



SRI LANKA'S
Rice & Curry
JOURNEY AT





TURTLE BAY[®]
-KALAMATIYA-



Of all the things unique to our nation, our food stands out as the most inimitable aspect of our culture. That is why flavourous Sri Lankan food is renowned the world over as one of the freshest and tastiest cuisine in Asia and even the world.

Our food has been described as a fusion of Thai and Indian cuisine, imbued with exotic spices heritage, culture and a bit of local hospitality.

Our recipes are as diverse as our people and their way of life. From traditional meals slow cooked to perfection, treats specially made for that unique occasion, street food or baked treats, every meal tells its own tale.

You are free to explore the vast landscape that is our cuisine but allow us to offer you a list of delicacies to sample when in Sri Lanka.



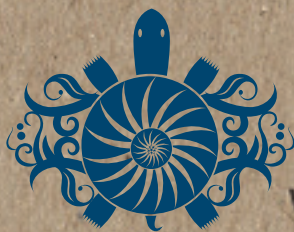


JAFFNA Crab Curry

Sri Lanka is surrounded by glorious coastline abundant in seafood. Some of the best crabs in the world can be found here. Many of these quality crustaceans are exported to wealthier nations.

In the North of the island, they blend intensely hot roasted curry powder made of dried red chillies, cumin, fennel, coriander seeds, fenugreek and curry leaves. The mixture is heated in a heavy based saucepan while coconut milk is added to create rich gravy.

The Crabs are then added into this thick gravy and cooked in the shell until the flesh is perfectly tender. The crabs are served hot. Get messy with your fingers as you crack into the crab and mop up the thick greasy curry with street bread also known as kade paan.



TURTLE BAY®
-KALAMATIYA-



JAFFNA
Crab Curry



TURTLE BAY®
-KALAMATIYA-



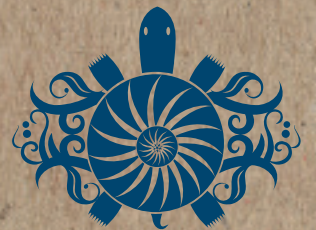


SRI LANKAN *Lamprais*

Unique to the Dutch-Burgher community, Lamprais is made of rich rice and curry. It was introduced to us by the descendants of the Dutch who settled on the island in the 17th Century.

Wrapped in banana leaf, the typical lampraise pack is made of stock and spice boiled rice, a mixed meat curry, aubergine curry, shrimp paste, sweet onion relish and a frikkadel similar to mincemeat crumbed and deep fried balls.

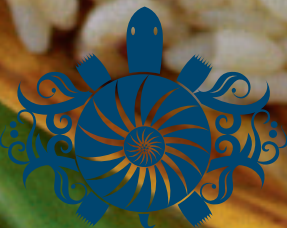
You also get a boiled egg. Each curry is individually made and placed in the banana leaf. The leaf is then wrapped and cooked for a second time in an oven. This final step gives the meal its distinct flavour and character.



TURTLE BAY
-KALAMATIYA-



SRI LANKAN
Lamprais



TURTLE BAY
KALAMATTI

★★★★S



TURTLE BAY®
-KALAMATIYA-



SRI LANKAN

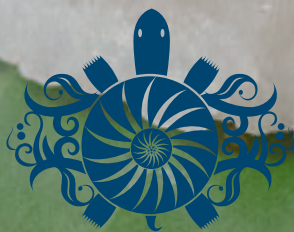
Kiri Bath with Lunu Miris

Made at all special occasions, Kiri Bath, otherwise known as milk rice is an auspicious meal, often prepared at opening ceremonies, birthdays and other culturally significant occasions. Some families will prepare it on the first of every month for good fortune. Rice is cooked in coconut milk and left in a tray to set, almost like a cake. It is then sliced into diamond-like shapes and served. At times, this staple is simply served with a banana and lunu miris.

Lunu miris (a concoction of chilli and onion grinded together into a paste) is a traditional condiment that adds flavour to the milk rice. The Lunu miris is grinded on an apparatus known as the miris gala or a mortar and pestle.

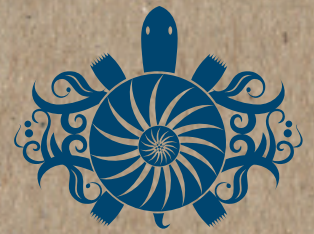
If you are more hungry than usual your kiri bath can be enjoyed with kiri hodi (turmeric and curry flavoured coconut milk gravy) and a combination of curries. As many as you would like to mix into your Milk rice. You should know that the dish is reserved for special occasions, so you may have to make a special request.

SRI LANKAN
*Kiri Bath with
Lunu Miris*



TURTLE BAY®
-KALAMATIYA-





TURTLE BAY®
-KALAMATIYA-



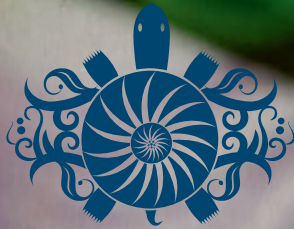
SRI LANKAN *Kotthu Rotti*

Kotthu Rotti is a cult classic in Sri Lanka often characterized by the harsh clanging of metal paddles on a metal plate. A sound well known among Sri Lankans, Kotthu Rotti is translated to mean 'chopped rotti'.

The noise is generated as a result of its method of preparation. Thin, stretchy rotti is shredded and combined with finely cut carrots, leeks and onions on a hot metal plate. The metal paddles then noisily mix the ingredients together while they are slightly tempered on the hot metal surface, egg is added into the mixture and further battered with metal while being drenched in thick spicy curry.

To suit a western palate, cheese can be added to make Cheese Koththu.

Those of you who prefer a on-the-go snack, order a rotti wrapped around your curry of choice, almost like a burrito. Kotthu is the ultimate street food.

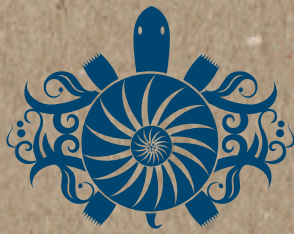


TURTLE BAY®
-KALAMATIYA-



SRI LANKAN
Kottthu Rotti





TURTLE BAY®
-KALAMATIYA-



HOME—STYLE *Rice and Curry*

The traditional Sri Lankan Rice and Curry is a combination of flavours and sometimes meals presented separately and served into one plate of rice. It is a feast for all the senses. A collection of spices, exotic flavours and textures come together to create a gastronomic display of colourful curries and sambals.

Coconut plays a vital role in Lankan curries, with most dishes featuring a base of coconut oil, milk or its freshly grated flesh, enhanced with a blend of local spices including cinnamon, cloves, coriander seeds, curry leaves and of course fresh chillies.

Every meal is unique. It features a duo of fresh vegetable curries, a meat or seafood of choice red, white or turmeric infused yellow rice or white rice with a sweet accompaniment such as chutney, coconut sambal, Sri Lankan salad (Gotukola sambal) or pol (coconut and chilli) sambal, topped with a crunchy, deep fried papadam- eat it with each mouth of rice or save it for the end.

Some personal favourite curries for rice include beetroot curry, tempered beans and eggplant moju, when feeling particularly indulgent – a cashew nut (cadju) or mouth-watering mango curry.

What ever you choose to indulge in you are in for a taste explosion.





HOME — STYLE
Rice and Curry



TURTLE BAY[®]
-KALAMATIYA-





TURTLE BAY®
-KALAMATIYA-



SRI LANKAN *Hoppers*

For breakfast or dinner, hoppers are a crispy, bowl shaped coconut milk pancake with crispy outer edges and a soft cushiony centre. Hoppers are made in a bowl shaped, curved frying pan; one that has been used to prepare hoppers for generations.

It is said that the more 'seasoned' the pan, the better the meal. Hoppers like most Sri Lankan dishes need to be eaten by hand.

Choose between a range of varieties plain, egg or sweet.

Fill them up, roll them up or use it to mop up your curry of choice. Eat it with a sweet onion relish (seeni sambal) at breakfast or how about a dinnerselection of dahl, spicy prawn curry and a side of fresh coconut sambal?

Finally, conclude the meal with a sweet milk (kiri) hopper topped with kithul honey, the Sri Lankan alternative to maple syrup.



SRI LANKAN
Hoppers



TURTLE BAY
KALAMATIYA

★★★★S



TURTLE BAY[®]
-KALAMATIYA-



SRI LANKAN
Annack





TURTLE BAY[®]
-HALAMATIYA-



SRI LANKAN Arrack

Made from the fermented sap of the coconut flower, the cultivation of this ambrosia is done by local toddy tappers. They scale the local coconut trees, crossing from one tree to another via a maze of ropes. Any Arrack connoisseur will tell you the best Arrack in Sri Lanka is Ceylon Arrack. Here we share some delectable cocktails and punches for you to recreate.

Every arrack cocktail can be a reinvention of a classic or a completely new creation. Spirits are best paired with fruits and other light spirits; a great mixer for all sorts of occasions. Ceylon Arrack is exported internationally and has been used in creative cocktail recipes all over Europe.



TURTLE BAY®
-KALAMATIYA-



A SPICY STORY...

Rice & Curry

SRI LANKAN CUISINE

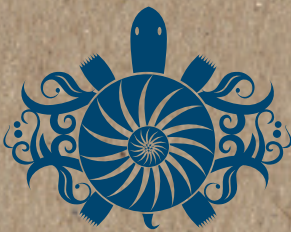
AT TURTLE BAY



Gurupokuna Road, Kalametiya, Tangalle, SRI LANKA

Email : Sujeewa@turtlebay.lk

Tel: 0094 777 383 395, 0094 47 7 887 853



TURTLE BAY[®]
-KALAMATIYA-



www.turtlebay.lk