



## Sri Lanka 斯里蘭卡

### Pol Roti

#### Ingredients

- 250g of all-purpose flour
- Half a tea spoon of salt to taste
- Desiccated coconut (around 3/4 of a cup)
- Coconut milk
- 1 tea spoon of oil
- thinly Sliced onions (use maybe 3-4 of the small onions)
- Quarter cup of water



#### Instructions

1. Add some coconut milk to the desiccated coconut flakes till the flakes are just getting wet and sticky. Keep it for 15 -20 mins to rest to let the flakes absorb the milk
2. Mix the flour, sliced onions, oil, salt and the coconut flakes together in a bowl to make the dough
3. Keep adding water by small portions onto the dough and mix it well. The texture should not be sticky
4. Once the dough is ready, break the dough into several tiny balls
5. Place the dough balls onto a flat surface and flatten the balls into circular discs using your hand
6. To cook the roti, place it on a frying pan on medium heat for about 5-10 mins. Before placing the Roti on the pan, soak a tissue in a bit of oil and wipe the pan to make sure the roti doesn't stick on to the pan. Flip the sides of the Roth when the bottom gets brown

#### Side note:

- you can also add sliced green chilies together with the onions to make a spicier Roti
- If you use freshly grated coconut instead of the soaked desiccated coconut, it's going to be a lot more delicious
- Be generous with the coconut flakes, the Roti tastes better when more coconut flakes are added



## Milk rice (Kiribath)

### Ingredients

- 2 cups of uncooked sticky rice (basmati rice or jasmine rice can also be used)
- 1 can of coconut milk
- 2-3 cups of water
- 1 teaspoon of salt to taste



### Directions

1. Wash the rice thoroughly and drain the rice and put it into a pot
2. Add water onto the pot and measure the amount by dipping your pinky finger so that the tip of your finger touches the rice and the water reaches halfway to the second line on your finger
3. Heat the pot on medium heat for about 10-15 mins till the rice cooks. Keep a close eye on the rice as it cooks, stirring it occasionally
4. Lower the heat as it cooks and once you notice that all the water has been used and the rice looks cooked, add in the coconut milk. Add coconut milk till the surface is fully covered with it and add salt to taste
5. Stir it so the coconut milk gets mixed well with the rice and cook on low heat for 5-10 mins till the texture gets sticky
6. Once the rice is cooked, take it off the heat and leave it to cool for around 2 mins
7. Pour the rice into a flat surface and gently flatten the rice. Make sure it's like around 3-4cm thick
8. Cut the milk rice into squares and serve

## Seeni sambol

### Ingredients

- 1 cup of sliced onions (use 2-3 large red onions)
- 1 tea spoon of salt to taste
- 1-2 table spoons of sugar
- 1-2 tea spoons of chili powder
- 1-2 table spoon of oil

### Directions

1. Keep a frying pan on medium heat and put the oil
2. Add in the onions, salt and chili powder together and let it cook for about 10 mins
3. Add in the sugar and cook for 5-10 more mins till the onions turn dark brown and gets soft