



Rice & Curry: Sri Lankan Home Cooking (The Hippocrene International Cookbook Library)

S. H. Fernando Jr

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A NEW YORK TIMES NOTABLE COOKBOOK OF 2011!

In Sri Lanka a meal is typically referred to as 'rice & curry'--and curries can vary from main dish offerings (meat, chicken, fish, or mutton) to an assortment of vegetable and even fruit curries. Indian, Malay, Arab, Portuguese, Dutch and British influences all left their mark on the cuisine, but indigenous Sinhalese dishes have remained popular in villages for centuries.

Fernando takes readers on an unforgettable culinary journey through Sri Lanka: demystifying ingredients, spices, and flavors and proving that Sri Lankan food is an easy-to-prepare, healthy option for modern lifestyles.

Includes over 100 recipes, an introduction to Sri Lankan history, culture and cuisine, and stunning color photographs throughout.



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