

Auybowan...

Grand 39 Ella – Sri Lanka



Chicken Curry

Ingredients

- 500 g Chicken
- 2 teaspoons Roasted curry powder
- 1 ½ teaspoons Roasted Chilly powder
- ½ teaspoons turmeric powder
- 1 teaspoon salt powder
- ½ medium sized chopped Bombay onion
- 1 medium sized chopped tomato
- A small piece of cinnamon
- 2 chopped cardamom
- ½ teaspoon gamboges (goraka) cream
- 1" piece of chopped ginger
- 3 chopped garlic
- few curry leaves
- 50ml coconut oil
- 1 cup coconut milk

Method

- Cut the chicken into pieces
- Wash well
- Add all the ingredients to chicken , except ginger , garlic, curry leaves & coconut oil
- Add water to cover the chicken & leave for about 3-4 minutes
- place a saucepan on fire and put 50ml of coconut oil
- When the oil gets heated add ginger , garlic & curry leaves and fry till garlic becomes brown/golden
- Then add the chicken and cook for 20 minutes
- Add the coconut milk and cook for 5 minutes
- Take the saucepan off the fire

Beans curry

Ingredients

- 250g beans
- ½ Bombay onion
- 1 tablespoon curry powder
- ½ teaspoons turmeric powder
- 1 teaspoons Chillie powder
- ½ teaspoons turmeric powder
- 1 teaspoon salt powder
- 25ml coconut oil
- 2 chopped garlic
- ½ teaspoon mustard
- ½ teaspoon Fenugreek
- 150ml coconut milk

Method

- Wash the beans & cut into 1" pieces
- Add all the powder to beans and mix well
- Place a saucepan on fire and put the coconut oil
- When oil is heated put Bombay onion , garlic ,dill seed and mustard & fry for a minute
- Then add the beans to the pan and cook for 10 minutes
- Add the coconut milk and cook for 3 minutes
- Take the pan off the fire

Dhal curry

Ingredients

- 250g dhal
- 1 table spoon salt powder
- 1 teaspoon Chillie powder
- 1 teaspoon curry powder
- ½ teaspoon turmeric powder
- ½ chopped Bombay onion
- ½ chopped tomato
- 1 teaspoon chopped garlic
- 1 chopped green chillie
- Few curry leaves
- 200ml coconut milk

Method

- Wash the dhal well
- Add all the ingredients to dhal except salt powder and coconut milk
- place it on fire and cook for few minutes
- When the dhal is cooked add salt powder and coconut milk and stir
- Cook for another 3 minutes and take the pan off the fire

Brinjal

Ingredients

- 500g brinjal
- 1 chopped Bombay onion
- 1 chopped tomato
- some curry leaves
- 2 teaspoons chopped garlic
- 2 teaspoons chopped ginger
- 2" piece cinnamon
- 2 cardamom
- 3 teaspoons mango chutney
- 1 teaspoon sugar

Method

- Wash the brinjal first
- Then cut into small pieces
- Mix the brinjal with salt and turmeric powder
- Then fry it little by little in deep oil till it gets golden colour
- Next add all other ingredients to fried brinjal and cook for 3 minutes

Develled potato

Ingredients

- 250g boiled potatoes
- ½ chopped Bombay onion
- 1 chopped tomato
- ½ teaspoon salt powder
- ¼ teaspoon turmeric powder
- 1 teaspoon chillie pieces
- 1 teaspoon lime juice
- 50ml coconut oil
- 1 teaspoon chopped garlic
- 1 cinnamon
- ½ teaspoon Fenugreek
- ½ teaspoon mustard
- few curry leaves

Method

- Peel the potatoes & cut into pieces
- Add Bombay onion ,tomatoes, salt, turmeric powder ,chillie pieces, lime juice and mix well
- Place a saucepan on fire and put the coconut oil
- When oil gets heated put garlic, cinnamon, curry leaves, mustard, Fenugreek to oil
- When it is brown add the potatoes to the pan and mix well
- Cook for 5 minutes and take off the pan

Coconut Sambol

Ingredients

- 150g scraped coconut
- ½ chopped Bombay onion
- ½ chopped tomato
- 1 teaspoon chopped garlic
- 1 teaspoon chillie pieces
- ½ teaspoon pepper powder
- ½ teaspoon salt powder
- 1 teaspoon lime juice

Method

- Put all the ingredients to a mortar (grinder) except scraped coconut and pound (grind) them together
- Then add the scraped coconut to the mixture and pound well
- Add lime juice and mix well

Thanks

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