

# Osu Kutuya - Fresh, Healthy and Compassionate Cuisine



(L-R): Chef Indika Pradeep, Chef Publis Silva and Otara Gunewardene selecting fresh greens at the Attidiya Pola in Dehiwela

**The culinary programme by Otara Gunewardene and Chef Publis Silva of Mount Lavinia Hotel, explores yet another gastronomic experience while promoting the island's freshly sourced ingredients. Creating awareness on the benefits of vegan dishes, both in terms of nutrition and the environment, four delectable dishes are prepared, each showcasing that healthy choices can also be delicious.**

**Words** Venuri De Silva

Osu Kutuya takes viewers on yet another gastronomic adventure exploring the fruits, vegetables, greens as well as legumes of Sri Lanka; this time at the Attidiya Pola (fair) in Dehiwela. The island has a bounty of produce, which are easily grown in the backyards of homes. Winding through the busy avenues of the fair,

Chef Publis Silva stressed that foods rich in nutrition should be appreciated and celebrated in our dishes. Many of these vegetables, fruits and greens are even emerging in international cuisine as 'Super Foods'. During their journey through the Attidiya Pola, Otara Gunewardene was delighted by the availability of over 37 different legumes within just one stall.

Whilst guiding Otara through the numerous preparations of fresh vegetables and greens, Chef Publis also explained that although dried goraka is known for flavouring fish curries, the fruit itself can be prepared as a curry. A dish that is tremendously beneficial against diseases such as high cholesterol. One of the greatest learnings of this new series of Osu Kutiya, is that nearly the entire leafy-green plant - from the stems to the flowers, can be used to prepare dishes.

Featuring curries, salads and mallum, the programme highlights the extensive array of flavour one can add to their table, due to Sri Lanka's amazing culinary heritage which is wholesome as well as cruelty free.

### ***Thumba Karavila (Spiny Gourd) stuffed with Amba (Mango)***



e a bowl of Spiny gourd, also known as Thumba Karawila

### ***Ingredients***

Boiled spiny gourd (Thumba Karawila) 8 - 10 Nos

Chopped, ripe mango (Amba) 1 Nos

Chopped onion 30g

Chopped spring onion leaves 10g

Chopped garlic 10g

Mango chutney 25g

Pepper 5g

Salt 5g

Beetroot sprouts to garnish

Turmeric powder 5g

### **Method**

Wash the spiny gourd and keep it in boiled water, mixed with a little bit of turmeric and salt for about a minute.

Chop the onions and mix with mangoes, garlic and onions.

Finely chop the onion leaves and mix with the chutney, pepper, and sufficient salt to taste and add to the mangoes. Mix the ingredients well.

Fill the half cut spiny gourd with the mango filling and serve.



A healthy dish prepared within minutes

## Bath (Rice) Rasagulana

### *Ingredients*



ingredients required to prepare the dish

- Steamed rice 400g
- Cleaned pomegranate (Delum) 15g
- Chopped 3 different coloured bell peppers (red, green & yellow) 30g
- Chopped onion 15g
- Chopped raw mango 20g
- Sesame oil 15ml
- Salt to taste
- Saarana sprouts to garnish

### **Method**

Heat sesame oil in a pan.

Add onions, mango and the bell peppers and stir fry.

Finally add the cleaned pomegranate and stir fry for about 20 seconds.

Add the steamed rice and salt to taste. Garnish with Saarana sprouts.



A tempting plate of Bath Rasagula

## **Dandila (Water Yam or Purple Yam) Soup**

### ***Ingredients***



a refreshing cup of Dandila soup

Yam 2 Nos  
Half a carrot  
Lime juice 10ml  
Pepper 5g  
Garlic 15g  
Coriander 10g Coconut milk 150ml  
Coconut oil 15ml  
Curry powder 5g  
Chopped onion 25g  
Turmeric powder 5g  
Salt to taste 5g

### **Method**

Boil the yams. Add half a carrot and chopped onion leaves to taste if necessary

Blend the boiled yams until soft.

Heat oil in a pan. Add chopped onions, a teaspoon of curry powder, chopped garlic, salt to taste, a teaspoon of turmeric powder and coriander.

Stir fry for about 20 seconds and add the blended yams with coconut milk.

Stir well and leave to boil. Strain the soup and add a little lime to taste.

Garnish with coriander leaves and serve.



Chef Publis explains the process of preparing the soup

## **Handun Kola (Sandalwood Leaves) Malluma**

### ***Ingredients***



### Healthy Handum Kola Malluma

Sliced sandalwood leaves 100g

Scraped coconut 25g

Pepper 5g

Salt to taste

Chopped onions 25g

Turmeric powder 3g

Chopped green chilies 5g

Lime juice 5g

### ***Method***

Mix scraped coconut, pepper, salt, onion, green chilli, turmeric powder, chopped onions in a pan.

Fry the mix in a pan (without oil) for about 10 seconds.

Add the chopped leaves and leave on heat for a few seconds.

Add a little bit of lime juice to taste and serve.