

Sri Lanka Culinary Tours 2024



Join me on a luxury tour of Sri Lanka and experience the country's rich heritage and mouth-watering cuisine firsthand. Our tours are designed to immerse you in the local culture, from visiting food markets and temples to hands-on cooking classes.

Explore Sri Lanka's unique culture and cuisine in luxury with **PETE'S TRAVELLING PANS**

Explore Sri Lanka's unique culture and cuisine in luxury

Pieter Siebel

3 Hands on cooking experience



The Southern Tour

A Journey through Sri Lankan Cuisine

30th March - 14th April 2024

22nd June - 7th July 2024

Highlights

- 3 Hands on cooking experience, BBQ on the beach, Street food, High Tea, Cultural Dance, Market Visits, Spice Gardens, Sigiriya, Dambulla Caves, Minneriya Jeep Safari, Polonnaruwa, Botanical Gardens, Temple of the tooth, Cocktails, Vadda Village Visit, Tour to the Knuckles Mountain Range, Organic Agriculture Experience, Picnic Lunch, Train Ride, Tea Factory Visit, Bird Watching, Walk at the Galle Fort. Bawa Garden tour, Turtle Hatchery. visit to Barefoot and Laksala



Pieter Siebel

4 Hands on cooking experience



Flavours of Ceylon

A Sri Lankan Culinary Expedition

8th March - 23rd March 2024

13th August - 28th August 2024

Highlights

- 4 Hands on cooking experience, 3 Cooking demonstrations, BBQ on the beach, Street food, Dinner By the Lake, Tea Oaring session, learn to make your own curry powder, High Tea, Cultural Dance, 3 Market Visits, Spice Gardens, Sigiriya, Dambulla Caves, Yala National Park Jeep Safari, Botanical Gardens, Temple of the tooth, Cocktails, Tuk Tuk Ride, 9 Arch Bridge, Organic Agriculture Experience, Train Ride, Tea Factory Visit, Bird Watching, Elephant Transit Home, Walk inside the Galle Fort, Turtle Hatchery, Sri Lankan Theme Farewell Dinner on the Beach. visit to Barefoot and Laksala.



Pieter Siebel

3 Hands on cooking experience



The Northern Tour

Food Adventures of the North Isles

21st September - 6th October 2024

Highlights

- 3 Hands On Cooking Classes, Street food, Cultural Dance, Market Visits, Dutch Canal, Spice Gardens, Sigiriya, Dambulla Caves, Wilpattu Jeep Safari, Train Ride, Hiriwaduna Village tour, Mannar Islands, Jaffna Fort. Point Pedro. Kantarodai, Nallur Kandasami Temple, Jaffna Public Library, Polonnaruwa, Kandy Temple, Bird Watching, Botanical garden and visit to Barefoot and Laksala.



PETE'S TRAVELLING PANS



PETE'S TRAVELLING PANS

Sri Lankan Culinary Northern Tour

Explore Sri Lanka's unique culture and cuisine in luxury

Duration : 15 nights / 16 Days
Tour Dates : 21st September 2024

Day 1: AIRPORT – NEGOMBO.

Meet and assist on arrival at Airport by Transco Travels Representative. Proceed to Negombo and check in at the hotel. The rest of the day will be at leisure.

Overnight Stay at Jetwing Beach, Negombo.

Day 2: NEGOMBO TOWN. NEGOMBO LAGOON BOAT RIDE.

After breakfast, we will take a tour of Negombo town. Negombo is one of the major commercial hubs in the country and the administrative center of Negombo Division. Negombo is known for its long sandy beaches and centuries old fishing industry. Negombo has a large bilingual (Sinhala/Tamil) population with a clear Roman Catholic majority.

This evening, take a boat ride on the Dutch Canal.

Negombo Lagoon is a large lagoon in south-west Sri Lanka with several small rivers and canals. The water body is full of numerous varieties of fish, crabs and lobsters that make it an excellent location for fishing.

Overnight Stay at Jetwing Beach Negombo.

Included Activities

- Tour of Negombo town.
- Dutch canal.

Meals Included

- Breakfast at Jetwing Beach, Negombo.

DAY 3: NEGOMBO FISH MARKET. SIGIRIYA. HANDS-ON COOKERY CLASS.

After an early breakfast, we will travel to Negombo Fish Market. Negombo made its start as a fishing community, and fishermen today continue to hawk their wares on the city's sandy shores. Starting from as early as 4am, fishing boats begin to make their way to the beach laden with the morning's catch. Shrimps, crabs, and lobsters are hunted at the famous Negombo Lagoon, while fresh fish is hauled in from the waves of the Indian Ocean.

En route to Sigiriya, Lunch at the Saruketha.

Saruketha is a popular restaurant in Sri Lanka known for its authentic Sri Lankan cuisine. One of their specialties is the Sri Lankan show cooked lunch, which offers a unique dining experience.

During the show cooked lunch, you will get to witness the preparation of traditional Sri Lankan dishes. Skilled chefs showcase their culinary expertise as they cook a variety of dishes using fresh ingredients and traditional techniques. The menu typically includes a range of Sri Lankan favorites such as rice and curry, string hoppers, hoppers, roti, and various curries made with vegetables, meat, or fish. You can expect a burst of flavors, aromatic spices, and vibrant colors in each dish.

After Lunch proceed to Sigiriya. Check in to the Hotel. This evening we will have our first cookery class at the hotel.

Overnight Stay at Aliya Resort & Spa

Included Activities

- Negombo Fish Market.
- Lunch at Saruketha.

Meals Included

- Breakfast at Jetwing Beach, Negombo.
- Lunch at Saruketha.
- Dinner and Cooking Class at Aliya Resort and Spa.

Day 4: SIGIRIYA LION ROCK. DAMBULLA CAVE TEMPLE.

After breakfast, drive to Sigiriya.

Sigiriya rock fortress is a UNESCO world heritage site and is home to a series of rock frescoes that are the oldest in the world. You will have the opportunity to climb to the top of the rock to witness its elaborate ancient fortress complex (approximately 2.5 hours round-trip on foot, including stairs). The 200-metre-high ancient citadel built during the 5th century features a mirror wall with some of the world's oldest graffiti, terraced gardens and splashing fountains.

This evening we will climb to the impressive Dambulla cave complex. A UNESCO world heritage site, located high on a cliff face. You will have time to explore these cave temples and admire the many Buddha statues, frescoes, and paintings.

Overnight Stay at Aliya Resort & Spa.

Included Activities

- Sigiriya Rock Fortress.
- Dambulla Cave Temple Complex.

Meals Included

- Breakfast at Aliya Resort and Spa.
- Dinner at Aliya Resort and Spa.

Day 5: HIRIWADUNA VILLAGE. ANURADHAPURA.

After Breakfast proceed to Habarana.

Proceed to do a Village Tour at Hiriwadunna and Lunch at the Hiriwadunna Village.

This village tour begins with a short walk to a man-made reservoir during which you will encounter birdlife, butterflies and the occasional crocodile. Mount a bullock cart on a dirt track for a traditional travel experience that lasts roughly fifteen to thirty minutes. You will ride across scrub lined mud paths; rice fields; picturesque Hiriwadunna Lake and observe local villagers as they go about their tasks of fishing or washing clothes at the periphery of the lake.

After Lunch, proceed to Uga Ulagalla. Check-in to the hotel.

Spend the rest of the day at leisure.

Ulagalla Resort inhabits a largely unspoiled 58-acre estate outside the city of Anuradhapura, capital of Sri Lanka's North Central Province and home to some well-preserved and seriously ancient Buddhist shrines. To ensure that the land remains a suitable home for the peacocks and monkeys that roam freely through its fields and forests, Ulagalla keeps its footprint minimal, generating half its energy from an on-site solar farm and providing bicycles so guests can traverse the expansive grounds without leaving too much of a mark.

Overnight Stay at Uga Ulagalla.**Included Activities**

- Hiriwadunna village tour.

Meals Included

- Breakfast at Aliya Resort and Spa.
- Lunch at Hiriwadunna Village.
- Dinner at Ulagalla Resort.

Day 6: WILPATTU NATIONAL PARK.

After a leisurely breakfast, proceed to Wilpattu.

Lunch at The Backwaters Lodge.

After Lunch, jeep safari at Wilpattu National Park.

Wilpattu National Park, is a sprawling sanctuary renowned for its natural beauty and diverse wildlife. Spanning nearly 1,300 km's, it is the largest national park in the country. Wilpattu is celebrated for its unique landscape of lakes, scrubland and dense forests, creating an ideal habitat for a variety of species, including leopards, elephants, sloth bears, and a multitude of bird species. Its name translates to 'Land of Lakes' highlighting the parks numerous water bodies that attract wildlife. Safari enthusiasts are drawn to this park for its opportunities to witness wildlife in their natural habitats. On completion, return to the hotel.

Dinner and Overnight Stay at Uga Ulagalla.

Included Activities

- Wilpattu National Park.

Meals Included

- Breakfast at Uga Ulagalla.
- Lunch at The Backwaters Lodge.
- Dinner at Ulagalla Resort.

Day 7: MANNAR ISLAND. THALAIMANNAR, JAFFNA FORT.

After Breakfast, check out of the hotel and proceed to Mannar Island and Talaimannar.

Mannar Island, which lies off the north-western coast of Sri Lanka rise to prominence can be attributed to its large pearl banks, which attracted traders and monarchs from far and wide. For over 2000 years, this barren island served as a bustling town, exporting vast quantities of pearls to kings and queens worldwide.

Unfortunately, the pearl industry met its demise due to rampant over-harvesting. The relentless pursuit of wealth and the absence of sustainable practices led to the depletion of the once-thriving pearl banks.

Jaffna Fort is a fort built by the Portuguese in 1618 following the Portuguese invasion of Jaffna. It was captured by the Dutch in 1658 who expanded it. In 1795, it was taken over by the British, and remained under the control of a British garrison till 1948.

Buildings inside the fort include the Governor's residence (King's House), Queen's House, Kruys Church, the Garrison Parade Ground, Police quarters and several buildings from the Portuguese era.

Overnight stay Fox Resorts Jaffna.

Included Activities

- Mannar island.
- Thalaimannar.
- Jaffna Fort.

Meals Included

- Breakfast at Uga Ulagalla.

Day 8: POINT PEDRO. KANTARODAI, HANDS ON COOKERY CLASS.

After Breakfast, proceed to Point Pedro and Kantarodai.

Point Pedro is a town located at the northernmost point of the island. The eastern coast of Point Pedro forms a 3-mile-wide, 20-mile-long beach with sand dunes up to 100 feet high, extending to Thalayady. The porous soil has a water table deep underground with an estimated one billion liters of fresh water.

On completion, proceed to Kantarodai.

Kantarodai is a small hamlet and archaeological site. On the side of a grove of lovely palm trees is a collection of stupas and mounds, the remains of ancient buildings. There are now 20 complete stupas, but judging by the numerous pinnacles in the Jaffna Museum which were picked up in the area, there were once many more. The largest stupa is about 7 meters in diameter and the smallest about 2. The base of each stupa is made of coral stone moulded into four bands and the domes are made of coral rubble coated with plaster fashioned to look like blocks of stone. Archaeological investigations done at Kantarodai in 1966-7 found that the site was inhabited from about the 2nd century BCE to about the 13th century CE.

On completion, proceed to a popular local restaurant, Hotel Rolex for lunch, followed by Ice cream at Rio Ice-Creamery.

This evening we will have our second cookery class at the hotel.

Overnight stay Fox Resorts Jaffna.

Included Activities

- Point Pedro.
- Kantarodai.
- Hands-on Cooking Class.

Meals Included

- Breakfast at Fox Resort.
- Hotel Rolex for lunch, followed by Ice cream at Rio Ice Cream.
- Second Hands-on Cookery class and Dinner at the Fox Resort.

Day 9: NALLUR KANDASWAMI TEMPLE. JAFFNA PUBLIC LIBRARY.

After Breakfast, check out of the hotel and proceed to Trincomalee.

On the way visit the Nallur Kandaswami Temple and the Jaffna Public Library.

In the hot arid lands of Nallur, in Jaffna, rises the majestic Hindu temple for Skanda/ Murugan – the god of love, war and beauty. It has reigned over the land for centuries, attracting devotees from various walks of life. The temple itself embodies a kind of peace that can only be felt in the most divine of places. The temple was originally founded in 948 AD. However, it reached fame when it was rebuilt in the 13th century by a minister of the Jaffna King. The temple was built for a third time by the adopted son of the Kotte king.

Nallur served as the capital of the kings of Jaffna, and was a highly defensive fort and city. There were courtly buildings, palaces, businesses and much more.

The third built temple was destroyed by the Portuguese in 1624 CE; and many churches built over the ruins. The location of the original temple is now covered by St James Church, Nallur. The current temple was built in 1734 CE by Don Juan. However, the 'Golden Era' of the Nallur Temple began in the latter 1890s when it underwent significant renovations to bring it back to its earlier magnificence.

On completion, visit the Jaffna Public Library.

Jaffna Public Library is one of Jaffna's most notable landmarks. The library was built in 1933 and burnt in 1981. During the early 1980s, it was one of the biggest libraries in Asia, containing over 97,000 books and manuscripts. Over a million books burned in an arson attack in 1981. Some ancient Sinhala and Tamil books were never recovered. In 2001, rehabilitation of the library was completed, with new structures being built and new books received, although its old books and manuscripts were not replaced. It is Sri Lanka's second main public Library, only rivalled by Colombo Public Library.

On completion, proceed to Trincomalee.

Trincomalee, on the island's northeastern coast is situated on a peninsula in Trincomalee Bay—formerly called Koddiyar (meaning "Fort by the River") Bay—one of the world's finest natural harbours.

Dinner and Overnight Stay at Uga Jungle Beach.

Included Activities

- Nallur Kandasami Temple.
- Jaffna Public Library.

Meals Included

- Breakfast at Fox Resort.
- Dinner at Uga Jungle Beach.

Day 10: LEISURE.

After Breakfast at the hotel, spend the rest of the day at leisure.

Set in a ten-acre reserve beside both the jungle and beach, the Uga Jungle Beach is a boutique hotel located on the eastern coast of Sri Lanka. Built with its surroundings in mind, the property has teak walkways and steppingstones bringing the outside, indoors.

There are a total of 48 villas facing the beach, lagoon or situated in the jungle. With a modern style and amenities, the villas are also in keeping with the tropical surroundings of the property.

At Uga Jungle Beach's restaurant, enjoy international and Asian flavors with local seafood and healthy meals served overlooking the greenery and pool. Beach picnics are also available. Unwind and relax at the Spa where Ayurvedic and beauty treatments are available or take a swim in the

pool. Water sports can be arranged including jet skiing and kayaking as well as visits to Pigeon Island, dolphin and whale watching in Trincomalee and cycling adventures.

The hotel invests in the local economy so far, it's built two wings for nearby hospitals and trains local people in hospitality. 40% of its staff were refugees from the civil war. War widows do the hotel laundry, and the hotel has planted more than 2,000 trees along its three-kilometre coastline.

Dinner and overnight stay at the hotel.

Included Activities

- Leisure

Meals Included

- Breakfast at Uga Jungle Beach.
- Dinner at Uga Jungle Beach.

Day 11: PASIKUDAH. SPECIAL DINNER ON THE BEACH.

After Breakfast, check out of the hotel and proceed to Pasikudah.

Pasikuda is the pin up of picture postcard beaches thanks to its soft white sand and translucent water. Between May and September, this is the best place in Sri Lanka for a Sri Lankan beach holiday. Most days are cloudless, the ocean is warm, and water clarity is very good which makes it ideal for snorkeling, diving, sailing and a host of other water sports. The curve of Pasikuda bay means that swimming can be enjoyed throughout the year.

The Michelin Guide says this about this hotel:

In the grand scheme of things, these are still relatively early days for tourism throughout Sri Lanka. But while the cultural triangle in the country's interior and the beaches of the southwest feel pleasantly under-developed, it's the east coast that truly retains the excitement of a genuine discovery. It's a long way from pretty much everywhere, but once you've arrived, Pasikuda is pure tropical fantasy — all swaying palms, placid waters and long, powdery beaches. The real surprise, however, is arriving at one of the frontiers of international beach-going and finding a place like Uga Bay: not some sand-swept little mom-and-pop operation, but a thoroughly modern hotel.

The rooms fan out in a semi-circular sliver facing the beach and the bay beyond, which is another way of saying that no matter which room you book, it comes with a view. There are only two floors; top-floor rooms have private balconies, and bottom-floor rooms have terraces with direct access to the beach. If the choice between the two is just too daunting, there are villas that come with both, plus plunge pools and private bars and dedicated 24-hour butler service. In every case, the interiors are well-appointed, with king beds, spacious bathrooms, and all the usual docks and glowing screens.

Dinner on the Beach & Overnight stay at Uga Bay, Pasikuda.

Included Activities

- Leisure.

Meals Included

- Breakfast at Uga Jungle Beach.

- Dinner on the Beach at Uga Bay Passikudah.

Day 12: LEISURE

After Breakfast, spend the rest of the day at leisure.

Dinner & Overnight stay at Uga Bay hotel.

Included Activities

- Leisure.

Meals Included

- Breakfast at Uga Jungle Beach.
- Dinner at Uga Bay Pasikuda.

Day 13: ANCIENT CITY OF POLONNARUWA.

After Breakfast, check out of the hotel and proceed to the Ancient City of Polonnaruwa.

Polonnaruwa is the second oldest of Sri Lanka's cities and served as the capital under King Vijayabahu I, who defeated the Indian Chola invaders in 1070 CE. With its rich history, Polonnaruwa's ancient ruins provide one of the best archeological sites in the country.

Today the ancient city of Polonnaruwa remains one of the best planned archaeological relic sites in the country, standing testimony to the discipline and greatness of the Kingdom's first rulers. The Ancient City of Polonnaruwa has been declared a World Heritage Site by UNESCO.

On completion, proceed to Priyamali Gedara for Lunch.

After lunch, proceed to Kandy.

Overnight stay at Mahaweli Reach Hotel.

Included Activities

- Polonnaruwa.

Meals Included

- Breakfast at Uga Jungle Beach.
- Lunch at Priyamali Gedara Polonnaruwa.

Day 14: KANDY CITY TOUR. HANDS ON COOKERY CLASS.

Breakfast at the Hotel. This morning we will drive to Kandy town and take a sightseeing tour.

Kandy, a UNESCO world heritage town, is Sri Lanka's hill capital and the stronghold of the last king of Sri Lanka. It is the island's 2nd most visited place. Home to tea plantations and biodiverse rainforest. The city's heart is scenic Kandy Lake, we will learn of its interesting and sometimes gruesome

history. We will then take a tour of the 'Sacred Temple of the Tooth' and learn of its unique history and tales of an underground/underwater tunnel to the lakes island.

Following our sightseeing tour, we will travel to the Royal Botanical Gardens in Peradeniya. The gardens are considered the finest of its kind in Asia and contain 4000 different species of plants.

This afternoon you have time to relax in the pool (the largest in Kandy) or make use of the hotel's impressive list of services.

This evening you will experience a Kandyan Dance and Cultural Show.

Kandyan dancing is a celebration of the rich traditions of Sri Lankan culture. The dance which traces its origin from the ancient rituals focuses on dynamism, powerful footwork, leaps, and whirls that imitate several movements from birds and animals. The whole performance is graced by colourful costumes, masked dances, and thrilling fire acts.

Following the cultural show, we will gather on the lawn beside the pool where we will have our third cooking class.

Overnight stay at Mahaweli Reach Hotel.

Included Activities

- Kandy Temple
- Botanical garden.
- Cultural Show at the Hotel.
- Third Cooking Class.

Meals Included

- Breakfast at Mahaweli Reach Hotel.
- Dinner and Cooking Class at Mahaweli Reach Hotel.

Day 15: TRAIN RIDE KANDY TO COLOMBO.

Early check out from the hotel. Collect your packed breakfast and leave for the Railway station.

Enjoy the 2 1/2-hour train ride from Kandy to Colombo.

Colombo is located on the west coast of the country. The official capital of Sri Lanka is a satellite city in Colombo called Sri Jayawardenapura. Colombo however, is often referred to as the capital city.

Dinner and Overnight Stay at Mount Lavinia Hotel.

Included Activities

- Train Ride.

Meals Included

- Packed Breakfast from Mahaweli Reach Hotel.
- Fairwell dinner at Mount Lavinia Hotel. This would be Sri Lankan theme dinner where the gentlemen will dress in batik sarongs and ladies in batik wraparounds.

Day 16: COLOMBO CITY TOUR. SHOPPING. AIRPORT.

After Breakfast, proceed on shopping tour.

As you embark on a Colombo city tour, get ready to explore the bustling capital city of Sri Lanka. Your first stop will be the iconic Lotus Tower, a towering structure that offers stunning views of the city. Next, head over to the vibrant Pettah Market, where you can immerse yourself in the vibrant sights and sounds of local life.

Continue your tour to the Old Parliament Building, a colonial-era masterpiece that now serves as a museum. Marvel at the intricate architecture of the Independence Memorial Hall, which commemorates Sri Lanka's independence from British rule.

Finally, make your way to the futuristic Port City, a massive reclamation project that promises to be one of the most ambitious urban developments in South Asia. As you explore this modern marvel, take a moment to reflect on the incredible progress Sri Lanka has made over the years. With its blend of old-world charm and new-world innovation, Colombo is truly a city like no other.

Barefoot – The name Barefoot represents what is spontaneous and in touch with the earth. Barefoot is about people. It is a story of simplicity. It is about the craft of weaving and the art of design. Founder Barbara Sansoni's designs of brilliant colour and simple geometry has given the cloth its internationally recognizable character.

Barefoot primarily weave cotton (along with a small collection of silk and cotton cloth) from which furnishings, household linens and fine cloth for clothes are made. The rest of the workers are needlewomen who, from this hand-woven cloth make bags, clothes, soft furniture, linen and soft toys. There is no mass production line. One of the contributions Barefoot makes is that work is taken to where people live rather than have people travel to work.

Laksala - Laksala is the only state-owned handicraft marketing organization in Sri Lanka which deals with provision of training to craftsmen and marketing and export promotion of handicrafts. The board handles 140 Training centres, 23 sales outlets and 14 provincial purchasing points for the purpose of achieving its objectives.

Laksala follows a rigorous selection process when it comes to sourcing of products for its stores. Because Laksala plays a nationally important role of fostering the arts and crafts of the island, its products are sourced from the most authentic of manufacturers. The goods are sourced from throughout the island and sometimes from multiple sources to offer you the very best in product and price.

Lampris for Lunch at the Dutch Burgher Union.

Lampris is a popular lunch meal that Sri Lankans know and love. This Dutch-Burgher influenced dish has been a staple in Sri Lankan cuisine for many years. The original, traditional Lampris has a few fixed essentials like rice cooked in stock, mixed meat curry, frikkadels, blachan (shrimp paste), brinjal pahe and ash plantain. Over the years, things such as seeni sambol and boiled eggs have been added to the dish. Frikkadels have been substituted with fish cutlets and mixed meat curry into one particular meat curry (chicken being the most famous and most common).

Return to Hotel. Late check out until 8:00 pm.

Departure to Airport.

Included Activities

- Sightseeing in Colombo.
- Shopping at Barefoot and Laksala.

Meals Included

- Breakfast at Mount Lavinia Hotel.
- Lunch at Dutch Burger Union.

On completion, return to the hotel and check out of the hotel. One transfer to the airport is included in the price.

Departure to Airport.

******END OF TOUR*****

Cost includes: -

- 16 days and 15 nights. Accommodation at 4 and 5-star hotels.
- 5 lunches
- 4 dinners
- 3 hands-on cooking classes
- Hotel Rolex for lunch, followed by Ice cream at Rio Ice Cream.
- Picnic Breakfast from Mahaweli Reach Hotel.
- Special Dinner on the Beach at Uga Bay Passikudah.
- Fairwell dinner at Mount Lavinia Hotel.
- Visit Sigiriya.
- Visit Dambulla.
- Village Tour Hiriwaduna.
- Wilpattu National Park.
- Mannar island and Thalaimmannar.
- Jaffna Fort.
- Point Pedro.
- Kantarodai.
- Nallur Kandasami Temple.
- Jaffna Public Library.
- Polonnaruwa.
- Kandy Temple of the Tooth
- Botanical garden.
- Cultural Show at the Hotel.
- Train Ride.
- Transport in an air-conditioned luxury coach.
- English-speaking national guide.
- All tips and portorage costs. (Excluding tour guide, driver & helper)
- All applicable entrance fees.
- All applicable taxes.
- Bottled water at all hotels and on the bus.
- Welcome drink & refreshing towels at all hotels.
- Complimentary hat and apron with company logo.

Cost does not include: -

- Airfares to and from Sri-Lanka.
- Travel Insurance.
- Visas.
- Drinks & additional meals.
- Laundry and other personal costs.

MENUS FOR COOKING CLASSES

Cookery Class No. 1

Pittu
String Hoppers
Fish Ambul Thiyal
Deville chicken.
Mixed vegetable curry.
Green mango curry.
Pol (coconut) Sambol.
Kiri Hodi
Lunu Miris
Fresh Fruit

Cookery Class No. 2

Yellow rice with cashew nuts.
Fish curry.
Dahl with spinach.
Malay Pickle.
Brinjal Moju.
Green Bean thel dhala.
Cabbage Mallum.
Fresh fruit.

Cookery Class No. 3

Kottu Roti with Vegetables and Egg.
Coconut roti, plain, onion, chilli.
Hoppers and Egg Hoppers.
Chicken Curry.
Seeni Sambol.
Katta Sambol.
Curd and Honey.
Fresh Fruit.