

History of Sri Lanka

Sri Lanka is one of those places where history seems to fade into the mist of legend. Is not Adam's Peak said to be the very place where Adam set foot on earth, having been sent out of heaven? Isn't that his footprint squarely on top of the mountain to prove it? Or is it the Buddha's footprint on Sri Pada? And isn't Adam's Bridge (the chain of islands linking Sri Lanka to India) the very series of stepping stones Rama, aided by his faithful ally, the monkey god Hanuman, stepped across in his mission to rescue Sita from the clutches of the Ravana, King of Lanka, in the epic Ramayana?

At Mount Lavinia ...

You are about to taste a vast selection of authentic Sri Lankan cuisine, the way it's meant to be cooked with a variety of herbs and spices unique to Sri Lanka.

Mount Lavinia is proud to present probably the only way to taste Sri Lankan food in Barcelona.

Sri Lankan food is inspired by several different ethnicities. Quite a few periods of colonization are responsible for the exotic cuisine, blending indigenous ingredients and cooking techniques with influences from, Portuguese, Dutch, Indonesian & Malay and a host of other world food traditions.

From the traditional Rice dishes, the staple food of Sri Lanka, to other specialties such as the famous Poi Sambolé (A grated coconut mixture with onions, Chopped green chilies, Lime & not forgetting the red hot Chili powder) Is a must in every Sri Lankan meal. Lamprais (a dish of Dutch origin) comprising of rice cooked in a meat stock and slowly baked in a banana leaf with a variety of meat and vegetable sides.

The creative capabilities of the Chef have made our customers return time and time again to enjoy our food.

Our goal is to offer the authentic taste of Sri Lankan food to all our customers and we mean it when we say "Sri Lankan food the way it's meant to be."

Spices

Some Sri Lankan spices cannot be found in Spain & you will find substitutes listed below

- Curry Powder, Comprises of mainly coriander seeds ground along with other spices such as, Cinnamon, Cloves, Cardamoms & a hint of dry chili & raw rice. This could be substituted with Madras Curry Powder
- Curry Leaves found freeze dried in the market or bay leaf could be used instead
- Pandan Leaves (Rampé)
- Cinnamon
- Cardamoms
- Black Cardamoms
- Cumin seed
- Sweet Cumin
- Black Mustard
- Fenugreek
- Nutmeg
- Black pepper
- Dried chili
- Green chili
- Red chili ripple
- Red chili powder
- Lemon Grass
- Tamarind
- Saffron (Turmeric)
- Coconut Milk , could also be substituted with skimmed milk
- Fresh Grated coconut. Substitute : Desiccated coconut
- Ghee. Substitute: Butter or Margarine
- Coconut vinegar, White wine vinegar could be used too
- Root Ginger. Powder or dried ginger also could be used
- Lime
- Fried Onions
- Cashews
- Sultanas or Raisins
- Last but not least Salt, the spice that every cooking in any part of the world Can't do without.



Main Dish: Chicken Malay curry

Ingredients

- 4 Chicken thighs approx. 1 KG
- 1 cup coconut milk and 1 yoghurt
- 2 teaspoons Curry powder (For Darker color & flavor slightly toast in a frying pan)
- 1 Teaspoon turmeric
- 1 teaspoon Red chili powder (you can use as much as you like for a spicier curry)
- 10 Cardamoms
- 4 Cloves
- A stick of Cinnamon
- Few Curry leaves
- 1 tablespoon of fresh ground ginger
- 1 tablespoon of ground garlic
- ½ Cup of grated or minced onions
- ½ Cup of fried onions
- 2 Tablespoons of Ghee (butter or Margarine could be used)
- 1 Table spoon of Cooking oil
- 2 tablespoons of tomato Concentrate or tomato Frito

Method:

Heat the Ghee & cooking oil in a Wok or any cooking utensil under medium heat. Add the minced onions, ginger, curry leaves, cinnamon. Once the mixture starts to smell or discolor add the minced garlic, curry powder, turmeric, chili powder yogurt & Salt. Mix well & add the tomato Frito. Add the chicken & coat it well with the mixture & let it cook for 3-4 mins (Do not let it stick to the pan). Then add 1 cup of water & cook on medium fire till chicken is almost done, then add coconut milk & while cooking toast the Cardamoms & Cloves on a frying pan & mildly grind in a motor & pestle until Cinnamons burst. Add it to the chicken & carefully mix without breaking the chicken. After about a minute or two add the fried onions & cook for a further 4 to 5 minutes. (The final cooking time depends on if you like more or less gravy

Serve with Rice or flat bread. ENJOY!!!!

Side Dish

DHAL (Split Red Lentils)

- 2 Cups Dhal
- Cooking oil
- Turmeric
- Curry powder
- A few small Sliced onions
- 3 cloves Garlic sliced
- 1 teaspoon mustard
- A stick of cinnamon
- 1 cup coconut milk
- ½ teaspoon Cumin seed
- Few Curry leaves

Method

Wash the Dhal in a pan & add 4 cups of water & boil with the turmeric, curry powder & a teaspoon of oil. Once the Dhal is done & the water has reduced to half add the coconut milk & boil for a further few minutes or to desired thickness. Add the salt at last once the Dhal is cooked & soft (Adding salt to any vegetable lengthens the cooking time & kills the nutrition).

Tempering

In a separate frying pan, heat about 2 tablespoons of cooking oil & add the mustard, cinnamon, curry leaves, cumin seed. When the onions turns slightly brown add the garlic (Garlic cooks faster than onions it is strongly recommended to add it at last for any dish). A small tomato also could be chopped & added to this mixture.

Once the temper is done, add the mixture to the dhal & mix. Cook for further 2 to 3 mins to gain more thickness if desired

Serve Hot with Rice or Bread & ... ENJOY

Poi Sambolé

(Coconut Sambol, a grated spicy coconut mix)

A must for every Sri Lankan meal

Ingredients

- 2 cups grated coconut (Desiccated coconut could be used)
- 2 teaspoons chili powder
- Juice of 1 Lime
- 1 medium onion minced or grated
- Salt to taste

METHOD

Mix all the ingredients together in a bowl (With your fingers). Make sure all the ingredients are well mixed & the color is consistent.

This dish also can be eaten with toasted bread & butter for breakfast.

Yellow Rice

Put 2 cups of basmati rice in a pot or rice cooker. Add 3 cups of water, a spoon of ghee or butter ½ teaspoon of turmeric, few curry leaves, a stick of Cinnamon some raisins & cashew nuts. Boil covered under medium heat till rice is done. Stir occasionally to avoid sticking. Using a rice cooker makes it to the exact texture & runs no risk of over cooking or roasting.

MOUNT LAVINIA BRINGS YOU THE TASTE OF PARADISE