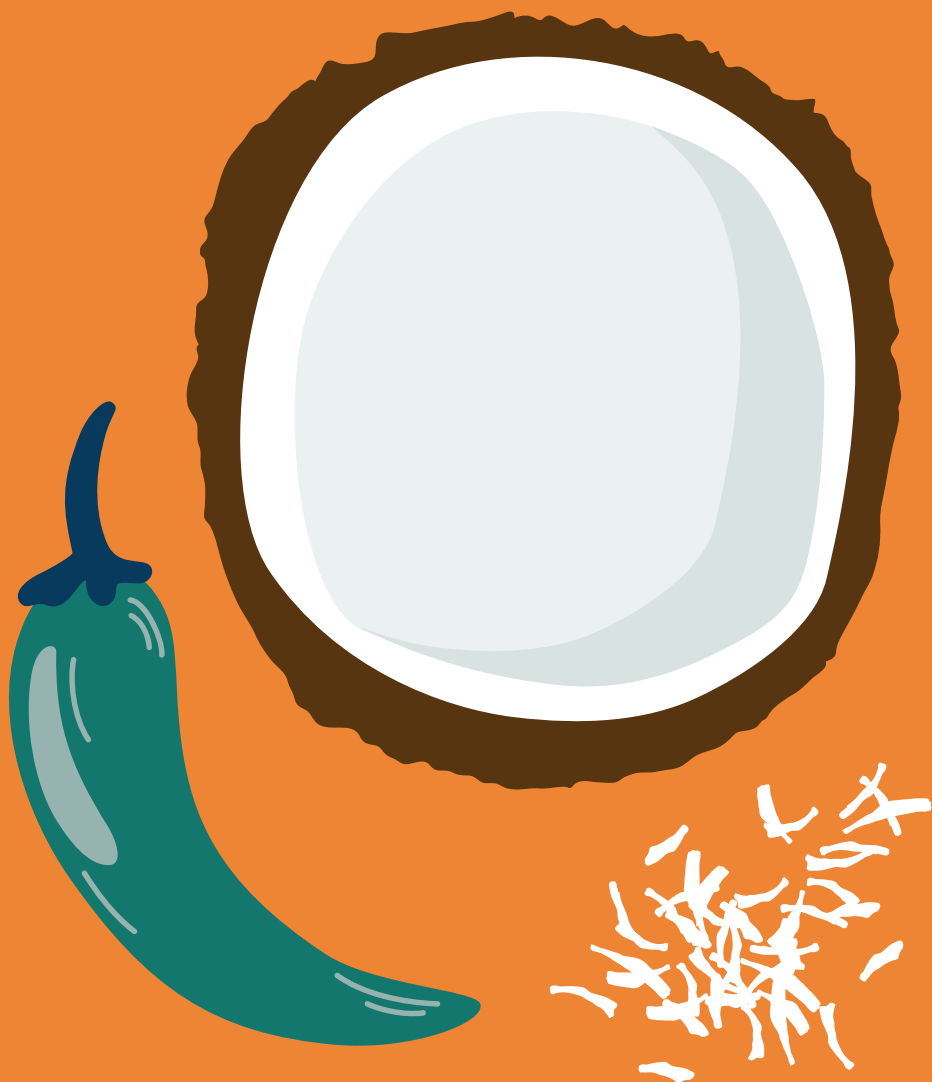


Cooking up Culture



Pol Roti with Pol Sambol
by Swarna Amarasingham



Pol roti (meaning coconut flatbread) is a quintessential Sri Lankan dish. We love to eat it for breakfast, but it can also be eaten for lunch and dinner. It is quite simple to prepare.

This was a favourite dish in our household. When I was growing up my mum always made pol roti for breakfast and I loved it so much. My mum's roti had a soft texture with the crunch of fresh coconut in every bite. She would serve it to us straight from the pan with a fresh Coconut Sambal. The uniqueness of this roti stems from the addition of grated coconut to the dough.

The most widely used condiment for this roti is Coconut Sambal. It's a tangy mix bursting with the sweetness of the fresh coconut with a bit of heat from fresh chilli. Sri Lankans love flavour and spice, so even their breakfast dishes are made from the freshest ingredients made to awaken the tastebuds!

Ingredients

- POL ROTI**
1 whole grated coconut
or 250g desiccated coconut
with 1½ cups of lukewarm
water or milk
400g of plain flour
1 tsp of salt
2 tbsp of coconut oil
or olive oil

- POL SAMBOL**
1 red onion, finely chopped
1–2 green chillies, chopped
3 to 4 cloves of garlic,
chopped, or 1 tbsp of
minced garlic
2–3 tbsp of ground Maldiv
Fish (jarred dried/cured fish)
1 tbsp of sweet paprika
1 tbsp of chilli powder
1 tsp of salt
1 lime juice

Method

POL ROTI
Mix grated coconut, flour, salt and oil by hand to a dough consistency (i.e. it doesn't stick to sides of the bowl). Tear sections of the dough and use a rolling pin to flatten to desired thickness.

Use a saucer or a large diameter cutter to cut the dough into circular sections. Pan fry on a high heat until the roti is well cooked and golden brown.

Enjoy the roti with pol sambol!

POL SAMBOL
Mix all ingredients preferably by hand.

If using fresh coconut: use a mortar and pestle, starting with the onion and garlic, then add all other ingredients – lastly adding coconut and lime juice.

If using desiccated coconut: soak the coconut in the coconut milk and allow to fluff up, then combine remaining ingredients.

Taste and adjust salt and lime juice to your taste.