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Sri Lankan Delights (Hood International Cookbook)

Karen Jean Matsko Hood

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My family loves Sri Lankan cuisine and this inspired me to contact several cooks in Sri Lanka to ask about their favorite authentic cuisine. One of my adopted daughters is from India and my son-in-law is also from India. After enjoying Indian cuisine I became interested in the regional food of countries in and near India. The Sri Lankan cuisine is one of the most complex cuisines in Asia and throughout the world. It is quite similar to that of the Indian cuisine especially that of the south Indian. The flavor of Sri Lankan food is also known to be similar to that of Thailand due to the frequent usage of coconut milk. Despite the similarities the Sri Lankan cuisine remains diverse and unique in many ways. This cookbook offers delicious Sri Lankan recipes that are versatile, nutritious, and fun to make. The many dishes include curries, main dishes, breads, and other imaginative ways. In the Sri Lankan Delights Cookbook author Karen Jean Matsko Hood presents her collection of more than 100 pages of exciting and authentic Sri Lankan recipes sure to please everyone! Inside, you will also find some fascinating reading regarding Sri Lankan history and folklore, along with color photos of the recipes that add a great touch and even a few poems. With recipes using readily available ingredients, Sri Lankan Delights Cookbook will be a valued addition to any chef s bookshelf.

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