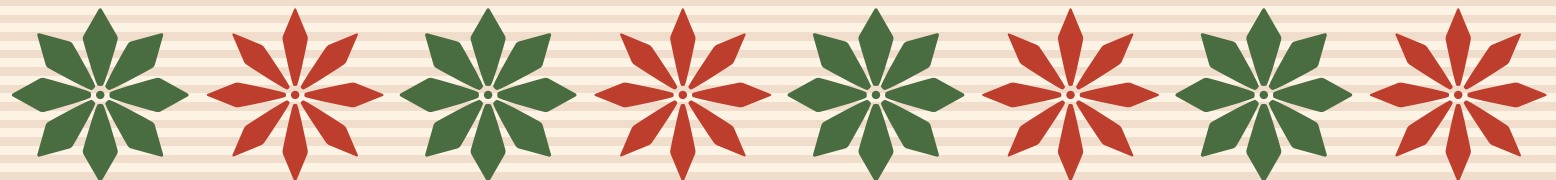


Sri Lankan Curry Maanel

Maanel



Instructor: Megurin





Restaurant: **Maanel**

Sakai-Higashi: 1-21 Minamikawaramachi, Sakai-ku, Sakai, Osaka

Mikunigaoka: 4-7-22 Koryonakamachi, Sakai-ku, Sakai, Osaka



Sakai-Higashi Branch



Mikunigaoka Branch



What Will We Do in Today's Workshop?

① Introduction to Sri Lankan Curry

- What is Sri Lankan curry?
- Don't mix it!? Really?
- A world of flavors unlocked by mixing

② How Sri Lankan Curry Is Made

③ Create Your Own Spice Blend

④ Tasting Session



Before We Begin

**What kinds of curry
are you familiar with?**

**Around the world,
curry takes many different forms.**

**Different spices, ingredients,
and food cultures create completely
unique flavors and experiences.**





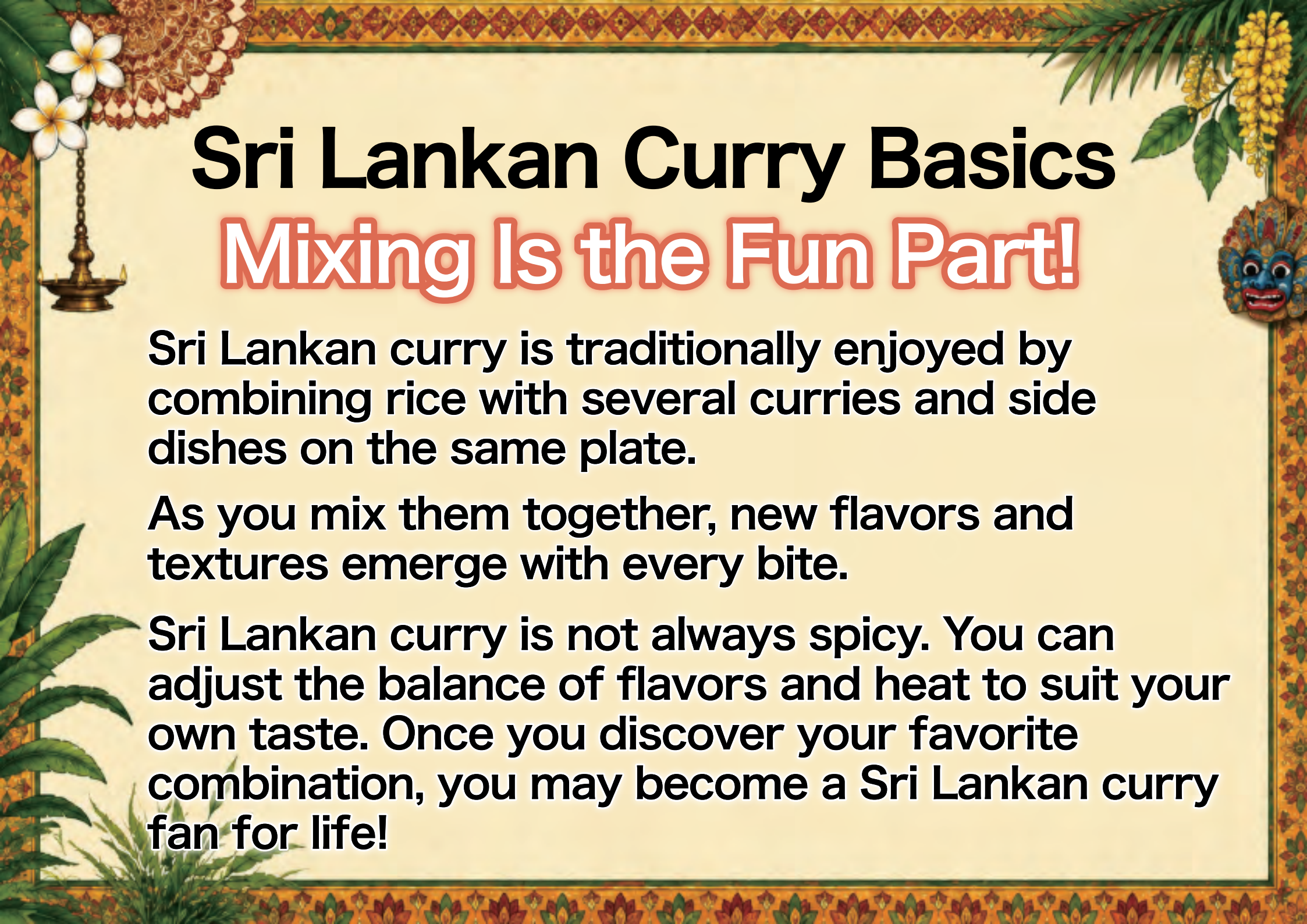
Sri Lankan Curry Basics

What Is Sri Lankan Curry?

Sri Lankan curry often features coconut milk and a variety of spices, with vegetables playing an important role.

Unlike Japanese curry, which typically uses a thick flour-based roux, Sri Lankan curry highlights the natural flavors of ingredients and spices.

Its lighter texture and aromatic character have also made it popular among health-conscious diners.



Sri Lankan Curry Basics

Mixing Is the Fun Part!

Sri Lankan curry is traditionally enjoyed by combining rice with several curries and side dishes on the same plate.

As you mix them together, new flavors and textures emerge with every bite.

Sri Lankan curry is not always spicy. You can adjust the balance of flavors and heat to suit your own taste. Once you discover your favorite combination, you may become a Sri Lankan curry fan for life!



Sri Lankan Curry Basics

A World of Flavor Through Mixing

**A Sri Lankan curry meal is generally
made up of three main elements:**

Rice • Curry • Side Dishes

Types of Rice

In Sri Lanka, commonly enjoyed rice varieties include:



Parboiled Rice



Red Rice



Keeri Samba Rice



Suwandel Rice

**In Japan, Basmati rice is sometimes used because it is more readily available.
During today's tasting session,
you may choose between:**

Types of Curry

One of the most exciting features of Sri Lankan cuisine is the ability to mix different curries together and discover new flavor combinations.

Here are some popular examples:

Chicken Curry Pork Curry Beef Curry Fish Curry
Shrimp Curry Squid Curry Dhal Curry (Lentil Curry)
Chickpea Curry Jackfruit Curry Eggplant Curry Beetroot Curry
Okra Curry Pumpkin Curry Leafy Greens Curry ...etc

Curries can be made from meat, seafood, legumes, and vegetables.

They are not always spicy. Some are mild and comforting, while others offer acidity, sweetness, or distinctive aromas.

Each has its own unique character and appeal.



Chicken Curry



Pork Curry



Beef Curry



Fish Curry



Shrimp Curry



Squid Curry



Dhal Curry



Chickpea Curry



Jackfruit Curry



Eggplant Curry



Beetroot Curry



Okra Curry



Pumpkin Curry



Leafy Greens Curry



Types of Side Dishes

One of the joys of Sri Lankan curry is mixing different flavors together. Here are some popular side dishes that add variety and depth to every bite.

Pol Sambol (Coconut Relish) Mallung (Stir-Fried Leafy Greens)
Parippu (Lentil Dish) Beetroot Side Dish Eggplant Side Dish
Okra Side Dish Pumpkin Side Dish Potato Side Dish
Achcharu (Spiced Pickles) Katta Sambol (Hot Chili Relish)
and More!!

Side dishes do much more than add heat.
They can introduce sweetness, acidity, aroma, texture, and balance.
Adding a small amount of a spicy side dish can create
an even more exciting flavor experience.



Pol Sambol
(Coconut Relish)



Mallung
(Stir-Fried Leafy Greens)



Parippu
(Lentil Dish)



Beetroot Side Dish



Eggplant Side Dish



Okra Side Dish



Pumpkin Side Dish



Potato Side Dish



Achcharu
(Spiced Pickles)



Katta Sambol
(Hot Chili Relish)

The World of Spice Blending

What Kind of Curry Would You Like to Create?

Spices play an essential role throughout Sri Lankan cuisine. Different combinations can dramatically change the aroma, heat level, and overall flavor. In today's workshop, you'll have the opportunity to create your own custom spice blend based on your personal preferences.

For Bean-Based Curries

Mild, comforting flavors designed to highlight the natural taste of legumes

特徴的なスパイスの方向性



クミン



コリアンダー



ターメリック



フェヌグリーク



マスタードシード



カレーリーフ

For Meat Curries

Rich and satisfying flavors
a balance of aroma and depth is key

特徴的なスパイスの方向性



クミン



コリアンダー



ブラックペッパー



シナモン



クローブ



ガーリック

For Seafood Curries

Enhances the natural flavor of seafood.
Light, fresh, and aromatic balance
between spices and umami is important

特徴的なスパイスの方向性



フェネル



ブラックペッパー



カレーリーフ



マスタードシード



コリアンダー



タマリンド

All-Purpose Blend

Pairs well with a wide variety of curries
a balanced and versatile foundation blend
perfect if you're not sure where to start

特徴的なスパイスの方向性



コリアンダー



クミン



ターメリック



ブラックペッパー



カレーリーフ



チリパウダー

Your finished spice blend will be packed in a pouch for you to take home.



Now It's Time to Start Cooking!

Please watch the cooking demonstration on the screen. Feel free to take photos or videos of the monitor.

※Please be mindful of other participants when taking pictures.

It's Finally Time! Sri Lankan Curry Tasting Session



Next Up: Spice Blending Time!





Thank You for Joining Us!
Megurin from Maanel



**For more information about Maanel,
please scan the QR code**