Osu Kutiya – Fresh, Healthy and Compassionate Cuisine

Posted on



Otara Gunewardene and Chef Publis making the Kiri Anguna Malluma on Osu Kutiya

A culinary programme inspired by the gastronomic heritage of Sri Lanka, Osu Kutiya focuses on promoting wholesome, nutritional and cruelty-free cuisine. Presented by Otara Gunewardene and Chef Publis Silva of Mount Lavinia Hotel, the programme highlights the island's superfoods and how to best prepare the freshly sourced ingredients. These vegan dishes, bring to light the traditional culinary recipes of Sri Lanka.

Kiri Anguna Malluma

Nutritious kiri anguna leaves
make for a tasty dish

Ingredients

Kiri anguna leaves 2 bunches

Bombay onion 250g

Fresh coconut 450g

Salt to taste

Lime juice to taste

Method

Slice the kiri anguna leaves into thin strips.

Slice Bombay onions.

Mix with scraped coconut.

Add lime juice and salt to taste.



Fruits ripe for the picking in April (Bak) are cut and combined to make the Bakmaha Salad

Bakmaha Salad

Add a fresh garnish to the
spicy, tangy salad

Ingredients

Rose apple (pini jumbu)100g

Pineapple 100g

Coconut apple (pol pala madaya) 50g

Black plum (madan/mahadan)100g

Pomegranate (delum)50g

Mango 100g

Star fruit (kamaranka)100g

Mustard100g

Vinegar50ml

Sugar 100g

Pieces of chillie 25g

Salt to taste

Method

Cut all the fruits into cube shapes.

Dressing

Mix mustard, vinegar, sugar, pieces of chillie and salt

Mix the cut fruits with the dressing prior to serving.



The Bakmaha Salad is delicious and easy to make