

# Sri Lanka

Asia

## Menu

### 1. *Kukul mas curry* (chicken curry)

Ingredients:

- 3 lbs. chicken or chicken pieces
- 3 Tbsp. lemon juice
- 3 cloves garlic & 1 inch ginger root – crushed together
- 2 tsp. salt
- 1 Tbsp. powdered black pepper
- 1 Tbsp. curry powder
- 1/2 Tbsp. dry red chili powder
- 4 cardamoms
- 2 cloves
- 8 curry leaves
- 4 pieces *rampe* (pandanus)
- 1 in. piece cinnamon
- 1 medium onion, sliced
- 3 Tbsp. vegetable oil
- 2 Tbsp. tomato paste or sauce
- 1 cup thick coconut milk or fresh milk

Directions:

Wash chicken pieces and drain water thoroughly. Combine lemon juice, crushed garlic, ginger, salt, black pepper, curry powder and red chili. Coat the chicken pieces well with the spices and set aside for about 1/2 hour. Heat the oil in a saucepan. Fry curry leaves and *rampe*. Add onions and fry until soft. Add the chicken pieces and stir for sometime. Add cinnamon, lemon grass, cardamom, cloves, and stir until well mixed. Add tomato paste (or sauce) and stir until all pieces are well coated (if the curry is too dry and tends to stick to the saucepan, add 1-2 cups water and stir). Cover with a lid and allow the chicken to cook on slow heat. Add the thick coconut milk (or fresh milk) and bring to a boil without covering. Taste and adjust salt.

### 2. Cooked rice

## Consumption comparison

Percentage of children underweight

United States of America: 1%

Sri Lanka: 34%

## Life in Sri Lanka

Sri Lanka, a large tropical island off the southeast coast of India, has a unique culture with a 2,500 year heritage. Most people live in rural areas. Your sponsored child's family may work in vocations such as agriculture, brick-making, sewing, fishing, and making ropes from coconut fiber.

## Typical meal

A typical Sri Lankan meal would consist of rice, meat curry, and vegetables.

## Ashani's dinner



Ashani enjoys a typical Sri Lankan rice and curry dish.

References:

- Recipes from Sri Lankan Delights. Chicken Curry. May 24, 2000. <http://paradisaya.tripod.com/recipes/chickenc.html>. Accessed June 20, 2006.
- Millstone, Erik and Tim Lang. *The Penguin Atlas of Food: Who Eats What, Where, and Why*. 2003. Penguin Books: New York.