a steamer until non-sticky.
3. Serve in a way the colors are visible



Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 574.0 kcal |
| Protein | 10.0 g |
| Fat | 5.7 g |
| Salt | 0 g |

Cardamom Rice With Sautéed Lotus Root & Banana Blossom

INGREDIENTS

| | |
|----------------|-------|
| Basmati Rice | 150 g |
| Lotus root | 10 g |
| Banana blossom | 10 g |
| Cardamom | 5 g |
| Coconut oil | ¼ tsp |

METHOD

1. Cook the rice in an appropriate cooker
2. Blend the cardamom to powder form
3. Sauté lotus root and banana blossom with ¼teaspoon of coconut oil in a pan
4. Mix all the ingredients with rice and serve



Serves 02 adults



No added salt

| | |
|---------|-------------|
| Energy | 1365.8 kcal |
| Protein | 27.8 g |
| Fat | 17.8 g |
| Salt | 0 g |

Semolina Mixed Rainbow Rice

INGREDIENTS

| | |
|--|-------------|
| Suduru Samba | 200 g |
| Semolina | 150 g |
| Butterfly pea flower extract (Nil katarolu) | |
| China rose extract (wada mal) | |
| Pandan leaf (Rampe) extract | |
| Water | 2 cups |
| Curry leaves | 2 tspn |
| Pandan leaves (Rampe) | small piece |
| Garlic | 2 cloves |
| Big onion | half |
| Coconut oil | 1 tbsp |

METHOD

1. Cook the rice
2. Add oil onto a pan
3. Add the cut curry leaves, pandan leaves, garlic, big onion and allow to cook
4. Add semolina and water and allow to cook
5. Once cooked allow to cool
6. Divide the rice and semolina mixture into 4 portions
7. Add butterfly pea flower extract, China rose extract, Pandan leaf extract, to separate portions of rice



CHICKEN & MEAT

| | |
|--|----|
| Sour Chicken (Ambulthiyal) Kebab BBQ | 14 |
| Chicken Curry with Blended Almond and Tomato | 15 |
| Jackseed stuffed chicken roulade | 16 |
| Masala grilled chicken | 17 |
| Sour Chicken (Ambulthiyal) | 18 |
| Paneer & Meatball Masala Curry | 19 |
| Coconut mix (Pol mallum) stuffed chicken breast coated with beetroot | 21 |





Serves 02 adults

Added salt per
person 0.65 g

| | |
|---------|------------|
| Energy | 319.7 kcal |
| Protein | 57.1 g |
| Fat | 1.9 g |
| Salt | 1.25 g |

Chicken Ambulthiyal Kebab BBQ

INGREDIENTS

| | |
|-----------------------|---------|
| Chicken breast | 200 g |
| Garcinia (Goraka) | 35 g |
| Tamarind | 15 g |
| Salt | ¼ tsp |
| Pepper powder | ¾ tsp |
| Turmeric powder | ¼ tsp |
| Curry leaves 1 branch | |
| Pandan Leaves (Rampe) | 1 piece |
| Lemongrass | 10 g |
| Cinnamon 1 inch piece | |
| Garlic | 20 g |
| Roasted curry powder | 1¼ tsp |
| Coconut water | ¼ cup |
| Cumin seeds | 1/8 tsp |
| Banana leaf | |
| Kebab sticks | 4 |

METHOD

1. Add goraka, pepper powder, garlic and water to a sauce pan and boil for 15 minutes.
2. Cut chicken into 1-inch squares.
3. Apply cut chicken pieces into kebab sticks.
4. Grind the boiled ingredients.
5. Dissolve tamarind, curry powder, pepper powder and powdered salt in coconut water.
6. Add this mixture to the ground goraka paste.
7. Roast cumin seeds, grind coarsely and add to the previous mixture.
8. Marinate chicken kebab with this paste and refrigerate for 30 minutes.
9. Place banana leaf in a flat bottom pan, spread the kebab and cook on medium flame.
10. Cook until the chicken is tender.



Serves 02 adults

Added salt per
person 0.25 g

| | |
|---------|------------|
| Energy | 596.7 kcal |
| Protein | 52.1 g |
| Fat | 37.1 g |
| Salt | 0.5 g |

Chicken Curry with Blended Almond & Tomato

INGREDIENTS

| | |
|---|---------|
| Chicken Breast | 200 g |
| Almonds | 10 g |
| Tomato | 150 g |
| Bell Pepper (Red / Green / Yellow each 20g) | 60 g |
| Ginger | ¼ tsp |
| Garlic | ¼ tsp |
| Chili Powder | ¼ tsp |
| Anise seeds | ¼ tsp |
| Cinnamon | ¼ tsp |
| Curry leaves | 5 g |
| Crushed black paper | ¼ tsp |
| Medium lime (squeezed) | ½ |
| Turmeric | 1/8 tsp |
| Sunflower oil | 2 tbsps |
| Salt | 1/2 g |

METHOD

1. Cut Chicken breast into 2 portions.
2. Marinate it with lime, crushed pepper, salt, turmeric and keep a side.
3. Take a frying pan and add Sunflower oil on medium flame.
4. Add ginger, garlic, cumin, cinnamon, anise and curry leaves and mix well.
5. Add marinated two portions of chicken breast to the frying pan and sauté well for 5 min on both sides of the chicken breast.
6. Blend almonds and tomato together till it gets a nice paste.
7. Add paste to frying pan and heat it for 10 min.
8. Sprinkle sesame seeds on to the chicken curry.



Serves 02 adults

Added salt per
person 0.5 g

| | |
|---------|------------|
| Energy | 811.0 kcal |
| Protein | 99.1 g |
| Fat | 8.4 g |
| Salt | 1 g |

Jackseed Stuffed Chicken Roulade

INGREDIENTS

| | |
|---|------------|
| Boiled jackseeds | 200 g |
| Chicken breast | 400 g |
| Beet root (cut into thin round slices) | 1 |
| Onion | 1 small |
| Garlic | 2-3 cloves |
| Roasted curry powder | 1/2 tspn |
| Chili powder | 1/2 tspn |
| Thick coconut milk | 1 tblspn |
| Pinch of salt | |
| Lime | 1/4 |
| Oil | 1 tsp |

METHOD

1. Stir fry the onion and garlic with the curry powder and chili.
2. Cut the jack seeds into small pieces and add to it.
3. Roast it until it turns golden brown.
4. Add the coconut milk and cook it to a thick curry.
5. Pound the chicken into a thin layer.
6. Lay slices of beetroot on it.
7. Then put the jack seed filling.
8. Roll the chicken and wrap in aluminium foil.
9. Steam for 15 minutes.
10. Once cooked remove the foil and slice the chicken.



Serves 02 adults

Added salt per
person 0.5 g

| | |
|---------|------------|
| Energy | 530.7 kcal |
| Protein | 97.4 g |
| Fat | 7.5 g |
| Salt | 1 g |

Masala Grilled Chicken

INGREDIENTS

| | |
|------------------------|--|
| Chicken breast | 400 g |
| Garlic clove | 3-4 |
| Ginger | 1 piece |
| Pepper | 1 tsp |
| Cardamom | } roast in a pan and ground powder 1 tbsp |
| Cumin seeds | |
| Nutmeg (Saadikka) | |
| cinnamon | |
| curry leaves 01 branch | |
| lime | 1 tbsp |
| butter | 1 tbsp |
| salt | 1 g |
| chili powder | 1 tsp |

METHOD

1. Wash and clean the chicken well
2. Season the chicken with the masala mixture, salt and lime for 2-3 hours
(Mixture made out of all the ingredients mentioned above)
3. Brush melted butter over the chicken
4. Place a pan on fire and cook the chicken on both sides.
5. Serve the grilled chicken on a plate and glaze it with lemongrass curry sauce



Serves 03 adults

Added salt per
person 0.66 g

| | |
|---------|------------|
| Energy | 285.9 kcal |
| Protein | 60.3 g |
| Fat | 1.8 g |
| Salt | 2 g |

Sour Chicken (Ambulthiyal)

INGREDIENTS

| | |
|-----------------------------|----------|
| Boneless chicken breast | 250 g |
| Garcinia / Gamboge (Goraka) | 50 g |
| Pepper | 15 g |
| Coriander powder | ½ tsp |
| Curry leaves | 1 branch |
| Garlic | 20 g |
| Salt | 2 g |
| Ginger | 5 g |
| Water | |

METHOD

1. Grind garcinia / gamboge, pepper, garlic and ginger well. Set aside.
2. Slice the chicken breast into large pieces.
3. In a bowl add ground mixture, pour adequate amount of water to make mixture into a thick batter.
4. Add salt and coriander powder.
5. Take chicken pieces one by one and coat with thick batter well.
6. In a clay pot, spread the curry leaves on the bottom and lay the coated chicken pieces on it.
7. Set fire, close with a lid and cook until chicken pieces become tender.
8. Serve with rice.



Serves 02 adults

Added salt per
person 0.5 g

| | |
|---------|------------|
| Energy | 751.0 kcal |
| Protein | 40.9 g |
| Fat | 46.0 g |
| Salt | 1 g |

Paneer & Meatball Masala Curry

INGREDIENTS

1. Preparation of Paneer

| | |
|------------|--------|
| Fresh milk | 400 ml |
| Lime Juice | 1 lime |

2. Preparation of meatballs

| | |
|-----------------------------|-------|
| Chicken (skin and boneless) | 100 g |
| Garlic paste | 5 g |
| Chickpea flour | 5 g |
| Soya flour | 5 g |
| Basil leaves powder | 0.5 g |
| Thyme powder | 0.5 g |

3. Ingredients for Masala curry mixture

| | |
|------------------|-------|
| Tomato | 200 g |
| Water | 100 g |
| Cashew | 20 g |
| Ginger paste | 5 g |
| Green chili | 5 |
| Coriander leaves | 3 |
| Cinnamon | 1 |
| Red chili | 1 |
| Cardamon | 0.5 |
| Bay leaves | 0.5 |
| Salt | 1 g |

METHOD

Method of preparation of Paneer

1. Boil the fresh milk to 80°C and add lime juice and allow the mixture to curdle
2. Then separate the whey by straining through a clean white cloth
3. Allow the mixture to set by pressing it with a heavy weight (around 2kg)
4. Keep in the freezer for 15 mins
5. Cut it into cubes

METHOD

Method of preparation of Meat Balls

1. Add all the ingredients mentioned and blend it
2. Take the mixture and make into balls
3. Steam the meatballs for 10 minutes

Method of preparation of masala curry mixture

1. Add all ingredients into a pan and cook for 15 minutes
2. Blend it into a paste

Method of preparation of Paneer meet-ball masala curry

1. Add masala curry mixture into a pan
2. Add the cubed paneer and the steamed meatballs
3. Cook for 5 minutes in low flame
4. Garnish with coriander leaves and sliced red chili



Serves 03 adults



No added salt

| | |
|---------|------------|
| Energy | 540.2 kcal |
| Protein | 53.6 g |
| Fat | 33.3 g |
| Salt | 0 g |

Coconut Mix (Pol Mallum) Stuffed Chicken Breast Coated With Beetroot

INGREDIENTS

| | |
|-----------------------|-------|
| Chicken Breast | 200 g |
| Grated coconut | 50 g |
| Egg white | 20 g |
| Mustard seed | 5 g |
| Curry leaves | 3 g |
| Pandan leaves (Rampe) | 2 g |
| Sliced onion | 10 g |
| Chopped garlic | 5 g |
| Spinach | 10 g |
| Dried beetroot | 5 g |
| Cinnamon stick | 1 |
| Lime juice | 5 ml |
| Chopped green chili | 5 g |

METHOD

1. Add coconut oil into a heated pan.
2. Pop up the mustard seeds, sauté onion, garlic and cinnamon stick.
3. Add grated coconut, turmeric powder, green chili and cook for a few minutes with lime juice.
4. Allow it to cool, remove pandan and curry leaves and bind with egg white.
5. Flatten the chicken breast, lay out the blanched spinach.
6. Center coconut mix and make a roulade.
7. Cover with aluminum foil, steam it for 20 minutes.
8. Cut into required size and coat with beetroot.



FISH & SEAFOODS

| | |
|--|----|
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Serves 03 adults

Added salt per
person 0.3 g

| | |
|---------|-----------|
| Energy | 278.0kcal |
| Protein | 22.2 g |
| Fat | 16.8 g |
| Salt | 1.0g |

Mustard Seed & Onion Tempered Lagoon Prawn

INGREDIENTS

| | |
|-----------------------|-------|
| Lagoon prawns | 100 g |
| Garcinia (Goraka) | 09 g |
| Mustard seed | 2 g |
| Curry leaves | 1g |
| Green chili | 2 g |
| Crushed pepper | 2 g |
| Curry powder | 2 g |
| Turmeric powder | 1 g |
| Chili pieces | 2 g |
| Salt | 1g |
| Chopped onion | 5 g |
| Chopped garlic | 5 g |
| Cinnamon stick | 3 g |
| Lime juice | 5 ml |
| Pandan leaves (Rampe) | 1 g |
| Cloves | 2 |
| Cardamom | 2 |

METHOD

1. Add oil into a heated pan. Pop up the mustard seed, sauté onion, garlic, cinnamon stick, garcinia.
2. Add prawns with turmeric powder.
3. Cook for 03 minutes, add lime juice & salt.
4. Remove the garcinia & cinnamon stick from the pan.
5. Temper well.



Serves 01 adults

Added salt per
person 0.5 g

| | |
|---------|------------|
| Energy | 117.2 kcal |
| Protein | 20.8 g |
| Fat | 1.9 g |
| Salt | 0.5g |

Mustard Seed (Aba), Red Onion (Rathu Lunu) Coated Lagoon Prawns

INGREDIENTS

| | |
|-----------------------|-------|
| Medium Prawns | 100 g |
| Mustard seeds | 2 g |
| Red onion | 30 g |
| Garlic | 20 g |
| Pandan leaves (Rampe) | 2 g |
| Curry leaves | 2 g |
| Curry powder | 5 g |
| Chili powder | 15 g |
| Salt | 0.5 g |
| Garcinia (Goraka) | 4 g |

METHOD

1. Add oil into a heated pan. Pop up the mustard seed, sauté red onion, garlic, cinnamon stick and garcinia.
2. Add prawns with turmeric powder, curry powder. Cook for 03 minutes & add salt.
3. Remove the garcinia & cinnamon stick from the pan and temper well.



Serves 01 adults

Added salt per
person 0.5 g

| | |
|---------|------------|
| Energy | 103.6 kcal |
| Protein | 10.0 g |
| Fat | 5.5 g |
| Salt | 0.5g |

Batticaloa Crab Gravy

INGREDIENTS

| | |
|------------------|-------|
| Lagoon crabs | 50 g |
| Lime juice | 5 ml |
| Pepper | 5 g |
| Curry leaves | 2 g |
| Chopped garlic | 5 g |
| Coconut milk | 10 ml |
| Coconut oil | 1 tsp |
| Turmeric powder | 2 g |
| Drumstick leaves | 50 g |
| Salt | 0.5 g |

METHOD

1. Season the crabs with lime juice, pepper.
2. Heat a pan with coconut oil.
3. Add mustard seed, chopped onion, garlic, curry leaves, crab meat, turmeric powder and cook for some time.
4. Finish with drumstick leaves.



Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 453.8 kcal |
| Protein | 66.2 g |
| Fat | 5.8 g |
| Salt | 0 g |

Pot Roasted Prawns

INGREDIENTS

| | |
|---------------------|------------|
| Medium sized prawns | 300 g |
| Kochchi chili | 8 |
| Ginger-small piece | |
| Lemongrass | 2 pieces |
| Garlic cloves | 5 |
| Small onion | 8 |
| Turmeric | 1/4 tsp |
| Curry powder | 2 tbsp |
| Pepper | 1/4 tsp |
| Curry leaves | few |
| Tamarind juice | 40 ml |
| Lime juice | 1/2 a lime |
| Curd | 1 tbsp |
| Drumstick leaves | 20 g |

METHOD

1. Clean the prawns
2. Blend kochchi chili, ginger, lemongrass, garlic and small onion together
3. To the mixture add turmeric powder, curry powder and pepper
4. On a clay pot lay a banana leaf and to that add the blended mixture, curry leaves, curd and tamarind juice and cook for a few minutes
5. Then add the prawns and mix well with the mixture.
6. Cook for 10 minutes in medium heat with the lid closed
7. Before taking it out of the stove add the drumstick leaves
8. Add lime juice if needed



Serves 02 adults

Added salt per
person 0.5 g

| | |
|---------|------------|
| Energy | 565.6 kcal |
| Protein | 46.8 g |
| Fat | 26.6 g |
| Salt | 1 g |

Prawn Stuffed Tomato Curry

INGREDIENTS

| | |
|--------------------------------------|----------------|
| Prawns 200 g cut into small pieces | |
| 2 medium sized tomatoes | |
| Sweet potato 100 g boiled and mashed | |
| Onion one small chopped | |
| Curry leaves chopped | ½ branch |
| Garlic | 2 cloves |
| Ginger paste | ½ tspn |
| Green chili | 3 |
| Coriander leaves | 5 - 6 branches |
| Cinnamon | 1 small piece |
| Chili powder | 1 tsp |
| Pinch of salt | |
| Tamarind | (1-2seeds) |
| Thick coconut milk | 1 cup |
| Cashew paste | 1 tbsp |
| Oil | 3 tsp |

METHOD

1. Cut the tomatoes from the top as a lid.
2. Scoop out the flesh of the tomatoes.
3. Put the oil to a pan and stir fry half of the garlic, ginger, onion, cinnamon and curry leaves.
4. Stir fry all these and add chili powder.
5. Then add the prawns and the sweet potatoes.
6. Make it into a mixture and fill the tomatoes with this mixture.
7. Then in a pan, stir fry the rest of the onion, garlic, curry leaves, chili powder and temper it.
8. Then add the flesh of the tomato, cashew paste and thick coconut milk.
9. Simmer it and add the stuffed tomatoes and bring it to boil.
10. Add a pinch of salt to the gravy.
11. Add the chopped coriander leaves at the end.



Serves 01 adults

Added salt per
person 0.5 g

| | |
|---------|------------|
| Energy | 210.5 kcal |
| Protein | 31.7 g |
| Fat | 6.7 g |
| Salt | 0.5 g |

Pumpkin Leaves Wrapped Steamed Trevallies (Paraw Fish)

INGREDIENTS

| | |
|-------------------------|-------|
| Pumpkin leaves | 02 |
| Trevallies (Paraw fish) | 100 g |
| Salt | 0.5 g |
| Pepper | 6 g |
| Tamarind paste | 6 g |

METHOD

1. Marinate trevallies fillets with salt, pepper, tamarind paste.
2. Wrap in pumpkin leaves and steam for 20 minutes.



Serves 02 adults

Added salt per
person 0.5 g

| | |
|---------|------------|
| Energy | 789.5 kcal |
| Protein | 41.1 g |
| Fat | 65.3 g |
| Salt | 1 g |

Seafood Mix (Mallum)

INGREDIENTS

| | |
|--------------------------------|---------|
| Large prawns | 2 |
| Crab | 1 |
| Trevallies (Paraw fish) | 50 g |
| Scraped coconut | 100 g |
| Turmeric | ¼ tsp |
| Garlic | 10 g |
| Red onion | 10 g |
| Salt | 1 pinch |
| Garcinia (Goraka) | 1 |
| Pepper | 1 tsp |
| Mustard | 1 tsp |
| Pandan leaves and curry leaves | few |
| Cumin | 5 g |

METHOD

1. Clean the prawns, crab and fish
2. Boil the fish with half a cup of water
3. Smash the fish well
4. Add all the other ingredients to the scraped coconut and mix well
5. Add fish to the coconut mixture and temper well



Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 468.1 kcal |
| Protein | 49.8 g |
| Fat | 25.3 g |
| Salt | 0 g |

Bottle Gourd Fill-up

INGREDIENTS

| | |
|-------------------------|----------------|
| Bottle gourd leaves | 2 |
| Eggs | 2 |
| Sailfish (Thalapath) | 3 small pieces |
| Chili pieces | 1 tsp |
| Tomato juice | 1 tsp |
| Raw (Kekulu) rice flour | 2 tsp |
| Coconut oil | 1 tbsp |
| Chili powder | ¼ tsp |

METHOD

1. Apply oil to a frying pan
2. Keep the bottle gourd leaf on the pan
3. Place the prepared sailfish, chili pieces, tomato juice, rice flour mixture on the leaf and roll
4. Then allow to fry and cut it into pieces



Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 174.3 kcal |
| Protein | 18.0 g |
| Fat | 9.7 g |
| Salt | 0 g |

Mustard Taste Sailfish (Thalapath Malu) Mix (Mallum)

INGREDIENTS

| | |
|---------------------------|-------|
| Sailfish (Thalapath malu) | 75 g |
| Drumstick leaves | 10 g |
| Red onion | 6 g |
| Garlic | 5 g |
| Kochchi chili | 4 g |
| Ginger | 3 g |
| Whole pepper | 2 g |
| Cinnamon | 0.5 g |
| Pumpkin seeds | 10 g |
| Mustard cream | 7 g |
| Coconut oil | 5 g |
| Scraped coconut | 5 g |
| Drumstick bark | 4 g |
| Curry leaves | 2 g |
| Lime juice | 2 g |
| Turmeric powder | 0.1 g |

METHOD

1. Marinate sailfish cut into pieces with freshly ground mustard, turmeric powder and lime juice for 10 minutes.
2. Place a pan on fire and add little oil.
3. Add ground ginger, mustard and marinated fish pieces and cook for 2 minutes.
4. Finely grind grated coconut, drumstick bark, kochchi chili and pumpkin seeds using a blender.
5. Place this coconut mix on fire and add finely chopped, cinnamon and curry leaves and temper for 3 minutes on medium flame.
6. Add shallow fried fish pieces to the coconut mix, cook for 2 minutes on medium flame and remove from fire.



Serves 03 adults

Added salt per
person 0.3 g

| | |
|---------|------------|
| Energy | 278.8 kcal |
| Protein | 45.9 g |
| Fat | 2.6 g |
| Salt | 1 g |

Red Fish Curry

INGREDIENTS

| | |
|-----------------|-------|
| Fish | 200 g |
| Garlic | 15 g |
| Small Red Onion | 30 g |
| Cardamom | 1 pod |
| Aniseed | 1 pod |
| Lemongrass | 5 g |
| Black pepper | ½ tsp |
| Chili powder | 1 tsp |
| Lime | ½ |
| Turmeric | ¼ tsp |
| Sweet potatoes | 30 g |
| Bell Pepper | 120 g |
| Ginger | 15 g |
| Cinnamon | ½ tsp |
| Fenugreek seeds | ¼ tsp |
| Curry leaves | 5 g |
| Green onion | 10 g |
| Dry chilly | 3 |
| Chili Flakes | ½ tsp |
| Salt | 1 g |
| Dry basil | 5 g |

METHOD

1. Cut fish into 3 portions.
2. Marinate it with lime, crushed pepper, salt, turmeric and keep aside.
3. Take a frying pan and add cumin, cinnamon, cardamom, dry chili, chili flakes, chili powder, ground coriander powder, fenugreek seeds, anise, curry leaves and roast on medium flame for a few seconds till aroma comes.
4. Then add marinated fish and mix well.
5. Add bell pepper, ginger, garlic and small onion to the blender and blend it with little water.
6. Add the blended mixture to a frying pan and heat it for 5 min by adding steamed sweet potatoes.
7. Sprinkle dry basil and green onions and serve it hot.



Serves 03 adults



No added salt

| | |
|---------|------------|
| Energy | 161.1 kcal |
| Protein | 32.7 g |
| Fat | 1.7 g |
| Salt | 0 g |

Sailfish Sour Curry (Thalapath Ambulthiyal)

INGREDIENTS

| | |
|----------------------|-------|
| Sailfish (Thalapath) | 150 g |
| Garcinia (Goraka) | 30 g |
| Garlic | 10 g |
| Ginger | 10 g |
| Onion | 10 g |
| Curry leaves | 5 g |
| Roasted curry powder | 5 g |

METHOD

1. Grind all the ingredients except fish until a smooth paste.
2. Coat the fish with paste. Cook it for 20 minutes.



Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 247.8 kcal |
| Protein | 39.1 g |
| Fat | 3.0 g |
| Salt | 0 g |

Lemongrass Cuttlefish Dressed With Spinach

INGREDIENTS

| | |
|------------------------|--------|
| Cuttlefish | 200 g |
| Coconut milk | 100 ml |
| Spinach | 30 g |
| Tamarind | 5 g |
| Tomato | 50 g |
| Chili powder | 3 tsp |
| Lemongrass | 1 |
| Curry leaves | 10 |
| Pandan leaves (Rampe) | 1 g |
| Bird chili (Nai miris) | 5 |
| Lime | 1 |
| Garlic | 5 g |
| Onion | 20 g |
| Pepper | 5 g |

METHOD

1. Season the cuttlefish with lime, pepper, chili powder and tamarind
2. Put the seasoned cuttlefish in a pot and allow to cook on a burner
3. Add all other ingredients except spinach and give a little mix
4. Turn off the fire and finish the dish by adding spinach



Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 204.5 kcal |
| Protein | 43.9 g |
| Fat | 2.7 g |
| Salt | 0 g |

Sour Fish Curry (Maalu Ambulthiyal)

INGREDIENTS

| | |
|---|-------|
| Skipjack tuna fish (Bala malu) | 200 g |
| Garcinia (Goraka) paste | ½ tsp |
| Pepper | ½ tsp |
| Chili powder | ½ tsp |
| Pinch of turmeric powder | |
| Chopped ginger, Bird chili, Cinnamon, Garlic, Cardamon | ½ tsp |
| Canereed leaves (Thebu leaves) | 8 |

METHOD

1. Clean and wash the fish
2. Add garcinia paste, pepper, chilli, turmeric, ginge, and mix well
3. Mix the fish with the paste and keep it for 10 minutes
4. Take a piece of fish and wrap it with the canereed leaves and anchor it with a toothpick
5. In a clay pot place a banana leaf and keep it on heat
6. Place the fish in the clay pot and cook it for a few minutes in low flame
7. When it is ready ,eat it as a whole with the thebu leaves



Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 282.4 kcal |
| Protein | 31.5 g |
| Fat | 2.1 g |
| Salt | 0 g |

Seafood Chutney

INGREDIENTS

| | | |
|-------------------------------------|--------|---|
| Balaya fish | 50 g | } boiled without salt & cut into pieces |
| Prawns | 50 g | |
| Crabs | 50 g | |
| Sugar | 1 tbsp | |
| Dates (seed & skin removed) | 20 g | |
| Vinegar (more or less as needed) | 4 tbsp | |
| Chili powder | 2 tsp | |
| Turmeric powder | 3 tsp | |
| Cumin powder | 1 tsp | |
| Pepper powder | 1 tsp | |
| Mustard (powdered) | ½ tsp | |
| Cinnamon powder | ½ tsp | |
| Cardamom | 02 | |
| Clove | 04 | |
| Ginger | 5 g | |
| Garlic | 5 g | |
| Curry leaves | few | |

METHOD

1. Add Vinegar to the mustard powder and keep it aside.
2. Grind Cardamom, Clove, Ginger, Garlic and Curry leaves.
3. To a clay pot add vinegar sugar and heat it.
4. Then add the ground paste, chili powder, turmeric powder, cumin powder, pepper powder, mustard powder and cinnamon powder to it.
5. Then add dates into it
6. Add the cut pieces of fish, prawns and crab into it.
7. Add vinegar if needed according to the taste and serve.



Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 511.8 kcal |
| Protein | 63.1 g |
| Fat | 15.4 g |
| Salt | 0 g |

Seafood & Vegetable Choupsey

INGREDIENTS

| | |
|--------------------|--------|
| Prawns | 300 g |
| Lasia (Kohila ala) | 30 g |
| Cassava | 30 g |
| Carrot | 30 g |
| Green beans | 2 |
| Murunga leaves | 1 tbsp |
| Avocado | 2 tbsp |
| Cumin seeds | ½ tsp |
| Dry lime pickle | ¼ tsp |
| Lime juice | 1 tsp |
| Fish stock | 1 tsp |
| Mint leaves | few |
| Coriander leaves | few |

METHOD

1. Add oil onto a pan
2. Heat the oil and add prawns
3. When the prawns start to temper add the cumin seeds and drumstick leaves
4. To that, add the cut pieces of cassava, Lasia & carrot
5. Then add the beans, Fish stock and lime pickle
6. Cut the avocado into small pieces and add lime juice
7. Add the cut avocado into the pan
8. Mix it for a few seconds and remove the pan from heat
9. Lastly garnish with mint and coriander leaves



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VEGETARIAN

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Serves 01 adults

Added salt per
person 0.5 g

| | |
|---------|-----------|
| Energy | 37.3 kcal |
| Protein | 2.5 g |
| Fat | 0.3 g |
| Salt | 0.5 g |

Avara Beans Dry Curry

INGREDIENTS

| | |
|-----------------|-------|
| Avara beans | 60 g |
| Onion | 10 g |
| Garlic | 10 g |
| Tomato | 10 g |
| Salt | 0.5 g |
| Pepper | 3 g |
| Green chili | 4 g |
| Curry leaves | 2 g |
| Pandan leaves | 2 g |
| Curry powder | 5 g |
| Chili powder | 5 g |
| Turmeric powder | 2 g |
| Mustard seed | 3 g |

METHOD

1. Add oil into a heated pan.
2. Pop up the mustard seed, sauté onion, garlic, pandan leaves, curry leaves, green chili.
3. Add curry powder, chili powder and turmeric powder.
4. Then add avara beans & tomato and cook for 4 minutes



Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 335.5 kcal |
| Protein | 18.9 g |
| Fat | 5.2 g |
| Salt | 0 g |

Banana Stem Curry (Keselbada Maluwa)

INGREDIENTS

| | |
|-------------------------------|----------|
| Banana Stem | 200 g |
| Turmeric | 2 g |
| Chickpea | 50 g |
| Pandan leaves | |
| Red onion (1 small piece) | 2 g |
| Curry leaves | 1 branch |
| Green chili | 10 g |
| Fenugreek | 2 g |
| Garlic | 10 g |
| Cinnamon | 2 g |
| Maldive fish (optional) | 30 g |
| Ground mustard seeds | 2 g |
| Coconut milk - first extract | 1/2 cup |
| Coconut milk - second extract | 1 cup |

METHOD

1. Clean and cut the banana stem into strips.
2. Steam the chickpea and set aside.
3. Slice the onion, green chili and crush the garlic.
4. Take a clay pot and put all ingredients into the pot including steamed chickpea and coconut milk (second extract). Place on fire and cook for about 05 min till the mixture boils.
5. When boiling add 1/2 cup of coconut milk (first extract) and cook for another 5 minutes until the curry sets.
6. Turn off the fire and serve.



Curry Leaf Chutney

INGREDIENTS

| | |
|-----------------------|----------|
| Bunch of Curry leaves | |
| Garlic cloves | 2 |
| Red onion | 4 |
| Grated coconut | 30 g |
| Lime juice | 1/2 tbsp |

Serves 03 adults



No added salt

| | |
|---------|------------|
| Energy | 235.6 kcal |
| Protein | 5.9 g |
| Fat | 19.4 g |
| Salt | 0 g |

METHOD

1. Take curry leaves, garlic and red onion, grind well.
2. Add grated coconut and grind it again until fine particles.
3. Add lime juice and mix well.
4. Pour the mixture into a small cup and serve.



Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 206.8 kcal |
| Protein | 3.1 g |
| Fat | 3.0 g |
| Salt | 0 g |

Date & Banana Flower Sour Curry

INGREDIENTS

| | |
|--------------------------------|----------|
| Banana flower (1 inch size) | 2 peels |
| Dates | 4 |
| Tomato | 1 |
| Garlic | 3 cloves |
| Red onion | 5 |
| Curry powder mixture | 1/4 tsp |
| Chili powder | 1/2 tsp |
| Pepper | 1 tsp |
| Green chili | 1 |
| Fenugreek seeds | 1/4 tsp |
| Cinnamon | 1 piece |
| Oil | 1/2 tsp |
| Roasted curry powder | 1/2 tsp |
| Pandan leaves and curry leaves | Few |

METHOD

1. Wash the banana flower peels and separate them
2. Boil water and add turmeric
3. Add the banana flower peels to the boiling water and cook for 2 minutes
4. Remove seeds from the dates
5. Blend together-dates, tomato, garlic, red onion and the special curry powder mix
6. Add oil onto a pan and heat
7. Add the pieces of garlic and red onion and temper
8. Into that add the blended mixture
9. When the mixture starts to boil add the banana flower peels and mix well
10. Remove the pan from heat



Serves 02 adults

Added salt per
person 0.5 g

| | |
|---------|-----------|
| Energy | 94.8 kcal |
| Protein | 4.6 g |
| Fat | 0.5 g |
| Salt | 1 g |

Green Curry with Jack Seeds

INGREDIENTS

| | |
|------------------------------|--------|
| Sweet potato leaves | 20 g |
| Spinach | 20 g |
| Drumstick leaves | 20 g |
| Lasia shoots (kohila dalu) | 20 g |
| June plum (Ambarella) Leaves | 20 g |
| Coconut milk | 2 tbsp |
| Curry powder | ½ tbsp |
| Green chili | 20 g |
| Red onion | 10 g |
| Salt | 1 g |
| Boiled jack seeds | 50 g |
| Turmeric powder | ¼ tsp |

METHOD

1. Take saucepan add coconut milk, curry powder, turmeric powder, green chili and onion in medium flame for 5 min.
2. When bubbles come add combination of boiled jack seeds and green leaves to it.
3. Heat it for 05 minutes in low flame when serving and add salt to it.



Serves 04 adults

Added salt per
person 0.625 g

| | |
|---------|-------------|
| Energy | 2008.7 kcal |
| Protein | 75.0 g |
| Fat | 121.7 g |
| Salt | 2.5 g |

Masala Green gram (Mung) Meat Curry

INGREDIENTS

(For preparation of green gram meat)

| | |
|----------------------|---------|
| Sprouted green gram | 2 cups |
| Chili powder | 2 tsp |
| Roasted curry powder | 2 tsp |
| Chili flakes | 1 tsp |
| Pepper | 1 tsp |
| Turmeric powder | 1/2 tsp |
| Salt | 1/4 tsp |
| Coconut oil | 1 cup |

INGREDIENTS

(For preparation of green gram
meat curry)

| | |
|--------------------------|---------|
| Butter/Ghee | 2 tbsp |
| Fenugreek seeds | 1/4 tsp |
| Cumin seeds | 1/4 tsp |
| Ginger and Garlic paste | 1 tbsp |
| Pandan leaves (Rampe) | 1 piece |
| Curry leaves | 1 |
| Green chillies | 2 |
| Onion cut into cubes | 1 cup |
| Chili powder | 2 tsp |
| Turmeric powder | 1/4 tsp |
| Pepper and masala powder | 1/2 tsp |
| Curry powder | 1/2 tsp |
| Coriander powder | 1 tsp |
| Salt | 1/4 tsp |
| Curd | 80 g |
| Peanut powder | 3 tbsp |
| Tomato Puree | 1 cup |
| Water | 1/2 cup |

METHOD

(Preparation method of green gram meat pieces)

1. Add all the ingredients to a grinder/mortar and pestle and grind it into a paste.
2. After that lay the paste in a clean cloth with a thickness of half an inch.
3. Then place it in a steamer and steam for 20 minutes.
4. Allow it to cool.
5. Then cut into $\frac{1}{2} \times \frac{1}{2}$ inch pieces.
6. Deep fry the pieces in coconut oil.

METHOD

(Preparation method of masala green gram meat curry)

1. Add Ghee/Butter into a pan.
2. Then add fenugreek, cumin seeds, ginger and garlic paste, curry leaves, pandan leaves, green chilies, onions, chili powder, turmeric powder, coriander powder, pepper, masala and curry powder one by one.
3. Add salt and sauté well.
4. Then add peanut powder and curd.
5. Mix with pureed tomato.
6. Temper for a few minutes and pour $\frac{1}{2}$ a cup of water and cook on low flame.
7. Finally add the mung meat pieces and mix well.
8. Close the saucepan with a lid and allow to cook in low flame.
9. Transfer to a dish, decorate with onions, tomato slices and curry leaves and serve hot.



Serves 02 adults

Added salt per
person 0.5 g

| | |
|---------|------------|
| Energy | 391.4 kcal |
| Protein | 8.8 g |
| Fat | 32.6 g |
| Salt | 1 g |

Mixed Vegetable Stir Fry

INGREDIENTS

| | |
|---|----------|
| Carrot (cut into thin slices) | 1 medium |
| Beans | 50 g |
| Broccoli (cut into small pieces) | 100 g |
| Aloe vera flesh cut into cubes (flesh of 2 medium size leaves) | |
| King coconut water | ½ cup |
| King coconut flesh | ½ cup |
| Thick coconut milk | ¼ cup |
| Pinch of salt | |
| Kochchi chili chopped | 2 |
| Curry leaves | ½ branch |
| Pinch of pepper | |
| Pinch of turmeric | |
| Red onions | 3 |
| Garlic chopped | 2 |

METHOD

1. Blend the king coconut flesh, coconut milk and king coconut water.
2. Put it into a pot and add the onion, the garlic, curry leaves, kochchi chili, turmeric, pepper and the aloe vera cubes and let it simmer.
3. Then add the cut vegetables and leave it for about 3-4 minutes.
4. Add a pinch of salt.



Serves 02 adults

Added salt per
person 0.5 g

| | |
|---------|-----------|
| Energy | 1699 kcal |
| Protein | 2.7 g |
| Fat | 10.8 g |
| Salt | 1 g |

Pumpkin Red Cowpea Tempered

INGREDIENTS

| | |
|-------------------|-------|
| Steamed pumpkin | 100 g |
| Boiled red cowpea | 30 g |
| Chili pieces | 2 g |
| Mustard | 2 g |
| Sesame oil | 10 ml |
| Red onion | 25 g |
| Ginger | 5 g |
| Crushed garlic | 10 g |
| Salt | 1 g |

METHOD

1. Place a pan on fire
2. Add oil and then mustard
3. Add red onion and ginger, temper well
4. Then add steamed pumpkin and boiled red cowpea, mix well and serve.



Serves 02 adults



No Added salt

| | |
|---------|------------|
| Energy | 282.4 kcal |
| Protein | 31.5 g |
| Fat | 2.1 g |
| Salt | 0 g |

Radish Wrap

INGREDIENTS

| | |
|--------------------------|---------|
| Radish | 20 g |
| Spinach Leaves | 05 |
| Red Onion | 05 |
| Green Chili | 02 |
| Garlic Cloves | 01 |
| Rice Flour | ½ tsp |
| Chickpea Flour | ½ tsp |
| Turmeric Powder | little |
| Chili Pieces | 1/2 tsp |
| Pepper Powder | little |
| Cinnamon | 1 piece |
| Bilimbi (Biling) Juice | ½ cup |
| Maldives Fish (optional) | ¼ tsp |
| Sugar | ⅛ tsp |

METHOD

1. Cut radish into slices.
2. Mix rice flour, chickpea flour, pepper & turmeric and make a batter.
3. Coat the radish slices with the batter and wrap it with spinach leaves & steam for 5 min
4. Add the rest of the ingredients into a pan and add bilimbi juice.
5. When the mixture thickens add the steamed radish slices.
6. At the end add sugar 1/8tsp.



Serves 01 adults

Added salt per
person 0.5 g

| | |
|---------|-----------|
| Energy | 50.6 kcal |
| Protein | 1.9 g |
| Fat | 0.4 g |
| Salt | 0.5 g |

Soursop (Katu Anoda) Curry

INGREDIENTS

| | |
|-----------------------|-------|
| Soursop | 40 g |
| Onion | 5 g |
| Garlic | 5 g |
| Tomato | 5 g |
| Curry leaves | 2 g |
| Pandan leaves (Rampe) | 2 g |
| Coconut milk | 10 ml |
| Turmeric powder | 2 g |
| Salt | 0.5 g |

METHOD

1. Heat a pan with coconut oil, add sliced onion, chopped garlic, curry leaves, pandan leaves and turmeric powder.
2. Add coconut milk and make a gravy.
3. Cook soursop in this gravy until tender.



Serves 02 adults



No Added salt

| | |
|---------|------------|
| Energy | 203.9 kcal |
| Protein | 3.4 g |
| Fat | 15.3 g |
| Salt | 0 g |

Tomato & Drumstick Pulp Curry

INGREDIENTS

| | |
|---------------------|-------------|
| Medium sized tomato | 4 |
| Drumstick | 1 |
| Small onion | 6 |
| Garlic cloves | 4 |
| Cumin seeds | ¼ tsp |
| Curry leaves | little |
| Pandan leaves | a piece |
| Cinnamon | Small piece |
| Fenugreek seeds | ¼ tsp |
| Red chili | 2 |
| Chili powder | 2 tsp |
| Curry powder | 2 tsp |
| Turmeric powder | |
| Coconut water | ½ cup |
| Coconut oil | 1 tbsp |

METHOD

1. Scrape the drumstick pulp with a spoon.
2. Add red onion, tomato, red chili, garlic into a blender and blend them well.
3. Keep a clay pot on the stove and add oil.
4. Add cumin seeds, pandan leaves, curry leaves, cinnamon and fenugreek seeds and roast for a while.
5. Add chili powder, curry powder, turmeric and temper for a few seconds.
6. Add the blended mixture and mix well.
7. Then add coconut water and drumstick pulp and cook for a few minutes.
8. Then add coconut milk.
9. Once cooked remove it from heat



Serves 03 adults

Added salt per
person 0.33 g

| | |
|---------|------------|
| Energy | 402.3 kcal |
| Protein | 11.5 g |
| Fat | 25.2 g |
| Salt | 1 g |

Aloe Vera Curry

INGREDIENTS

| | |
|------------------------------|----------|
| Aloe vera | 75 g |
| Cashew nuts | 50 g |
| Mushrooms | 30 g |
| Garlic | 20 g |
| Red onion | 15 g |
| Green chili | 15 g |
| Fenugreek | ¼ tsp |
| Turmeric powder | ¼ tsp |
| Pandan leaves (Rampe) | 1 piece |
| Curry leaves | 1 branch |
| Salt (if necessary) | |
| Coconut milk – first extract | ½ cup |
| Second extract | 1 cup |
| Water | ½ cup |

METHOD

1. Peel, deskin the aloe vera and put them into warm water for about 2min. Strain & set aside.
2. Take a clay pot and add cashew nuts, fresh oyster mushrooms, garlic, fenugreek and turmeric powder.
3. Then put ½ cup of water, set fire, cook till the cashew nuts become tender.
4. When cashew nuts become tender add aloe vera & fresh oyster mushrooms.
5. Then add 1 cup of coconut milk (second extract).
6. When the curry is boiling add the first extract of coconut milk, red onion, green chili, pandan leaves and curry leaves.
7. Make a thick gravy.
8. Taste the curry, if needed add a pinch of salt.
9. Serve with rice



Serves 03 adults

Added salt per
person 0.33 g

| | |
|---------|------------|
| Energy | 246.0 kcal |
| Protein | 4.2 g |
| Fat | 0.7 g |
| Salt | 1 g |

Ash Plantain Curry

INGREDIENTS

| | |
|---------------------|--------|
| Ash plantain | 2 |
| Coconut water | 3 tbsp |
| Roasted rice flour | 1 tbsp |
| Salt | 1 g |
| Red Onion | 2 |
| Green chili | 1 tsp |
| Coriander powder | 1 tsp |
| Curry leaves powder | 1 tsp |

METHOD

1. Cut the ash plantain into small pieces
2. Add all the above ingredients and boil with coconut water
3. Once boiled add coconut 3 Tbsp and cook



Serves 03 adults

Added salt per
person 0.16 g

| | |
|---------|------------|
| Energy | 117.8 kcal |
| Protein | 2.6 g |
| Fat | 5.3 g |
| Salt | 0.5 g |

Ash Plantain & Oyster Mushroom Curry

INGREDIENTS

| | |
|-----------------------|-------|
| Ash plantain | 45 g |
| Oyster mushroom | 45 g |
| Curry powder | 10 g |
| Chili powder | 5 g |
| Turmeric powder | 3 g |
| Green chili | 5 g |
| Pandan leaves (Rampe) | 3 g |
| Curry leaves | 3 g |
| Fresh coconut milk | 30 ml |
| Chopped onion | 10 g |
| Chopped garlic | 10 g |
| Coconut oil | 5 ml |
| Salt | 0.5 g |

METHOD

1. Steam ash plantain and remove the center part & set aside.
2. Add coconut oil into a heated pan, sauté chopped onions, garlic, pandan leaves, curry leaves, chopped oyster mushrooms and green chili, cook all for a few minutes.
3. Add removed center part of the ash plantains.
4. Add curry powder, chili powder and turmeric powder.
5. Then stuff the ash plantain with the curry mixture.
6. Make a curry gravy with the rest of the mixture and add salt.
7. Cook stuffed ash plantain in curry gravy for a few minutes.



Serves 03 adults



No added salt

| | |
|---------|------------|
| Energy | 306.6 kcal |
| Protein | 12.3 g |
| Fat | 14.2 g |
| Salt | 0 g |

Jack seed with Lasia (Kohila) Curry

INGREDIENTS

| | |
|-------------------------|--------|
| Lasia (Kohila) | 100 g |
| Boiled jack seeds | 75 g |
| Coconut milk | 200 ml |
| Red onion | 15 g |
| Scraped coconut | 10 g |
| Dried bilimbi (biling) | 20 g |
| Kochchi chili | 5 g |
| Maldive fish (Optional) | 5 g |
| Green chili | 5 g |
| Cinnamon | 1 g |
| Coriander | 5 g |
| Garlic | 5 g |
| Egg | 1 |
| Curry leaves | 3 g |
| Cumin | 2 g |
| Pandan leaves (Rampe) | 2 g |
| Chili powder | 2 g |
| Cardamom | 1 g |
| Clove | 1 g |
| Turmeric powder | 0.5g |

METHOD

1. Grind boiled jack seeds with egg, green chili and maldive fish using a blender and prepare a batter.
2. Prepare a finely ground mixture using freshly prepared coriander powder, bilimbi and kochchi chili.
3. Marinate lasia slices using this mixture.
4. Coat the marinated lasia slices with jack seed batter and steam for 10 minutes.
5. Roast scraped coconut with cumin and grind using a stone mortar and pestle
6. Place ground coconut mixture on fire. Add pandan leaves, curry leaves, cinnamon, cardamom, clove, chili powder, turmeric powder, red onion, garlic and coconut milk.
7. Then add steamed lasia slices, dried bilimbi slices and cook for 5 minutes on medium flame with the lid closed.



Serves 03 adults



No added salt

| | |
|---------|-----------|
| Energy | 79.7 kcal |
| Protein | 1.7 g |
| Fat | 5.3 g |
| Salt | 0 g |

Spine Gourd (Thumba Karavila) Tempered

INGREDIENTS

| | |
|-------------------------------|------|
| Spine gourd (Thumba karavila) | 45 g |
| Sliced onion | 10 g |
| Chopped garlic | 10 g |
| Green chili | 5 g |
| Tomato | 10 g |
| Curry leaves | 3 g |
| Pandan leaves (Rampe) | 3 g |
| Chili powder | 7 g |
| Turmeric powder | 3 g |
| Curry powder | 5 g |
| Mustard seeds | 5 g |
| Coconut oil | 5 ml |
| Fresh coriander powder | 10 g |

METHOD

1. Add coconut oil into a heated pan.
2. Pop up the mustard seeds.
3. Add sliced onion, chopped garlic, green chili, pandan leaves, curry leaves and diced tomatoes.
4. Add cut spine gourd, curry powder, chili powder and turmeric powder and cook for a few minutes.



Serves 03 adults

Added salt per
person 0.33 g

| | |
|---------|------------|
| Energy | 241.3 kcal |
| Protein | 5.5 g |
| Fat | 10.0 g |
| Salt | 1 g |

Turkey Berries (Thibbatu) & Ash Plantain (Alu Kesel) Gravy With Blended Cashew Coconut Water

INGREDIENTS

| | |
|--|--------|
| Turkey berries / pea eggplant (Thibbatu) | 80 g |
| Ash plantain (Alu kesel) | 100 g |
| Coconut water | 200 ml |
| Green chili | 30 g |
| Fenugreek seeds | ¼ tsp |
| Chili powder | ½ tsp |
| Curry leaves | 5 g |
| Salt | 1 g |
| Cashew | 20 g |
| Small red onion | 20 g |
| Cinnamon | ½ tsp |
| Curry powder | 1 tsp |
| Mustard seeds | ½ tsp |
| Turmeric | ½ tsp |

METHOD

1. Steam turkey berries and ash plantain by adding turmeric powder to prevent browning.
2. Add steamed turkey berries and ash plantain to a saucepan and add green chilies, small red onions, curry leaves, pandan leaves, curry powder, chili powder, fenu greek seeds, cinnamon and mix well.
3. Blend cashews with coconut water and put them into a saucepan.
4. Heat it in low flame till bubbles come in the gravy and add roasted mustard seeds.
5. Turn off the flame and add salt if needed and serve it hot.



Serves 02 adults



No added salt

| | |
|---------|-----------|
| Energy | 90.2 kcal |
| Protein | 2.8 g |
| Fat | 5.7 g |
| Salt | 0 g |

Bird Chili (Nai Miris) Pea Eggplant (Thibbatu) With Mushroom

INGREDIENTS

| | |
|---|----------|
| Green chili | 2 |
| Pea eggplant / Turkey berries (Thibbatu) | 50 g |
| Mushroom | 50 g |
| Turmeric powder | ½ tsp |
| Coconut milk | 75 ml |
| Onion | 10 g |
| Curry powder | ½ tsp |
| Garlic | 3 g |
| Bird chili (Nai miris) | 10 g |
| Curry leaves | 5 leaves |
| Pandan leaves (Rampe) | ½ |
| Pepper | 5 g |
| Coconut oil | 1 tsp |
| Mustard seeds | 5 g |

METHOD

1. Give a little smash to pea eggplants
2. Well season the pea eggplant with all the spices and other ingredients except mushroom and mustard seeds
3. Put a pan on burner and add the oil
4. Put the mustard seed on the pan
5. When mustard seed are popped up, put seasoned pea eggplant
6. Allow to cook for 10 minutes and add the coconut milk
7. Finally add the mushroom and give a little stir



Serves 02 adults

Added salt per
person 0.625 g

| | |
|---------|------------|
| Energy | 571.7 kcal |
| Protein | 28.7 g |
| Fat | 10.7 g |
| Salt | 1.25 g |

Mung Bean Steamed Curry

INGREDIENTS

| | |
|-----------------------------------|-------------|
| Green grams | 150g |
| Red onion | 6 |
| Garlic | 01 clove |
| Green chillies | 3 |
| Coconut milk (1st&2nd extract) | 1 cup |
| Curry powder | ¼ tsp |
| Turmeric as needed | |
| Curry leaves | 1 tsp |
| Pandan leaves (Rampe) | small piece |
| Salt | ¼ tsp |

METHOD

1. Soak the green gram in water
2. Boil the green gram
3. Add red onions, green chillies to the boiled green gram and smash it well
4. Make the mixture into a shape and cut it into pieces
5. Steam the mung bean pieces for 5 minutes
6. To a saucepan add red chillies, green chillies, curry leaves and other ingredients and cook
7. When the mixture comes to a boil add the steamed mung bean pieces and cook for a few minutes.



SALADS

| | |
|--|----|
| Lettuce Avocado Sprouts salad | 61 |
| Authentic Mixed Leaves Salad (Sambol) | 62 |
| Iceberg Rainbow Avocado salad | 63 |
| Chicken Salad | 64 |
| Limy canereed leaf (thebukola) salad with grated carrots | 65 |





Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 302.4 kcal |
| Protein | 10.7 g |
| Fat | 5.8 g |
| Salt | 0 g |

Lettuce Avocado Sprouts Salad

INGREDIENTS

| | |
|------------------------|---------|
| Lettuce | 50 g |
| Parsley | 20 g |
| Cucumber | 50 g |
| Tomato | 50 g |
| Avocado | ¼ small |
| Medium lime | ½ |
| Mustard cream | ½ tbsp |
| Olive oil | ½ tsp |
| Green gram sprouts | 80 g |
| Grapefruit | ¼ tsp |
| Medium lime (squeezed) | ½ |

METHOD

1. Scoop pulp of avocado into a bowl.
2. Mash thoroughly with a fork.
3. Add a combination of tomato, cucumber, parsley, mustard cream, lime juice and green gram sprouts to the bowl.
4. Stir well.
5. Add olive oil and grapefruit and toss once again.
6. Arrange lettuce leaves around the sides of the bowl in the form of a flower.
7. Mound avocado mixture in center.
8. When serving, place a spoonful of salad mixture in the center of a lettuce leaf and roll it like shawarma.



Serves 03 adults



No added salt

| | |
|---------|-----------|
| Energy | 88.5 kcal |
| Protein | 11.6 g |
| Fat | 0.8 g |
| Salt | 0 g |

Authentic Mixed Leaves Salad (Sambol)

INGREDIENTS

| | |
|--------------------------------|------|
| Senna leaves (Ranawara leaves) | 20 g |
| Young mango leaves | 12 g |
| young jack leaves | 8 g |
| Grated coconut | 20 g |
| Red onion | 20 g |
| Green chili | 8 g |
| Lime | 1 |
| Maldive fish | 10 g |

METHOD

1. Wash and dry senna leaves, young jack leaves & young mango leaves.
2. Cut into very thin strips and set aside.
3. In a separate bowl mix red onion, green chili, grated coconut and lime juice
4. Finally add cut strips of mix leaves into the bowl and mix well.
5. Serve with rice.



Serves 03 adults



No added salt

| | |
|---------|------------|
| Energy | 151.8 kcal |
| Protein | 4.0 g |
| Fat | 3.2 g |
| Salt | 0 g |

Iceberg Rainbow Avocado Salad

INGREDIENTS

| | |
|--------------------|---------|
| Iceberg Lettuce | 30 g |
| Red cabbage | 30 g |
| Green Cucumber | 30 g |
| Tomato | 30 g |
| Avocado | ¼ small |
| Medium lime | ½ |
| Mango | 30 g |
| Olive oil | ½ tsp |
| Black kidney beans | 30 g |
| Carrot | 30 g |

METHOD

1. Wash all vegetables and mango then cut into small cubes.
2. Scoop pulp of Avocado into a bowl.
3. Mash thoroughly with a fork.
4. Add a combination of tomato, cucumber, red cabbage, carrots, mango and black kidney beans to the bowl.
5. Toss well.
6. Add olive oil and lime juice and toss once again.
7. Arrange iceberg lettuce leaves around the sides of the bowl in the form of a flower.
8. Mound avocado mixture in the center of the bowl.
9. When serving, place 3 spoonfuls of salad mixture in the center of an iceberg lettuce leaf and serve it like a boat.



Serves 03 adults



No added salt

| | |
|---------|------------|
| Energy | 582.7 kcal |
| Protein | 28.8 g |
| Fat | 18.1 g |
| Salt | 0 g |

Chicken Salad

INGREDIENTS

| | |
|---------------------|----------|
| Cashew | 8 pieces |
| Corn | 2 tbsp |
| Sprouted green gram | 2 tbsp |
| Pomegranate seeds | 2 tbsp |
| Avocado | 2 tbsp |
| Pineapple | 2 tbsp |
| Cucumber | 2 tbsp |
| Chicken breast | 2 tbsp |
| Curd | 2 tbsp |
| Coriander leaves | 2 tbsp |
| Mint leaves | 2 tbsp |
| Pepper | ½ tsp |
| Lime juice | 1 lime |

METHOD

1. Cut avocado, pineapple and cucumber into small pieces
2. Mix all the ingredients together



Serves 02 adults



No added salt

| | |
|---------|-----------|
| Energy | 86.6 kcal |
| Protein | 2.6 g |
| Fat | 6.6 g |
| Salt | 0 g |

Limy Canereed Leaf (Thebukola) Salad With Grated Carrots

INGREDIENTS

| | |
|------------------------------|------|
| Canereed leaves (Thebu Kola) | 50 g |
| Carrot | 50 g |
| Scraped coconut | 10 g |
| Pepper | 5 g |
| Lime | 2 |
| Green chili | 2 |

METHOD

1. Cut canereed leaves and carrot into thin strips
2. Scrape the coconut
3. Mix carrots and canereed leaves with all other ingredients and finish by squeezing the lime



SOUPS

| | |
|------------------------------------|----|
| Creamy Drumstick Soup | 67 |
| Spicy Southern Indian Soup (Rasam) | 68 |





Serves 02 adults

Added salt per
person 0.625 g

| | |
|---------|------------|
| Energy | 474.6 kcal |
| Protein | 19.6 g |
| Fat | 27.2 g |
| Salt | 1.25 g |

Creamy Drumstick Soup

INGREDIENTS

| | |
|---|--------|
| Drumstick bark | 250 g |
| Chicken stock water | 500 ml |
| Carrot | 10 g |
| Potato | 10 g |
| Spinach | 10 g |
| Dhal | 20 g |
| Tomatoes | 10 g |
| Chopped garlic | 1 tbsp |
| Chopped onion | 1 tbsp |
| Fresh milk | ½ cup |
| Egg | 1 |
| Salt | ¼ tsp |
| Pepper | ½ tsp |
| Unsalted butter | 1 tbsp |
| Chopped moringa leaves, curry leaves | 2 tbsp |
| Corn flour | 1 tsp |

METHOD

1. Boil moringa barks and extract its inner seeds
2. Boil carrot, potato, spinach, dhal, tomatoes, drumstick in chicken stock for 10 minutes on medium flame and blend it.
3. Add butter into a saucepan and add garlic, onion, egg and temper.
4. Add blended soup mixture into this. Add milk, salt, pepper and corn flour and simmer for 5 minutes in low flame.
5. Garnish with chopped drumstick leaves and curry leaves before serving.



Serves 02 adults



No Added salt

| | |
|---------|-----------|
| Energy | 90.4 kcal |
| Protein | 2.9 g |
| Fat | 0.4 g |
| Salt | 0 g |

Spicy Southern Indian Soup (Rasam)

INGREDIENTS

| | |
|---|-------------|
| Tomato (cut into slice) | 01 |
| Cumin | 2 tsp |
| Fennel | 2 tsp |
| Tamarind juice | 2 tbsp |
| Garcinia (Goraka) paste | 1 tsp |
| Cinnamon | 1 piece |
| Curry leaves | 3 branches |
| Red onion | 05 |
| Garlic clove | 06 |
| Whole Pepper | 1 tsp |
| Pandan leaves (Rampe) | Small piece |
| Water (can use boiled chickpea and dhal stock) | 300 ml |

METHOD

1. Clean and wash the above ingredients.
2. Add the ingredients to a blender and blend well.
3. Then cook.



SNACKS & LIGHT MEALS

| | |
|---|----|
| Banana Stem (Kehelbada) purple yam cutlet | 70 |
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| Manioc and Grain Cutlet | 76 |
| Grain Cutlet | 77 |



Serves 02 adults

Added salt per
person 0.25 g

| | |
|---------|-----------|
| Energy | 41.3 kcal |
| Protein | 1.6 g |
| Fat | 0.2 g |
| Salt | 0.5 g |

Banana Stem (Kehelbada), Purple Yam Cutlet

INGREDIENTS

| | |
|-------------------------|-------|
| Banana stem (Kehelbada) | 30 g |
| Purple yam | 20 g |
| Onion | 15 g |
| Garlic | 10 g |
| Curry leaves | 2 g |
| Curry powder | 10 g |
| Chili powder | 10 g |
| Turmeric powder | 2 g |
| Salt | 0.5 g |
| Mustard | 2 g |
| Green chili | 2 g |
| Egg | 1 |
| Bread crumbs | 15 g |
| Oil | 50 ml |

METHOD

1. Add oil into a heated pan.
2. Pop up the mustard seed, sauté onion, garlic & green chili.
3. Add all spices together with banana stem & purple yam and cook for 03 minute.
4. Make balls, coat with egg, bread crumbs and deep fry in oil.



Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 284.6 kcal |
| Protein | 10.4 g |
| Fat | 1.7 g |
| Salt | 0 g |

Lasia (Kohila) Sausages

INGREDIENTS

| | |
|--|----------|
| Lasia root (Kohila ala) | 300 g |
| Red onions | 30 g |
| Pepper powder | 20 g |
| Chili powder | 5 g |
| Salt to taste | |
| Chickpea flour | 50 g |
| Indian gooseberry (Beheth Nelli) juice from 10 | |
| China rose flower (wada mal) juice from 2 | |
| Chili flakes | 2 tspn |
| Ginger small piece | |
| Garlic | 3 |
| Roasted curry powder | 2 tspn |
| Turmeric powder | 1 ygrtsp |

METHOD

1. Remove the outer covering of the lasia (kohila).
2. Cut it into thin slices
3. Boil well and grind it into a paste
4. Cut garlic, ginger, curry leaves, red onions into small pieces
5. Add the rest of the ingredients and grind into a paste
6. Squash the Indian gooseberry and take the juice
7. Add hot water to the China rose flower and use as a colouring
8. Add the above ingredients and chickpea powder to the lasia paste and mix well
9. Roll the mixture and cover with a foil paper and steam for 20 minutes



Serves 03 adults

Added salt per
person 0.16g

| | |
|---------|------------|
| Energy | 163.5 kcal |
| Protein | 16.1 g |
| Fat | 5.7 g |
| Salt | 0.5 g |

Chicken & Lasia (Kohila) Cutlet

INGREDIENTS

| | |
|-----------------------------------|-------|
| Chicken drumstick | 60 g |
| Lasia (Kohila) small diced | 45 g |
| Curry leaves | 5 g |
| Chopped onion | 15 g |
| Chopped garlic | 10 g |
| Curry powder | 5 g |
| Turmeric powder | 3 g |
| Green chili | 10 g |
| Pandan leaves (Rampe) | 5 g |
| Lime juice | 5 ml |
| Coconut oil | 5 ml |
| Salt | 0.5 g |
| Bread crumbs | 10 g |
| Drumstick (Murunga) leaves powder | 20 g |

METHOD

1. Heat a pan, add coconut oil, add chopped onions, garlic, curry leaves, pandan leaves, diced lasia, boiled and chopped chicken drumstick meat.
2. Cook for a few minutes. Add curry powder, turmeric powder and salt.
3. Finish with lime juice.
4. Make the cutlet balls into required size, coat with bread crumbs, drumstick leaves powder and deep fry.



Serves 03 adults

Added salt per
person 0.33 g

| | |
|---------|------------|
| Energy | 276.5 kcal |
| Protein | 25.2 g |
| Fat | 8.8 g |
| Salt | 1 g |

Homemade Skinless Sausages

INGREDIENTS

| | |
|---------------------------|---------|
| Sailfish (Thalapath fish) | 60 g |
| Boneless chicken | 40 g |
| Ash plantains (with skin) | 40 g |
| Beetroot | 15 g |
| Chili powder | ½ tsp |
| Crushed pepper | 01 tsp |
| Coriander powder | ½ tsp |
| Sesame Oil | ½ tsp |
| Chickpea flour | 20 g |
| Salt | 1 g |
| Coconut oil | 1 tbsps |
| Water | 10 ml |

METHOD

1. Take a food processor or blender and add sailfish, chicken, ash plantains, beet root, chili powder, salt and Coriander powder.
2. Blend thoroughly until it becomes a thick paste.
3. Put the paste into a bowl and add chickpea flour, sesame oil and bind the mixture until not sticky.
4. Make finger size sausages using banana leaves and steam for about 10 minutes.
5. Take out the sausages and heat a pan add 01 tbsps of coconut oil, sauté for about 1 min and serve.



Serves 02 adults



No added salt

| | |
|---------|------------|
| Energy | 576.2 kcal |
| Protein | 38.2 g |
| Fat | 25.4 g |
| Salt | 0 g |

Umami Taste Chicken Appetizer

INGREDIENTS

For natural curry powder mixture with umami taste

| | |
|-----------------------------------|-----|
| Dehydrated mushrooms | 3 g |
| Dehydrated garlic | 3 g |
| Dehydrated carrot | 2 g |
| Dehydrated big onion | 2 g |
| Dehydrated celery | 1 g |
| Dehydrated bird chili (Nai miris) | 1 g |

For chicken mixture

| | |
|---|------|
| Chicken | 75 g |
| Chickpea powder | 10 g |
| Natural curry powder mixture with umami taste | 6 g |
| Chili powder | 1 g |

For frying

| | |
|---|------|
| Sesame | 10 g |
| Sesame oil | 5 g |
| Chili pieces | 2 g |
| Natural curry powder mixture with umami taste | 5 g |

For Paneer

| | |
|---|-------|
| Fresh milk | 200ml |
| Lime | 10g |
| Natural curry powder mixture with umami taste | 5g |

For ash plantain cracker (Papadam) mixture

| | |
|---|-----|
| Dehydrated ash plantain slices | 40g |
| Egg | 1 |
| Natural curry powder mixture with umami taste | 5g |

METHOD

1. Grind all ingredients for natural curry powder mixture into a fine mixture using a blender.
2. Add all the ingredients for the chicken mixture and 1 tspn of natural curry powder mixture with umami taste into a blender with some ice cubes (to prevent heating).
3. Grind into a fine non-sticky mixture.
4. Add milk to a pan and heat up to 780 C.
5. Take out from the fire, a juice of a lime and allow it to form clots.
6. Separate clot from whey protein using a doubly folded cotton cloth.
7. Add 1 tspn of natural curry powder mixture with clotted milk, mix well and form like a cheese.
8. Freeze this cheese for 15 minutes under a weight. Take out and cut into long pieces.
9. Spread the chicken mixture and place the paneer piece in the middle. Steam for 5 minutes using a steamer.
10. Add sesame oil to a heated pan. Shallow fry the steamed chicken – paneer pieces with sesame and chili pieces.
11. Grind the dehydrated ash plantain pieces into ash plantain powder using a blender.
12. Add egg and 5g of natural curry powder mixture to above ash plantain powder.
13. Add water as needed to make a batter. Make ash plantain crackers using a waffle maker.



Serves 02 adults

Added salt per
person 0.5 g

| | |
|---------|------------|
| Energy | 101.1 kcal |
| Protein | 1.3 g |
| Fat | 5.5 g |
| Salt | 1 g |

Lemongrass Curry Sauce

INGREDIENTS

| | |
|---------------------------------|----------|
| Stock | 150 g |
| Chopped red onion | 10 g |
| Garlic clove | 01 |
| Chili powder | 5 g |
| Curry powder | 2 g |
| Coconut milk | ¼ cup |
| Ginger (¼ piece) | 01 |
| Lemongrass | 03 |
| Salt | 01 pinch |
| Whole wheat flour (Atta flour) | 1 tsp |
| Inkberry (Kahipiththan) extract | 1 tsp |

METHOD

1. Roast the lemongrass lightly in a saucepan.
2. Add the stock to it.
3. When the stock starts to boil add coconut milk.
4. Then strain the stock.
5. Add whole wheat flour 1 tsp and inkberry extract 1 tsp to the stock to thicken it.



Serves 02 adults

Added salt per
person 0.5 g

| | |
|---------|------------|
| Energy | 491.4 kcal |
| Protein | 20.4 g |
| Fat | 13.5 g |
| Salt | 1 g |

Manioc & Grain Cutlet

INGREDIENTS

| | |
|---------------|----------|
| Manioc | 50 g |
| Chickpea | 25 g |
| Cowpea | 25 g |
| Green gram | 25 g |
| Semolina | 25 g |
| Red onion | 25 g |
| Curry leaves | 1 branch |
| Pandan leaves | 1 piece |
| Chili pieces | 1 tsp |
| Green chili | 2-3 |
| Egg | ½ |
| Oil | 1 tsp |
| Salt | 1 pinch |

METHOD

1. Soak all the grains for 4 – 5 hours except green gram
2. Roast the green gram
3. Remove the outer covering of the soaked grains and grind into a paste
4. Place a pan on fire, add 1 tsp of oil, temper the pandan leaves, curry leaves, green chili and chili pieces and add to the paste
5. Boil the manioc, mix with the paste and mash
6. Make into balls and flatten
7. Coat with egg, semolina, wrap in banana leaf and steam.



PRESERVATIVE

| | |
|---|----|
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Lotus Root & Small Onion Pickle

INGREDIENTS

| | |
|-----------------|--------|
| Lotus roots | 100 g |
| Vinegar | 2 tbsp |
| Mustard cream | ½ tsp |
| Sugar | ½ tsp |
| Ginger | ½ tsp |
| Garlic | ½ tsp |
| Chili powder | ½ tsp |
| Small red onion | 40 g |
| Green chilies | 30 g |
| Black paper | ¼ tsp |
| Salt | ½ g |

| | |
|---------|-----------|
| Energy | 58.6 kcal |
| Protein | 1.9 g |
| Fat | 0.4 g |
| Salt | 0.5 g |

METHOD

1. Clean small red onion and dip into vinegar for 30 min
2. Clean soft lotus roots and cut into small pieces.
3. After 30 min keep aside the red onions and place a clay pot into medium flame and add vinegar to it.
4. Add ginger, garlic, mustard cream, sugar and salt to vinegar and stir well.
5. Add lotus root pieces to it and let it boil with vinegar for a few minutes.
6. Add dipped red onions and green chilies to it.
7. Let it heat for a few minutes in low flame and let it come to room temperature.
8. Preheat the cleaned glass bottle and put pickle to it.
9. Cover the lid properly and once again heat the bottle in boiling water for 1 – 2 min.
10. This bottle can be kept at room temperature and the shelf life will be two weeks



Tender Jack Fruit Chutney (Polos Chutney)

INGREDIENTS

| | |
|---------------------|-------|
| Steamed tender jack | 100 g |
| Tamarind | 15 g |
| Dates | 15 g |
| Chili powder | 2g |
| Garlic cloves | 02 |
| Ginger | 5g |
| Coconut Vinegar | 10ml |

| | |
|---------|------------|
| Energy | 216.6 kcal |
| Protein | 2.8 g |
| Fat | 0.4 g |
| Salt | 0 g |

METHOD

1. Steam the tender jack until soft.
2. Take the pestle and mortar add all ingredients except vinegar.
3. Crush the ingredients for a little while and then add vinegar and crush again a little more till the chutney is done.
4. Heat a clay pot and add the chutney into the pot and cook for about 6 min in low heat.
5. Take the chutney and serve a small amount with rice and curry.



Bilimbi Fruit (Billing) Pickle

INGREDIENTS

| | |
|--------------------------|-------|
| Bilimbi fruits (Billing) | 50 g |
| Coconut oil | 5 ml |
| Pandan leaves (Rampe) | 5 g |
| Curry powder | 5 g |
| Curry leaves | 5 g |
| Vinegar | 10 ml |
| Mustard seed | 10 g |
| Sugar | 5 g |
| Kochchi chili | 10 g |
| Chili pieces | 5 g |

| | |
|---------|-----------|
| Energy | 88.7 kcal |
| Protein | 1.3 g |
| Fat | 5.5 g |
| Salt | 0 g |

METHOD

1. Steam bilimbi fruits for 30 minutes.
2. Dry steamed bilimbi fruit with clean cloth or tissue paper.
3. Heat a pan with coconut oil, pop up mustard seed add pandan leaves, curry leaves, curry powder, vinegar, sugar, chili powder and sliced kochchi chili
4. Add steamed bilimbi fruit into gravy and simmer for 10 minutes.
5. Place in a dried glass bottle & cover properly.



Curry Powder Mixture

INGREDIENTS

| | |
|------------------------|----------|
| Garlic | 1 |
| Ginger (1 inch) | 2 pieces |
| Cinnamon (1 inch size) | 6 pieces |
| Curry leaves | 2 tbsp |
| Mushroom pieces | 2 tbsp |

| | |
|---------|----------|
| Energy | 5.9 kcal |
| Protein | 0.9 g |
| Fat | 0.1 g |
| Salt | 0 g |

METHOD

1. Wash garlic, ginger, mushroom and cinnamon
2. Cut into small pieces
3. Sun dry
4. Dry the curry leaves and drumstick leaves
5. Blend all the above ingredients together



Fiddlehead (Karan Koku) Pickle (Achcharu)

INGREDIENTS

| | |
|--|-------|
| Fiddlehead (Karan koku) | 250 g |
| Red onion (small) | 10 |
| Green chili (small) | 5 |
| Mustard and drumstick leaf paste with vinegar | 1 tsp |
| Pinch of turmeric powder | |
| Chopped ginger, bird chili, cinnamon, Garlic and cardamon | ½ tsp |
| Vinegar | ¼ tsp |
| Salt | ¼ tsp |

| | |
|---------|-----------|
| Energy | 53.2 kcal |
| Protein | 4.1 g |
| Fat | 0.5 g |
| Salt | 1.25 g |

METHOD

1. Boil water in a saucepan with added salt
2. When the water starts to boil add the pieces of fiddlehead (karan koku) and blanch it
3. Blanch the onion and the green chili in the same way
4. Strain away the water
5. Take a clay pot add vinegar and cook
6. Then add the mustard mixture, turmeric and other ingredients and cook
7. Once the mixture cools down put them into bottles



Sweet Drumstick (Murunga) Bark Pickle

INGREDIENTS

| | |
|--|----------|
| Raw bilimbi (middle aged biling)(1-2 inches) | 200 g |
| Young carrot pieces | 100 g |
| Middle aged raw papaya sticks | 100 g |
| Homemade virgin coconut vinegar (2.5 cup water + 2/1 cup vinegar) | 3 cups |
| Sugar | 100 g |
| Celery sticks | 25 g |
| Mustard seed | 1 tsp |
| Dry cinnamon stick | 5 g |
| Red onions | 10 |
| Mustard seeds | 5 g |
| Small capsicum chilies without seeds | 4 |
| Drumstick tree (murunga) barks (gelling agent) | 2 inches |

| | |
|---------|------------|
| Energy | 607.0 kcal |
| Protein | 7.0 g |
| Fat | 1.3 g |
| Salt | 0 g |

METHOD

1. Wash / clean & cut bilimbi, carrot, papaya, capsicum, celery & onions.
2. Combine vinegar, sugar, salt and mustard seeds in a large clay pot and bring to a boil.
3. Place onion, bilimbi, carrots, papaya, capsicum & drumstick barks, and leave ½-inch head-space.
4. Pour hot pickling solution over mixed vegetables, leaving ¼-inch headspace.
5. Remove air bubbles.
6. Wipe jar rims and adjust lids as health & safety standard operating procedure.
7. Process in a boiling water-bath canner for 20 minutes.
8. Remove jars from the canner and cool overnight, upright on a rack or towel.
9. Label and store in cool, dark, dry places.

*Note: No salt added.



Fish Pickle (Achcharu)

INGREDIENTS

| | |
|--------------------------|---------------|
| Fish | 120 g |
| Pepper powder | 6 g |
| Green chili | 8 g |
| Vinegar | 2 tbsp |
| Red onions | 8 g |
| Mustard | 4 g |
| Chili powder | 6 g |
| Ginger | 4 g |
| Drumstick bark | 1 g |
| Raw papaw | 40 g |
| Mango | 40 g |
| Gooseberry (Nelli) juice | 4 g |
| Garcinia (Goraka) | 1 small piece |
| Turmeric | 1 g |
| Coconut oil | ½ tsp |

| | |
|---------|------------|
| Energy | 259.2 kcal |
| Protein | 26.0 g |
| Fat | 8.6 g |
| Salt | 0 g |

METHOD

1. Add garcinia and turmeric to fish and wash well, then add pepper powder
2. Cut green chili, mango and papaw into long strips
3. Mix cleaned whole red onions with it
4. Fry the fish pieces
5. Take a clay pot, place on fire and add vinegar to it
6. When it is heated, add green chili, ground drumstick bark, mustard, garlic, chili powder, cut papaw, mango, green chili and fried fish, mix well
7. Remove from fire after it is heated
8. Add gooseberry juice and serve

Name list of the contestants

Team from Wathupitiwala

Mr. Gamini Bandara, Dr. Dhaneshi Hettiarachchi and Ms. Deepthika Kumudini.

Team from Ragama

Mr. K G D T Jayasinghe, Dr. Hashini Rajarathna and Ms. K G D D M Jayasinghe.

Team from Embilipitiya

Mr. K A R Kodithuwakku, Ms. W D Dewendra and Ms. H M Senehelatha.

Team from Chilaw

Ms. P S C S Fernando, Ms W Dilhara S Rodrigo and Ms. D K M L Eshini Rodrigo.

Team from Matara

Ms. A L Y Geethika, Ms. H K S Damayanthi and Ms. P G Peshani Maheesha.

Team from Matale

Mr. D P U Sarathchandra, Ms. P S Dasinge and Ms. K M W M D B Senevirathna.

Team from Matale

Ms. R D P M S T S Rathnayake, Ms S M H N De Silva and Ms. N W T Gunarathne.

Team from Matale

Mr. A W Pathum Chamikara Senevirathne, Ms. Saumya K A Mediwake and
Ms. W A Nadeesha Wijesooriyaarachchi.

Team from Kegalle

Ms. K K S N B Senewirathne, Ms. W G M G Jayarathne and Ms. E P C P P K Athugala.

Team from Nuwara Eliya

Ms. I A I A Ileperuma, Ms. Rashika Nishanthi Meddegoda and Mr. Mohomed Firdaus.

Team from Nuwara Eliya

Mr. M M A K Manathunga, Ms. J Chandrakala and Mr. Senith Wanigasooriya.

Team from Wennappuwa

Mr. Upalaksha Jayamaha, Dr. Dilanjani Pietersz and Mr. Sonal Perera.

Team from Trincomalee

Ms. Anthony Rajah, Ms. Noorul Hunaisa Abdul Salam and Mr. R A C U D Ranasinghe.

Team from Kalutara

Mr. Asanka Nagoda Withana, Dr. Chathura Akalanka Edirisinghe and Mr. Nuwan Madusanka Jayasingha.

Team from Werahera

Mr. R P R Kumara, Ms. Shermila Ramawickrama and Mr. K D Madushanka.

Team from Werahera

Mr. W S Priyalal, Mr. R K I S Jayawardhana and Mr. C H P Dissanayaka.

Team from Colombo

Mr. K A Lakindu Wijaya, Ms. K A Nishadhi Sadhamini and Ms. P Rasika Kumari.

Team from Hambantota

Ms. C M Jayasekara, Ms. Indika Chandani Uduwewatta and Ms. K A Shamali.

Team from Tangalle

Ms. S P R Palihakkara, Ms. D H Chithra S W Vijitha and Ms. Kanthi Gamage.

Team from Hambantota

Ms. V O Premalatha, Ms. L G M N Edirisinghe and Ms. W O Ramyalatha.

Team from Kurunegala

Ms. M Janeesha Dilhani, Ms. Chamila Nishadi Senarathna and Ms. R Madushani Chandima Premasinghe.

Team from Damana

Ms. M Thushari Mala, Ms. Madagedara Sunethra Damayanthi and Ms. A M P Nilani Samanthi Abeweera.

Team from Kandy

Mr. H M Dharmasiri, Ms. W A A K N Wijewardhana and Mr. K K Wanigasuriya.

Team from Kandy

Ms. G K S P Kumari, Ms. W A A Krisanthi and Ms. K G Niluka Santhi Bandara.

Team from Kandy

Ms. M G Nadeeka Nilmini Kumari, Ms. K K D A R Srimali and Mr. G G Nishantha Jayalath.

Team from Kandy

Ms. K I J Devapriya, Ms. Rathna Sriyani Dissanayaka and Mr. Y M I B Yaparathna.

Team from Kandy

Mr. S G A Sudarshana, Ms. A M C N Aththanayaka and Mr. Sanjaya Ruwan Pradeep Karunarathna.

Team from Kandy

Mr. R M Priyantha Samarajeewa, Ms. W Priyanthi Anoka Gunathilaka and Mr. D Janitha Sandakalum Jayasingha

Team from Colombo

Mr. Jeyakanthan Jeganathan, Ms. A Anushka Nalini Senevirathna and Ms. Niroshini Kathiravel.

Team from Mulleriyawa

Mr. Gayan Imedha Samaraweera, Ms. I H Suhelie Hemhara Lionel and Ms. N G Thilini Karunarathna.

Team from Anuradhapura

Ms. W M Nimali Kumari Wathsala, Dr. Shashi Prabha Ebell and Ms. Lasanthi Sepalika Silva.

Team from Anuradhapura

Ms. K P Ashinka Shamali, Dr. R M C L Gunarathne and Ms. S M I D Inoka Samaraweera.

Team from Anuradhapura

Ms. M S Munasinghe, Dr. Mareeka Fernando and Ms. M G N Munasinghe.

Team from Karapitiya

Mr. G H Saman Nishantha, Ms. Janaki Dilrukshi and Ms. B D Janoda Deepani.

Team from Kuliyaipitiya

Ms. R M Thilakarathna Rupasingha, Ms. B Sasanka Nilmini Balasooriya and Ms. M M M K Muhandiram.

Team from Negambo

Ms. A M Samitha Erandathi Senarathna, Ms. K A P Apsara and Ms. R Sakunthala Chandrakanthi.

Team from Kalutara

Ms. P E H Clemants, Ms. A N Thambawita and Ms. Ms. Y A C Pushpalatha.

Team from Kurunegala

Ms. K A Rasika Shyamalie Karunasekara, Ms. A M Achala Surangi Bandara and Ms. L P Iranganie.

Team from Piliyandala

Mr. K.H.Sujith Priyanga Ariyaratna, Ms. T.A.P.M.Thilakarathna and Mr. Ruwan Prasanna Senadheera.

Team from Kurunegala

Ms. Y N Dangampola, Ms. A D T Senavirathna and Ms. J H M Dineshika Shyamini Jayasundara.