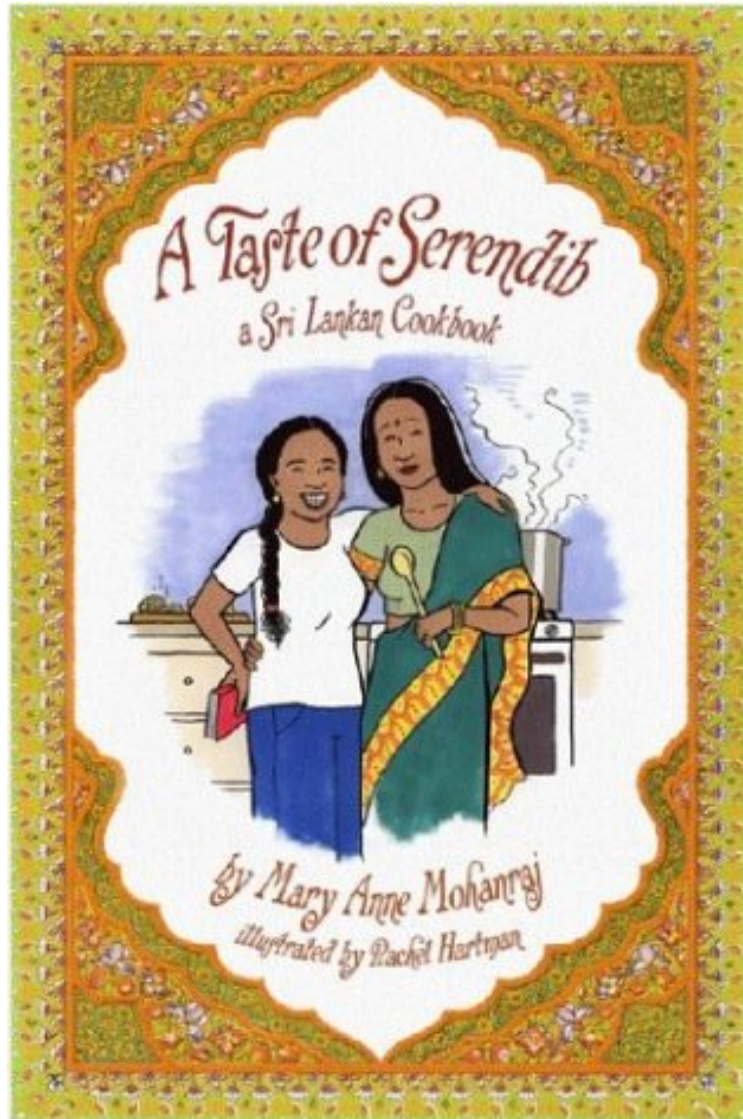


(Download free pdf) A Taste of Serendib

## A Taste of Serendib

Mary Anne Mohanraj

DOC | \*audiobook | ebooks | Download PDF | ePub



[Download](#)

[Read Online](#)

#2495224 in Books Lethe Press 2003-12-01 Original language: English PDF # 1 8.50 x .27 x 5.511, .33 #File Name: 1590211006112 pages | File size: 68.Mb

**Mary Anne Mohanraj : A Taste of Serendib** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Taste of Serendib:

1 of 1 people found the following review helpful. This is a great cook book for someone that wants to try cooking ...By EvaThis is a great cook book for someone that wants to try cooking Sri Lankan food and doesn't know much about it, like me. There are hints, explanations of spices, and comments through out the book that contribute to the cooking process. Ingredients are obtainable and the instructions are easy to follow. The recipes are interesting and cover

vegetarian and meat dishes. I've tried a few of these and love them. 0 of 0 people found the following review helpful.  
Five Stars  
By Sara M. Every recipe I've made out of this is delicious. 1 of 1 people found the following review helpful.  
Wow, there's a LOT of Onion in Sri Lankan cookery  
By HARRISON I've been a fan of MAM for years now, but for some reason never bought this book. Wow, that was a major failing on my part. You Need This Cookbook. Trust me, you just do.

Serendib: one of the many names for Sri Lanka, Ceylon, Taprobane -- an island nation south of India, rich in tea and spices, vegetables, fruit and fish, possessing a complex multicultural cuisine. A Taste of Serendib is a collection of unexpected, delightful, fortunate flavors, forty-five recipes to tantalize your tastebuds and satisfy your stomach.

From the Author Sri Lankan Tamil cooking is oriented around meat and fish; vegetable dishes are primarily meant to accompany a central meat dish. But many of the meat dishes here do work fine with vegetarian substitutes, such as seitan, tofu, and meat-simulators (such as the "Ground Meatless" from Morningstar Farms or the "Diced Chik" from Worthington). Also, if you freeze tofu, then thaw it and break it into pieces, it gives it a chewy texture; you can also deep-fry it, which is delicious but does make it soak up quite a lot of fat. An alternative to deep frying is to cut the tofu into rectangles or squares, lay them in an oiled pan in a single layer, then spray them lightly with spray oil and bake until golden brown. And of course, adding lentils or chickpeas to any vegetable dish is a good way to get added protein. They should work particularly well in the potato curry, for example.  
Excerpt. copy; Reprinted by permission. All rights reserved.  
Spicy Potato Curry (30 min. -- serves 4) This is the vegetable dish I make most often (not actually a vegetable, I know), and I'm pretty sure it's Kevin's favorite. He eats it straight up in a bowl with a fork--but he's bolder than me.  
3 medium yellow onions, chopped  
3 T vegetable oil  
1/4 t. black mustard seed  
1/4 t. cumin seed  
1-2 T (or more to taste) red chili powder  
3 medium baking potatoes, peeled and cubed  
3 T ketchup  
1 rounded t. salt  
1/2 c. milk, optional  
1. Saute onions in oil on high with mustard seed and cumin seed until onions are golden/translucent (not brown). Add chili powder and cook 1 minute, until you start to cough. Immediately add potatoes, ketchup, and salt.  
2. Lower heat to medium and add enough water so the potatoes don't burn (enough to cover usually works well). Cover and cook, stirring periodically, until potatoes are cooked through, about 20 minutes.  
3. Remove lid and simmer off any excess water; the resulting curry sauce should be fairly thick, so that the potatoes are coated with sauce, rather than swimming in liquid. Add milk, if desired, to thicken sauce and mellow spice level; stir until well-blended. Serve hot.