


CHAMIL and WASANTHA  
one world foundation cookeries



A close-up photograph of sliced okra (ladyfinger) showing its internal structure and seeds. The okra is cut into thin, diagonal slices, revealing the hollow interior with a central core and several small, round, light-colored seeds. The green outer skin is visible, and the overall appearance is fresh and vibrant. The background is dark and out of focus, emphasizing the texture and color of the okra slices.

Eat only food prepared by loving hands and in a loving way. The energy of the cook is always present in the food. So only eat food prepared with loving hands and in a loving way. Avoid eating food prepared with a resentful heart. We take in not only the food, but also the cook's emotions.



"Food is love."

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# KAROT

## CARROT SOUP

500 g carrots  
½ l water  
½ tsp salt

Wash and peel the carrots. Bring the water to the boil, add the carrots and cook for 25 minutes or until the carrots are soft.

Use a hand mixer to purée the soup until creamy. Season with salt.

This recipe also works with other vegetables such as beetroot, turnip cabbages, onions, zucchini, pumpkins or mixed vegetables. You may need to adjust the amount of water and the cooking time according to the vegetables you use.

Beetroot goes very well with a little cumin. For the turnip cabbage soup, grind some ginger and garlic, and roast them with a little butter before cooking. This will add some spice to the soup.





# HATTU

## MUSHROOM CURRY

2 ½ tbsp roasted curry powder  
500 g mushrooms, roughly chopped  
1 onion, finely chopped  
½ tomato, finely chopped  
3 garlic cloves, chopped  
1 thumb-sized piece of ginger,  
ground  
½ tsp mustard cream  
1 tsp salt  
¼ tsp turmeric  
2 cardamom  
5 fenugreek seeds  
2 cloves  
10 curry leaves, chopped  
2 cm cinnamon stick  
2 tbsp vegetable oil  
1 ½ cup thick coconut milk

Place the roasted curry powder in a bowl with the mushrooms and the remaining spices and mix thoroughly.

Heat the oil in another frying pan and fry the mushroom spice mix while stirring from time to time.

When the mushrooms are nearly done, add the coconut milk, bring to the boil once more and serve.

See page 26 on how to roast curry powder.

Bear in mind that this dish is rather spicy and does not balance Pitta dosha.







# KULUBADU MISTRA WYANJANA

SPICY CURRIES





# WATTAKKA

## PUMPKIN CURRY

500 g pumpkin, cut in 5 cm cubes  
½ tomato  
½ onion  
1 garlic clove  
2 tbsp vegetable oil  
10 fresh curry leaves, chopped  
½ tsp curry powder  
¼ tsp chilli powder  
¼ tsp turmeric  
2 cloves  
2 cardamom pods  
5 fenugreek seeds  
1 tsp mustard  
1 tsp salt  
1 cup thin coconut milk  
½ cup thick coconut milk

Peel, wash and dice the pumpkin and the tomato. Slice the onion and the garlic.

Heat vegetable oil in a wok, add the vegetables and add all the spices.

Fry until halfway done. Add the thin coconut milk, cover and cook on medium heat for about 15 minutes or until soft.

Add the thick coconut milk and re-boil. Serve.

If you like, you can use beetroot, carrots, eggplant or batu instead of the pumpkin.





# KIRI WYANJANA

MILD CURRIES





# NIWITHI PARIPPU

## SPINACH DHAL CURRY

100 g red lentils  
¼ tsp turmeric  
2 cloves  
2 cardamom pods  
5 fenugreek seeds  
½ tsp mustard powder  
¼ tsp chilli powder  
½ tsp curry powder  
1 tsp mustard cream  
2 garlic cloves, chopped  
10 fresh curry leaves, chopped  
3 thumb-sized pieces pandan leaf  
1 tomato, chopped  
1 onion, chopped  
1 cup thin coconut milk  
600 g spinach  
½ cup thick coconut milk  
1 tsp salt  
Vegetable oil

Wash the red lentils and add all spices, the curry powder, turmeric, cloves, fenugreek seeds, mustard powder, garlic, curry leaves, pandan leaf, cardamom, chilli powder and the chopped tomato. Mix well. Place all ingredients in a large pan.

Add the chopped onion and the thin coconut milk, and cook everything on a low flame.

Once the red lentils are cooked halfway, add the spinach.

Cook until both are cooked well, do not overcook. Then add the thick coconut milk & salt to taste.

Let it simmer on low heat for another few minutes.

Spinach can be cooling for Kapha, and thus add to this dosha's sluggishness. Kapha types should therefore eat spinach in small portions. This dish is especially healthy for pregnant women.







# TEMPERADU WYANJANA

FRIED CURRIES





# MALU MIRIS

## BANANA PEPPER CURRY

400 g banana peppers (or long yellow peppers)  
10 fresh curry leaves  
1 garlic clove, chopped  
1 small onion, chopped  
1 small tomato, chopped  
1 tbsp vegetable oil  
½ tsp salt  
2 cardamom pods  
2 cloves  
5 fenugreek seeds  
½ tsp curry powder  
¼ tsp chilli powder  
¼ tsp turmeric  
½ tsp mustard cream  
½ cup thick coconut milk

Slice the banana peppers lengthwise and remove the seeds.

Chop the curry leaves, the garlic, the onion and the tomato.

Heat the vegetable oil in a wok, add all the ingredients and stir-fry for about 10 minutes.

Then add the thick coconut milk and bring to the boil. Serve and enjoy.

Banana peppers should not be consumed by Pitta dosha. Too much seasoned food heats up Pitta and can increase inflammation. Banana peppers should not be eaten by people with a sensitive stomach.

This recipe also works with leeks, bell peppers, zucchini or cabbage.





# SAMBOLE

SAMBOL





# GOTUKOLA

## ASIATIC PENNYWORT SAMBOL

½ tomato, finely chopped  
½ small onion  
¼ tsp pepper  
½ tsp salt  
Juice of 1 lime  
1 ½ cups coconut rasps  
150 g Asiatic pennywort, finely  
sliced

Chop the tomato and the onion, put them into a bowl and add the freshly grated coconut rasps, the lime juice, the spices and the finely sliced pennywort.

Mix everything thoroughly.

Serve fresh and enjoy.

Gotukola enhances your memory.

When cooking this dish in Europe, you can substitute the pennywort with arugula, parsley, mint, green bell peppers or any other vegetable that suits you. In Sri Lanka, try the wide variety of greens, such as kathurumurunga, mukunuwana, passion leaves or the super root kohilla.







# ATURUPASA

SWEET DISHES





# PANI POL PANCAKES

## TREACLE COCONUT PANCAKES

200 g flour  
½ tsp salt  
1 pinch of turmeric  
1 cup milk  
4 eggs  
2 tsp sugar  
1 ½ cups kithul treacle  
2 cardamom pods, ground  
2 cups coconut rasps  
1 tsp oil

For the batter, put the flour into a mixing bowl. Add the salt and turmeric first, then the milk and the eggs. Whisk until smooth. Set aside and prepare the filling.

Put the treacle and the cardamom in a saucepan on low heat. When it starts to caramelize, add the coconut rasps and let it simmer for 10 minutes. Remove from the heat when the mixture has thickened.

Put a flat, non-stick frying pan on medium heat. Scoop in a ladle of batter, brown on both sides and place it on a plate. Repeat until the batter is used up. Then place the filling in pancakes and roll them up.

The literal translation of this dish is honey coconut pancakes, but there is no honey in this recipe and they are not pancakes. Technically they are crepes, stuffed with a sweet coconut filling. The sweetness comes from treacle (Penny), see more on page 30.





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And dear guests and supporters of one world foundation: without you, our work would not make any sense. Have fun cooking and reminiscing about your stay at the one world foundation guesthouse!



# IMPRINT AND CREDITS

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The image shows two identical wooden chairs with cane seats and backs, positioned side-by-side against a plain, light-colored wall. The chairs have a dark wood frame and a light-colored cane mesh. The text is centered in the upper half of the image.

Sri Lankan cuisine at its best. A sensuous Ayurveda  
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Wasantha De Silva - the fabulous cooks at the one  
world foundation guesthouse Bogenvillya in Ahungalla.

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