



Sri Lankan Flavours

Channa Dassanayaka

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Eat as the Sri Lankans do combining a mixture of curries - lamb with coriander, hot fish, cauliflower, cashew and green pea, mango or mustard potatoes - with some sambols - coconut and tamarind, caramelized onion with dried fish and spices, date chutney or tomato and lime pickles. And accompany the feast with some coconut roti, scented rice, hoppers (pancakes made from rice and coconut milk) and some spiced tea. Sri Lanka also has a strong tradition of hawker-style food, little bites of flavour eaten on the run. A stunning mix of travelogue and food, Sri Lankan Flavours celebrates the food and traditions of this exotic island.



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