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| <b>Introduction</b> _____                                    | <b>Spices Of Sri Lanka</b> _____                 | <b>Some Tips</b> _____                 |
| Abbreviations _____  | Handy Measures _____                             | Temperature _____                      |
| Coconut Milk _____   | Dried Chillies _____                             | Curry Powder For Meat & Fish _____     |
| For Fish Curry _____   | For Meat Curry _____                             | <b>Beef</b> _____                      |
| <b>Beef</b> _____  | Beef Goulash _____                               | Beef Smore _____                       |
| Beef Chop Suey _____   | Beef Stew _____                                  | Beef Tea _____                         |
| Beef Steak _____   | Capsicum Beef _____                              | Corned Tongue _____                    |
| Black Beef Curry _____                                       | Devilleed Beef _____                             | Devilleed Beef Curry _____             |
| Crumbed Tripe _____  | Devilleed Liver Curry _____                      | Fridge Corn Beef _____                 |
| Devilleed Kidney With Pineapple _____                        | Jhal Fruz _____                                  | Kuruma Beef _____                      |
| Prepared Mustard _____                                       | Liver Curry _____                                | Meat Ball Curry _____                  |
| Lamb Chops In Soya Sauce _____                               | Pan Roast <i>Chatty</i> Roast Or Pot Roast _____ | Persian Curry _____                    |
| Meat With Green Chilli _____                                 | Sathé Curry _____                                | Sliced Beef With Vinegar _____         |
| Potato & Lamb Pie _____                                      | Tripe Curry _____                                | Vindhalu _____                         |
| Tripe And Onion _____  | Chappati _____                                   | Hoppers (“ <i>Appa</i> ”) _____        |
| <b>Breakfast</b> _____                                       | Pittu _____                                      | Rotti _____                            |
| Milk Rice _____  | Stringhoppers “ <i>Iddi Appa</i> ” _____         | The Stringhopper “ <i>Rack</i> ” _____ |
| Savoury <i>Rotti</i> _____                                   | Thosai _____                                     | Thosai Sambal _____                    |
| Sweet Potato _____   | Thosai Curry _____                               | <b>Chutney</b> _____                   |
| Ground Coconut <i>Thosai</i> Sambol _____                    | Beetroot Chutney _____                           | Date Chutney _____                     |
| Apple Chutney _____  | Green Mango Chutney _____                        | Green Tomato Chutney _____             |
| Dry Fish Chutney _____                                       | Lime Pickle & Date Chutney _____                 | Mint Chutney _____                     |
| Indian Chutney _____   | Orange & Date Chutney _____                      | Peach Chutney _____                    |
| Mint Sweet Chutney _____                                     | Pumpkin Chutney _____                            | Ripe <i>Woodapple</i> Chutney _____    |
| Pineapple Chutney _____                                      | Tomato Chutney _____                             | <b>Fish</b> _____                      |
| Tamarind Chutney _____                                       | Fish And Boiled Rice _____                       | Fish Garnish With Boiled Rice _____    |
| Baked Fish & Macaroni _____                                  | Fish Baked In Batter _____                       | Fish Chilli Curry _____                |
| Fish Balls _____   | Fish In The Pond _____                           | Fish Kedgerree _____                   |
| Fish Devilled _____  | Fish With Scrambled Egg _____                    | Fish Smore _____                       |
| Fish Pudding _____   | Fish Stew _____                                  | Fish In Sweet & Sour Vegetables _____  |
| Fish Soufflé _____   | Flaked Fish Bake _____                           | Pickled Fish _____                     |
| Fish Vindaloo _____  | Tomato Fish Norma _____                          | White Fish Curry _____                 |
| Pickled Fish With Vegetables _____                           | Falooda _____                                    | Ginger Beer _____                      |
| <b>Home Made Brews</b> _____                                 | Lemon Syrup _____                                | Mixed Fruit Cocktail _____             |
| Ginger Syrup _____   | Pineapple Drink _____                            | Rose Sherbet _____                     |
| Orange Syrup _____   | Bacon & Liver Dish _____                         | Banana Flower Fry _____                |
| <b>Miscellaneous</b> _____                                   | Brain Cutlets _____                              | Chick Pea Cream _____                  |
| Beetroot Fry _____   | Devilleed Cornbeef Hash _____                    | Eggs In A Nest _____                   |
| Crumpets _____   | Fish Patties _____                               | Fish Rolls _____                       |
| Filo Pastry Triangles _____                                  | Eggplant Curry _____                             | Fried Chicken Balls _____              |
| Fried Egg Curry _____  | Green Jak Pickled Curry – <i>Polos</i> _____     | Home-Made Sausages _____               |
| Godamba Rotti Rolls _____                                    | <i>Pahi</i> _____                                | Meat Balls _____                       |
| Jaffna Curry _____   | Lady Finger ( <i>Okra</i> ) Salad _____          | Onion Curry _____                      |
| Meat Buns _____  | Minced Meat Rolls _____                          | Pineapple Curry _____                  |
| Onion Salad _____  | Pan Rolls – Minced Meat Pancakes _____           | Silver Beet & Potato Fry _____         |
| Potato Balls _____   | Prawn Paste <i>Blachan</i> _____                 | Stuffed Baked Eggplant Cutlets _____   |
| Skewered Chicken Livers _____                                | Skewered Vegetables And Pork _____               | Chilli Pickle _____                    |
| Stuffed Yellow Chilli Curry _____                            | <b>Pickles</b> _____                             | Date Pickle _____                      |
| Cucumber Pickle _____  | Spiced Vinegar _____                             | Dried Fish Pickle _____                |
| Dry Kingfish <i>Pachadi</i> _____                            | Dry Fish <i>Padda</i> _____                      | Fish Pickle _____                      |
| Dried Prawn <i>Pachadi</i> _____                             | Eggplant Pickle – Brinjal <i>Pahi</i> _____      | Jak Pickle ( <i>Pahi</i> ) _____       |
| Fresh Prawn, Mango & Dry Fish ( <i>Bacala</i> ) Pickle _____ | Garlic Pickle _____                              |  |

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|---|---|---|
| Malay Pickle _____                              | Prepared Mustard _____                      | Onion Pickle _____  |
| Papaw Pickle _____                              | Pickled Dry Fish _____                      | Pickled Prunes _____  |
| Pineapple & Date Pickle _____                   | Pineapple Pickle _____                      | Pork Pickle _____   |
| Prawn Pickle _____                              | Sweet Lime Pickle _____                     | Sweet Tomato Pickle _____                                   |
| Tempered Mango Pickle _____                     |   | Devilled Pork Chops _____                                   |
|   | <b>Pork</b> _____                           |   |
| Fried Pork Curry – <i>Pork Badun</i> _____      | Fried Pork _____                            | Pickled Pork _____  |
| Pickled Pork – 2 _____                          | Pork Casserole _____                        | Pork Curry _____  |
| Pork Chopsuey Mixed _____                       | Pork Goulash In Yoghurt _____               | Pork In Chilli _____  |
| Pork Moju _____                                 | Pork With Pineapple _____                   | Saumiyaki Fried Pork With Pepper _____                      |
| Sweet & Sour Pork _____                         |   | Chicken & Cashew Curry-Cashew _____                         |
|   | <b>Poultry</b> _____                        | Chickup _____   |
| Chicken Chilindro _____                         | Chicken Chop Suez _____                     | Chicken Curry _____   |
| Chicken Cutlets _____                           | Chicken Dipiago _____                       | Chicken Fry <i>Fowl Badun</i> _____                         |
| Chicken Fry In Wine _____                       | Chicken In Red Holly Sauce _____            | Chicken In Sauce _____                                      |
| Chicken Pie _____                               | Chicken Salad _____                         | Chicken Spice _____   |
| Chicken Supere _____                            | Chicken Teriyaki _____                      | Chicken With Ham _____                                      |
| Chinese Chicken _____                           | Crispy Skin Chicken _____                   | Crumbed Drumettes _____                                     |
| De-Chicken _____                                | Duck Curry _____                            | Fried Chicken _____   |
| Malay Chicken Curry _____                       | Savoury Chicken In Vol-Au-Vent Cases _____  | Spanish Chicken _____                                       |
|   | Tandoori Chicken _____                      | Gram Masala _____   |
| Spiced Chicken _____                            | Turkish Chicken _____                       | Whole Chicken _____   |
| Thick Chicken Curry _____                       | Boiling Rice _____                          | Buriyani _____  |
|   |   |   |
| <b>Rice</b> _____                               | Chinese Fried Rice _____                    | Ghee Rice _____   |
| Basket Rice _____                               | Indonesian Rice _____                       | Lamprii _____   |
| Hawaiian Rice _____                             | Ono-Ono-Kau-Kau Rice _____                  | Pilau _____   |
| Lemon Rice _____                                | Savoury Rice _____                          | Spanish Rice _____  |
| Rice Pilau _____                                | Turkish Rice _____                          | Yellow Rice _____   |
| Tomato Rice _____                               | Coconut “ <i>Pol</i> ” Sambol _____         | Cucumber Sambol _____                                       |
|   |   |   |
| <b>Sambol</b> _____                             | Eggplant Sambol _____                       | Fried Maldive Fish <i>Katta</i> Sambol _____                |
| Eggplant Sambol _____                           | Eggplant Sambol With Milk _____             | Green Mango Sambol _____                                    |
| Green Chilli & Prawn Sambol _____               | Ground Chilli Sambol <i>Lunumiris</i> _____ | Prawn Sambol _____  |
| Onion <i>Seeni</i> Sambol _____                 | Ground Mint Sambol _____                    | Apple Sauce _____   |
| Yellow Sambol _____                             |   |   |
|   | <b>Sauce</b> _____                          |   |
| Bbq Sauce _____                                 | Brandy Sauce _____                          | Brown Sauce _____   |
| Chilli Sauce _____                              | Chilli Vinegar _____                        | Curry Sauce _____   |
| Egg Sauce For Fish – Boiled Or Fried Fish _____ | Home-Made Kitchen Or Cooking Sauce _____    | Kitchen Sauce _____   |
| Lemon Sauce _____                               | Mayonnaise Sauce _____                      | Mustard Sauce _____   |
| Teriyaki Sauce _____                            | Tomato Sauce _____                          | Tomato Sauce – 2 _____                                      |
| White Sauce _____                               |   | Baked Crabs With Cream _____                                |
|   | <b>Seafood</b> _____                        |   |
| Baked Crabs _____                               | Baked Lobster _____                         | Calamari Rings _____  |
| Crab Claws In Sauce _____                       | Crab Curry _____                            | Crab Rolls _____  |
| Crabmeat Balls _____                            | Curried Prawns _____                        | Cuttlefish “ <i>Dhalla</i> ” Curry _____                    |
| Devilled Prawns _____                           | Dried Prawn <i>Pachadi</i> _____            | Fried Crab With Chilli _____                                |
| Honolulu Prawns _____                           | Honeyed Prawns _____                        | Lobster Salad _____   |
| Mussels – How To Prepare _____                  | Prawn & Fish Puffs _____                    | Prawn Fireworks _____                                       |
| Prawns In Ginger Sauce _____                    | Prawn Malabar _____                         | Prawn & Vegetable Omelettes _____                           |
| Steamed Prawns _____                            |   | Chilli Soup – <i>Miris Hodhi</i> [Direct Translation] _____ |
|   | <b>Soup</b> _____                           | Mulligatawny _____  |
| Fish Soup _____                                 | Lentil Soup _____                           | Vegetable Soup _____  |
| Mutton Or Lamb Soup _____                       | Tomato Soup _____                           | Boiled Pineapple Cake _____                                 |
|   | Almond Cookies _____                        |   |
|   |   |   |
| <b>Sweets</b> _____                             | Butter Cake _____                           | Caramel Pudding _____                                       |
| Bruedher _____                                  | Chester Or Fruit Slice _____                | Christmas Cake _____  |
| Carrot Toffee _____                             | Coconut Milk Toffee _____                   | Coconut Pudding _____                                       |
| Co-Co Cashew _____                              | Date Cake _____                             | Date & Nut Cake _____                                       |
| Coconut Rock _____                              | Lemon Sponge Cake _____                     | Love Cake _____   |
| Date Toffee _____                               |   |   |

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| Mango Dessert _____                | Milk Scones _____                                  | Moulded Mango Pudding _____                 |
| Oat Slices _____                   | Palm Sugar ( <i>Jaggery</i> ) Cake _____           | Palm Sugar ( <i>Jaggery</i> ) Pudding _____ |
| Pineapple Fluff _____              | Pineapple Upside Down Pudding _____                | Plum Pudding _____                          |
| Potato Pudding _____               | Queen Coconut Pudding _____                        | Rice Peach Pudding _____                    |
| Sago (Tapioca) Pudding _____       | Semolina Cheese Cake _____                         | Sri Pudding _____                           |
| Stuffed Prunes _____               | Toffee Pudding _____                               | Vattalappam _____                           |
| <b><i>Taste</i></b> _____          | Cocktail Eggs _____                                | Deep Fried Sardines _____                   |
| Deville Beef Taste _____           | Deville Cashews _____                              | Deville <i>Chick</i> Peas _____             |
| Deville Frankfurts _____           | Deville Olives _____                               | Eggplant Savoury _____                      |
| Hot Cocktail Balls _____           | Murrukku _____                                     | Pakada _____                                |
| Pineapple & Date Taste _____       | Potato Puffs _____                                 | Potato Fry _____                            |
| Prunes With Devilled Pine _____    | Roll Cutlets _____                                 | Stuffed Chillies _____                      |
| Tasty Cheese In Batter _____       | Ulundu Wadai _____                                 | Wadai _____                                 |
| <b><i>Vegetables</i></b> _____     | Beans'n'sprats _____                               | Breadfruit Vegetable _____                  |
| Breadfruit Cutlets _____           | Cabbage Mallun _____                               | Cooked Cucumber Salad With Fish _____       |
| Cauliflower <i>Mallun</i> _____    | Creamed Cauliflower _____                          | Curried Beans _____                         |
| Curried Leeks _____                | Drumsticks <i>Murunga</i> White<br>Vegetable _____ | Lady Finger ( <i>Okra</i> ) Vegetable _____ |
| Parsley <i>Mallun</i> _____        | Red Lentil Vegetable _____                         | Pumpkin Vegetable _____                     |
| Sweet Potato White Vegetable _____ | Vegetable Pasties _____                            | Vegetable & Beef Samosas _____              |
| Vegetable Pie _____                |  |   |

**Enjoy Currymad II!**