**Food Sri Lanka**

**Staples of Sri Lankan Cuisine**

**Rice**: The cornerstone of Sri Lankan meals, rice is served in numerous forms. From plain steamed rice to more elaborate preparations like biryanis and fried rice, it is typically accompanied by a variety of curries and side dishes.

**Curry**: Curries in Sri Lanka are diverse and can be made with meat, fish, vegetables, and lentils. Each curry is distinct, characterized by a complex blend of spices such as cumin, coriander, fennel, fenugreek, turmeric, and curry leaves. Coconut milk is a staple ingredient that imparts a rich, creamy texture to many curries.

**Roti**: Roti is a type of flatbread that is commonly consumed in Sri Lanka. Variations include pol roti (coconut roti), which is made with grated coconut and served with spicy sambols (condiments made from chili peppers and other ingredients).

**Popular Dishes**

**Kottu Roti**: A beloved street food, kottu roti is made by stir-frying chopped roti with vegetables, eggs, meat, and a medley of spices. The dish is prepared on a hot griddle, and the rhythmic sound of metal spatulas clanging as the ingredients are chopped and mixed is iconic in Sri Lankan street food culture.

**Hoppers (Appa)**: Hoppers are bowl-shaped pancakes made from a fermented batter of rice flour and coconut milk. They can be plain or enhanced with an egg (egg hoppers) and are typically eaten with a variety of sambols and curries.

**String Hoppers (Indiappa)**: These are delicate, steamed rice noodle nests that are often served with coconut milk and spicy curry or sambol. They are a breakfast staple but can be enjoyed at any meal.

**Lamprais**: A dish influenced by Dutch Burghers, lamprais consists of rice boiled in stock, a variety of meats, and a mixed meat curry, all wrapped in a banana leaf and baked. The banana leaf imparts a unique flavor to the dish.

**Fish Ambul Thiyal**: A sour fish curry, fish ambul thiyal is made with chunks of fish (often tuna) cooked in a blend of spices and tamarind. This dish is known for its tangy and spicy flavors.

**Street Foods and Snacks**

**Samosas**: These are fried or baked pastry pockets filled with spiced meat or vegetables. They are a popular snack and street food item.

**Vadai**: A deep-fried snack made from lentils and spices, vadai is crunchy and often served with a tangy dipping sauce.

**Achcharu**: A popular Sri Lankan pickle, achcharu is made from various fruits and vegetables marinated in a mixture of vinegar, mustard seeds, and spices. It's a tangy and spicy accompaniment to meals.

**Desserts and Sweets**

**Watalappan**: A traditional Sri Lankan dessert, watalappan is a spiced coconut custard made with coconut milk, jaggery (palm sugar), eggs, and spices like cardamom and nutmeg. It's rich and creamy, with a deep caramel flavor.

**Kiri Pani**: A simple yet delightful dessert, kiri pani is curd (a type of yogurt made from buffalo milk) served with treacle (a thick syrup made from the sap of the kithul palm).

**Kalu Dodol**: A dark, chewy sweet made from rice flour, coconut milk, and jaggery. It's flavored with cardamom and cashew nuts.

**Beverages**

**Ceylon Tea**: Sri Lanka is famous for its tea, particularly black tea. A cup of Ceylon tea is a must-try when visiting the island. It can be enjoyed plain or with milk and sugar.

**King Coconut Water**: A refreshing natural drink, king coconut water is enjoyed straight from the orange-husked king coconut. It's hydrating and packed with electrolytes.