



5 unique meals you can only eat in Sri Lanka

Kotthu

A kotthu is the classic Sri Lankan fast food. A mix of roti bread with vegetables and optionally meat or seafood. Everything is stir fried using two massive blades to stir and chop it as it cooks. You'll probably hear the fast chopping of a kotthu being prepared before you can see the restaurant.

There's plenty of variations of kotthu, some add egg, cheese and it's always nicely spiced, but never too hot. A filling meal that costs very little. If you ask you might even be able to try your hand at cooking it...



Wood Apple

You'll notice bottles of rather dubious looking brown liquid mixed in with sodas in shops. If you can steel yourself to take a drink you'll discover the beautifully sweet flavour of Wood Apple, and why it's so popular.



The wood apple is only found in Sri Lanka and surrounding countries, so it's not something you're likely to have seen before. Keep an eye out for the trees, you can see the 'apples' growing, they look like a dry green/brown spheres.

Jackfruit Curry

A jackfruit is an enormous green fruit that grows on the local trees, when fully ripened it's sweet and juicy. Young jackfruit (known as polos) which are starchier and less sweet are used for the curry.

The curry is made by slowly boiling the fruit until it's soft, then cooking it with a blend of local spices and coconut milk. It makes a great vegetarian curry.



Sour Fish Curry (Fish ambul thiyal)

Originally this was a dish used to preserve fish, but now it's one of Sri Lanka's classic curries. The distinctive sour taste comes from goraka a fruit related to Tamarind. Mixed with fiery amounts of black pepper, cinnamon, turmeric, curry leaves and panadan leaves the taste is truly unique.



Egg Hoppers

The best way to describe a hopper (also known as an appa) is like a thin, crunchy pancake in a bowl. The batter is made from rice flour and coconut milk, then cooked in a tiny wok to give it its distinctive bowl shape.



While hoppers can be filled with anything, the breakfast staple is to cook an egg in the centre. You can expect a sambol to be served with it, typically onion or coconut. All in all a great way to start a day.

Everything Else

This is just a very short list of the most distinctive Sri Lankan dishes, but there's more delicious meals than you could hope to try in one visit. For a country surrounded by the bountiful Indian Ocean you know that seafood will be high up on most menus.



Sri Lankan curries are typically coconut based from mild and sweet right up to fiery hot. Whether you're looking for vegetarian curries or something meaty there's enough that you could spend months travelling round Sri Lanka and not try everything it has to offer.



If you like to discover new foods and tastes then Sri Lanka is the place for you.

Unique travel can create a tour for you that will let you sample the unique local delicacies for yourself.

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