



*The Fine Art of  
Sri Lankan  
Cuisine*

A COLLECTION OF HOME COOKED MEALS



## **CHAPTER 4**

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# **SRI LANKAN DESSERTS AND SWEETS**



# *Introduction*

SRI LANKAN FOOD HAS INFLUENCE FROM ALL OVER THE WORLD. BUT SOME CORE TRADITIONAL ASPECTS HAVE PREVAILED OVER THE YEARS.



## SPICES

The oat, sometimes called the common oat, is a species of cereal grain grown for its seed, which is known by the same name. While oats are suitable for human consumption as oatmeal and rolled oats, one of the most common uses is as livestock feed. Oats are grown in temperate regions. They have a lower summer heat requirement and greater tolerance of rain than other cereals, so are particularly important in areas with cool, wet summers.

## MEATS

Brown rice (or “hulled” or “unmilled” rice) is whole grain rice. It has a mild, nutty flavor, and is chewier and more nutritious than white rice, but goes rancid more quickly because the bran and germ — which are removed to make white rice — contain fats that can spoil. Any rice, including long-grain, short-grain, or glutinous rice, may be eaten as brown rice.



## UTENSILS

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# ALUWA

## Ingredients

- 3 cups roasted rice flour
- 2 cups coconut or kitul honey
- 2 ozs. sliced cashew nuts

## Method

Roast the rice flour in a pan on low heat while stirring all the time. Sieve and set aside. Then heat the honey till it treacles. Add the roasted rice flour and the sliced cashew nuts. Stir well and remove the pan from fire. A flexible consistency should be obtained. Roll out on a well floured board. Cut into diamond shapes. (Note: The rice flour should be well roasted for this receipe to come out well)



# MUNG KAVUM

## Ingredients

1kg Mung Flour  
750g White Rice Flour  
3 cups Black Treacle

### Batter Ingredients

1 egg  
200g rice flour  
Pinch of salt  
1 cup Coconut milk  
Pinch of Tumeric

## Method

In a bowl combine mung flour, rice flour and a pinch of salt. Bring a pot of Treacle to a boil. Once you try to pour it, it should form a thick line like a thread. That is the correct point to add flour into it.

Keep one cup of boiled treacle aside.

Mix flours and treacle well, using hands until you can knead the dough without it sticking to your fingers. Dust a board with white flour and spread the mixture on a board and cut diamond shapes.

In another bowl mix coconut milk, rice flour, egg, turmeric and salt, and make a thick batter. Meanwhile heat a pot filled with oil. Dip the diamond shape kavum in the batter and add kavum to oil and cook until golden brown.



# *TROPICAL FRUIT SALAD*

## **Ingredients**

2 or 3 large ripe Mangoes  
1 large ripe Papaya  
1 ripe Pineapple (Optional)  
1 cup ripe Grapes or Kiwi (Optional)  
3 teaspoons Sugar  
3 teaspoons Lime

## **Method**

Wash and peel the Mangoes and cut into small 1 inch cubes and put into the large bowl. Wash and peel the Papaya, cut into equal two pieces from the center, remove the seeds and then cut the Papaya into small 1 inch cubes. Put the Papaya cubes into the large bowl. If using fresh Pineapple, remove/peel the skin of the Pineapple and cut into similar 1 inch cubes and put into the large bowl. If using Grapes, wash and slice them half. If using Kiwi, wash and peel the skin and cut them into small cubes and add to the bowl.

Now add the Sugar and Lime. Mix all the ingredients well with a long spoon. Cover the top of the bowl and let it cool in a refrigerator.

Note: Sometimes banana or plantains are also used. However, they do tend to discolour quickly. So if you want to keep the fruit salad refrigerated for some time, bananas or plantains are not recommended. You can also add 1/2 cup Raisins if desired.



# CARAMEL PUDDING

## Ingredients

1 can condensed milk  
1 can water  
1 tspn vanilla  
8 eggs

### For the caramel

1 cup sugar

## Method

To prepare the caramel, in a small, heavy saucepan, combine 1 cup sugar and a little water and place pan on low heat and stir until the sugar syrup turns golden brown. Remove pan from heat and pour it to a oven proof dish which you are going to bake the pudding.

Mix condensed milk, water and vanilla in a bowl. Then add the beaten eggs to the mixture and beat well. Strain the mixture to the baking dish with a strainer and cover with foil. Preheat the oven to 375 F. Now place the dish in a baking tray with a little water and bake it in the oven for a about 50 minutes or until well done. Let it cool to room temperature, cover the dish and leave in the refrigerator for several hours, preferably over night. Take out of the refrigerator 30 minutes before serving. Carefully invert on to a serving dish allowing the caramel to run down the sides.

Most full time cooks prefer not to wear glasses while in the kitchen since the lenses can fog up from the steam. Professional chefs may benefit from surgery at eye Lasik Austin so they don't have to worry about wearing glasses. Lasik can make it easier to cook professionally in a restaurant, or can make creating your own dessert masterpieces at home a more enjoyable experience.



# *POL TOFFEE / POL DOSI (COCONUT TOFFEE)*

## **Ingredients**

500g sugar  
500g coconut scraped finely  
1 small can of sweetened condensed milk -  
14 oz (396 g)  
1 cups water  
Vanilla  
Green colouring

## **Method**

1. Put water and sugar into heavy bottomed saucepan, keep on low fire and make thick syrup.
2. Keep stirring and when the syrup is thick, add coconut.
3. When it is thick, add sweetened condensed milk too, keep stirring on low fire.
4. Add flavours and color.
5. Switch off fire, when mixture leaves sides of pan, keep stirring for another 10-15 minutes, until mixture is very thick.
6. Spread on a greased tray and mark while hot.
7. When cool, cut into pieces.



# DATE CAKE

## Ingredients

1 lb. Dates  
1 cup of water  
1 tspn bicarbonate soda (baking soda)  
1/4 lb. butter  
1/2 lb. sugar  
1/2 lb. flour  
1 tspn baking powder  
3 eggs  
1/2 cup milk  
3 cardamoms (powdered) 1 tspn vanilla  
grated rind of lime  
OPTIONAL  
2 ozs. cashews  
2 ozs. sultanas (raisins)  
2 ozs. pumpkin preserve (cut small)

## Method

Wash and stone the dates and mince. Dissolve the bicarbonate of soda in water and soak the dates for at least one hour.

Sieve the flour and baking powder together, and set aside. Dust in 2ozs. flour, the chopped cashews, sultanas and cut pumpkin preserve and set aside.

Cream the butter and sugar. Add yolk one at a time and cream well. Whisk the whites of eggs till foamy. Alternately fold in the flour, milk and whisked whites to the cake mixture.

Lightly mix in the soaked dates and the dry ingredients mixture. Lastly, add the vanilla, grated lime rind and powdered cardomoms.

Bake in a moderately hot oven(350 F) for 30-35 minutes.



# MILK TOFFEE

## Ingredients

- 1 cond. milk tin (325 gr)
- 8oz sugar
- 1/2 cup water
- 1 oz butter
- 1 tsp vanilla
- 1/4 tsp almond essence
- 1/4 cup chopped cashews

## Method

Use a slightly heavy bottomed saucepan and a wooden spoon to stir. Slightly grease a square pirex dish.

1. Add sugar and water into saucepan and simmer until sugar is dissolved.
2. Add condensed milk and butter, keep stirring, until thick, and sides leaving pan.
3. Add cashew nuts, vanilla, almond essence and keep stirring for a few minutes.
4. Take off from fire, keep stirring and beating, until it is thicker, and spread evenly on the buttered dish. (The sheen should be there).
5. Mark squares on top only, to cut later.
6. Leave it about half hour and cut the pieces.
7. Cool and store in air-tight container, in fridge, if you want to keep it over one week.



# *BUTTER CAKE*

## Ingredients

3 large eggs  
225 g flour  
225 g butter  
225 g sugar  
1 1/2 tspn baking powder  
4 tbsp milk  
Grated rind of 1 lime or 1/2 a lime  
1/4 tspn cardamom powder  
1 tspn vanilla

## Method

Sieve the flour and baking powder together and set aside.  
Cream the butter and sugar together. Separate the yolks of eggs and add one at a time. Whisk white till very stiff. Fold in a little flour, and a little white of egg to the mixture alternately until all is lightly blended.  
Add milk, vanilla, powdered cardamoms and grated lime rind.  
Bake in a moderate oven (350 F) for about 30 minutes. Test before removing from oven.



# KOKIS

## Ingredients

1 Egg  
450g Rice Flour  
1/2 tspn Turmeric  
1 tspn Sugar  
1/4 tspn Salt  
2 cups Coconut Milk  
Oil to fry

## Method

Combine flour and egg, turmeric, salt and coconut milk in a large bowl to make a thick batter. Let it stay ½ hour . Heat the oil and when bubbling hold the kokis mould in the oil until the mould is hot. Carefully dip the mould into the batter. Remove from the batter and place in the hot oil where the batter should separate from the mould but still retain its shape as it deep fries. Use a wooden skewer to remove kokis form the mould. Fry until kokis turn to goldern brown color.



# *SRI LANKAN LOVE CAKE*

## **Ingredients**

1/2 lb Rulang (Semolina)  
1 lb Sugar  
1/4 lb Butter  
1/4 wine glass Bees Honey or Golden  
Syrup  
12 eggs  
6 oz finely chopped Pumpkin Preserve  
3/4 lb Cashews  
1/2 oz Vanilla  
1/2 oz Rose Water  
1/4 oz Almond Essence  
1/2 tspn each of cardamom, cinnamon,  
nutmeg  
1/4 tspn grated lemon rind  
1/2 oz brandy (optional)

## **Method**

Mix rulang after it has been lightly roasted with butter and set aside in a warm place. Separate four egg whites very carefully into a bowl and whisk/beat egg whites until stiff. Now separate all the 12 egg yolks and cream/beat sugar with egg yolks until very light. Add all essences, spices, bees honey and mix well. Now add rulang and butter mixture and mix well. Add finely chopped cashews into the mixture. Lastly fold in the egg whites. Pour mixture into 2 flat cake pans 8" x 12" lined with 3-4 layers of wax paper. Bake at 300 F for about 1 hour or until done.

\* This cake should be made a few days before it is required as keeping improves the flavour.



# *BIBIKKAN (SRI LANKAN COCONUT CAKE)*

## **Ingredients**

2 cups shredded coconut  
4 cups or 1 liter treacle  
1 cup semolina  
1/2 cup wheat flour  
2 eggs  
1 tspn baking powder  
1 tspn sweet cumin  
1 tbsp vanilla  
1/2 cup chopped dried fruit  
1/2 cup raisins  
1/2 cup chopped cashews  
1/4 cup ginger preserve  
2 tspn mixed cardamom and cinnamon  
powdered  
2 tspn grated rind of lemon

## **Method**

Prepare a 8" x 12" baking tray and line with 3 layers of wax paper. Roast the semolina until light brown and set aside. Separate the eggs from the yolk. Beat the egg whites and yolk separately and set aside. Heat a pan, add the treacle and bring to a boil. Add the shredded coconut, powdered cardamom/cinnamon mix, vanilla essence and mix well. When the mixture (pani pol) is well done, remove from fire and let it cool for a while. Now add the semolina, wheat flour, baking powder, chopped cashews, chopped dried fruit, raisins, ginger preserve and sweet cumin to the pani pol mixture and mix well using a beater. Add the egg yolks and mix well. Lastly add the lemon rind and fold in the egg whites. Make sure your batter is moist enough. If it is too dry, add a little bit of hot water. Pour the mixture to the tray and decorate with cashews if desired. Bake at 300 F for 45 minutes to 1 hour or until done. Leave it for a day then cut into squares and enjoy.



# CHRISTMAS/ WEDDING CAKE RECIPE ( $\frac{3}{4}$ pound recipe )

## Ingredients

340g /  $\frac{3}{4}$  lb cashew nuts  
340g /  $\frac{3}{4}$  lb peach or apricot jam ( I used apricot jam)  
340g /  $\frac{3}{4}$  lb sultanas  
340g /  $\frac{3}{4}$  lb raisins  
170g / 6 oz ginger preserve ( I use the stuff that comes in packets )  
170g / 6 oz glace cherries ( use red as well as the green - if available)  
170g / 6oz candied peel ( here it is called mixed peel)  
510g / 18 oz mixed fruit (I usually make this up with sultanas, raisins, currents, cashew, cherries, ginger, candied peel - use candied peel ,cashew & cherries more generously than sultanas or raisins).

100ml brandy  
28ml vanilla essence (can use more if you like )  
35 ml 1 bottle almond essence  
680g / 1½ lbs semolina  
680g / 1½ lbs sugar  
340g /  $\frac{3}{4}$  lb butter  
 $\frac{1}{4}$  tsp + little extra cinnamon  
 $\frac{3}{4}$  tsp+ little extra nutmeg powdered  
Rind of a lemon - grate only the yellow part  
18 eggs (Uses 18 yolks & 9 whites )

## Method

Mix all the cut fruit & nuts with the jam, add vanilla, almond & brandy. Cover & leave at least overnight. (It can be set aside for longer ). Preheat the oven to 145 Celcius

Line the tin:

- inside (bottom and sides) with 3 layers of newspaper and 1 layer of cooking paper  
- outside - 4 layers of newspaper tied with string. Gently roast the semolina in a saucepan. Stirring at all times. Cream the butter & sugar. Add the 18 egg yolks & continue to beat till well mixed. Mix in the cinnamon, nutmeg, lemon rind. Add the roasted semolina to the mixed fruit & mix. Now add the butter/sugar/egg mix to the mixed fruit/semolina mix. Beat the 9 egg whites until stiff and then fold into the cake batter. Pour into the lined tin. Cut a piece of greaseproof paper to go on top of cake, (but leaving exposed the center of cake exposed) and gently place over the cake. Bake in moderate oven 150 C for approx 2.5 hours or until squawer comes out cleanly. For Icing: Use almond flavoured icing. You can soften the icing in microwave, then add some more almond essence & knead if you like. A thin layer of jam is spread on the cake to assist the icing to stick.



## Ingredients

10 eggs  
400g Jaggery or 1 lb brown sugar  
1 tspn nutmeg powder (optional)  
1 tspn cardamom powder  
1/2 cup cashews cut (optional)  
1 can of thick coconut milk

## Method

Grate the Jaggery very finely and set aside. Beat the eggs. Then add the grated Jaggery (or Brown Sugar), nutmeg powder, cardamom powder, thick coconut milk and mix well using a beater. Pour the mixture into a baking dish and cover it with a foil. The mixture now needs to be steamed. To do this, place the dish in a baking tray filled with a little water and bake it in the oven at 400 F for about 30 to 40 minutes or till well done. Sprinkle with the cut cashews before serving.



# POTATO TOFFEE

## (ALADOSI)

### Ingredients

500 g potato  
750 g sugar  
1 small can of sweetened condensed milk -  
14 oz (396 g)  
4 tsp butter  
1 tsp vanilla  
4 cardamoms powdered (optional)

### Method

Boil the potatoes till very soft and mash well. Keep it aside. To make the sugar syrup, combine 750g sugar and 1/4 cup water in a saucepan. Heat over medium, stirring constantly, to completely dissolve the sugar before the mixture begins to boil. Add the mashed potato and stir in low fire. Now add the condensed milk and keep stirring until the mixture gets thick, continue for about 1/2 hour. Then add butter, vanilla and continue stirring until mixture leaves the sides of the pan. Take off fire, keep stirring a little and pour the mixture into greased trays. Mark and cut into desired sizes when cool.



# *SAUDODOL (WELI THALAPA)*

## **Ingredients**

8 oz raw rice flour  
1/4 teaspoon salt  
3 to 5 pepper corns crushed (optional)  
1/2 cup water

For the syrup, 10 oz treacle or 8 oz jaggery  
with 8 oz coconut milk

## **Method**

1. Place the rice flour in a bowl and using water, make small grains as for pittu. This is done by sprinkling the water on to the flour and tossing it to form small grains.
2. The granules formed should not be more than pepper corns. Steam either in a pittu bamboo or in a steamer with a muslin cloth at the bottom.
3. Allow to cool and set aside.

Prepare a syrup with 10 oz treacle or 8 oz scraped jaggery with 8 oz of coconut milk. Bring to a boil and simmer for 5 minutes.

Now add ready-made pittu broken up. Stir until the mixture is thick and flatten out on a plate. Cut into any desired shape. Serve when cold.



## Ingredients

1/4 lb. kurakkan flour (ragi flour)  
1/4 lb. rice flour  
8-10 ozs. shredded coconut  
a few cardamoms powdered  
8 ozs. honey (add more if necessary)  
Kande leaves/ banana leaves or foil paper

## Method

Sieve rice flour and kurakkan flour together. Then in a pan, heat the honey and add the shredded coconut, powdered cardomoms and mix well. Remove from heat and add flour mixture and make a dough. Add a little water if desired. Now place a little dough in the center of the kande leaf and fold it in half and press the dough evenly. If you can't find kande leaves use banana leaves or foil paper instead.

When everything is done place the leaves or wrapped foil in a steamer and steam it for 10-15 minutes or until well done. Remove from leaves and serve.



## Ingredients

5 eggs  
2 oz butter or margarine  
2 cups milk  
6 oz sugar  
1/2 lb old bread broken into small pieces  
Sweet marmalade jam  
1/2 cup raisins(optional) 2 tspn Vanilla

## Method

Boil the milk and remove from heat and add the small pieces of bread. Soak in milk for 15 minutes. Then beat the eggs, butter and sugar well and add the soaked bread with vanilla and mix well. Can add raisins if desired. Coat the insides of a baking dish with marmalade jam (about 8 oz ). Now pour the pudding mixture in to the baking dish and cover with a foil. Preheat the oven to 400 F. Place the dish in a baking tray and add a little water and bake it in the oven for about 40 minutes or until well done. Remove from oven and carefully flip it over to a serving dish and enjoy.



## Ingredients

### String Hopper Dough

1 lb. Rice Flour  
Salt to taste  
Boiling water

### Pani Pol

8-12 ozs. honey  
1/2 Coconut grated (about 2-3 cups)  
2 Cardamoms powdered  
1 tspn grated nutmeg

## Method

### Method for Pani Pol

Boil the honey in a pan and add the grated coconut, powdered cardamoms and nutmeg. Mix well. Allow to cool and use for lavariya.

### Method for String Hoppers

Roast the rice flour well and sieve into a bowl. Add enough boiling water to make a dough that is soft but not sticky consistency as for string hoppers.

Squeeze the dough through the mould on to plantain leaves or foil paper (slightly oiled). Place a dessertspoon of pani pol mixture in the center and fold into two.

Remove the leaf and carefully place the lavariyas on string hopper mats and steam for about 8 to 10 minutes.



# *KONDA KAWUM*

## **Ingredients**

2 measures white rice flour(raw)  
2 cups all-purpose flour  
6 cups coconut honey  
1/2 or 3/4lbs. sugar  
about 2 cups water  
salt

## **Method**

Soak the rice for about 3-4 hours.Pound and sieve with a very fine sieve. Put salt and knead the dough with honey and add the sugar to make the mixture to a thick pan cake batter consistency by adding water(cold). Leave for about 2 to 3hrs and cook kawuns in deep oil in a small frying pan.



## Ingredients

1/2 measure raw rice(pounded and sifted 8 full cups)

1/2 measure coconut honey

2 oz sago

2 cardamoms powdered

Cooking oil for deep frying

## Method

Roast the sago.Boil the honey, when it treacle test in cold water to get the hardening consistency.Add to it the roasted sago and mix in the flour.Place again on a very slow flame and mix well till a suitable consistency is obtained.Take off from the fire and mix in same a little longer.When cooked and formed into a ball remove onto a lightly oiled board.Boil a cup or two of water in the pan and use that water to knead the prepared dough into a soft consistency by using this cunjee.All the cunjee may not be necessary.

Now form into small flat cakes dipping fingers into oil and kneading small portions of dough occationally and fry in deep oil.Drain off oil in a colander.



# MUSKET

## Ingredients

3 lbs. sugar  
1 lb flour  
3 bottles water  
1 bottle coconut oil  
2 tspn vanilla  
6 cardamoms(powdered)  
1/4 lb cashew nuts(cut fine)

## Method

Make a ball of dough with the flour using extra water and soak this ball of dough in the 3 bottles of water and occasionally wash it and turn so that the flour will get washed leaving the gluten in a ball. Throw the gluten away. Strain the starch and all the water into a pan with sugar and half of the coconut oil and cook on a low flame. Keep stirring continuously. When it boils for about 45 minutes add more coconut oil. Finally after 1 1/2 hours, it should form a ball. At this stage take the pan off the fire. Add the vanilla, spices and cashews and pour into a deep square pan and leave to set.