

# Grand Oriental Hotel hosts third consecutive Jaffna Food promotion



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Grand Oriental Hotel held its popular Jaffna Food Promotion for the third consecutive year, attracting many Jaffna food lovers with a diversity of cuisine unique to the Jaffna food culture.

In history the people of Yalpanam maintained a balanced diet by categorising food in accordance to their taste. This tradition known as Arusuvai is now established in Ayurveda medicine as being a well balanced, nutritious diet. The tastes thus identified are categorised as sweet, salty, bitter, sour, astringent and pungent.

Grand Oriental Hotel held its third Jaffna Food Promotion with cooks brought in from Jaffna and cuisine cooked using spices prepared according to the Jaffna tradition.

A variety of dosa such as onion dosa, paper dosa, masala dosa, plain dosa and ghee dosa were served. And a selection of pittu, with a brand new variation of kottu made from pittu, were also made available to the Jaffna food enthusiasts.