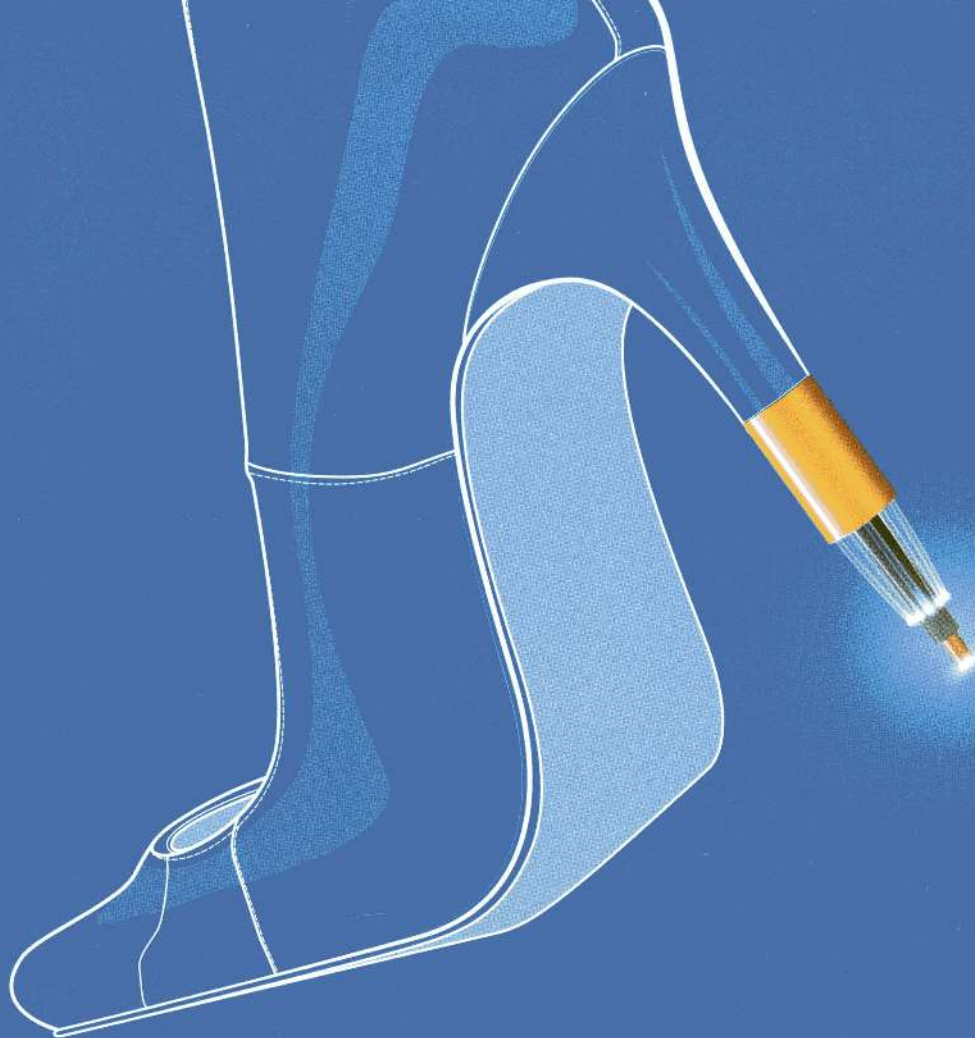


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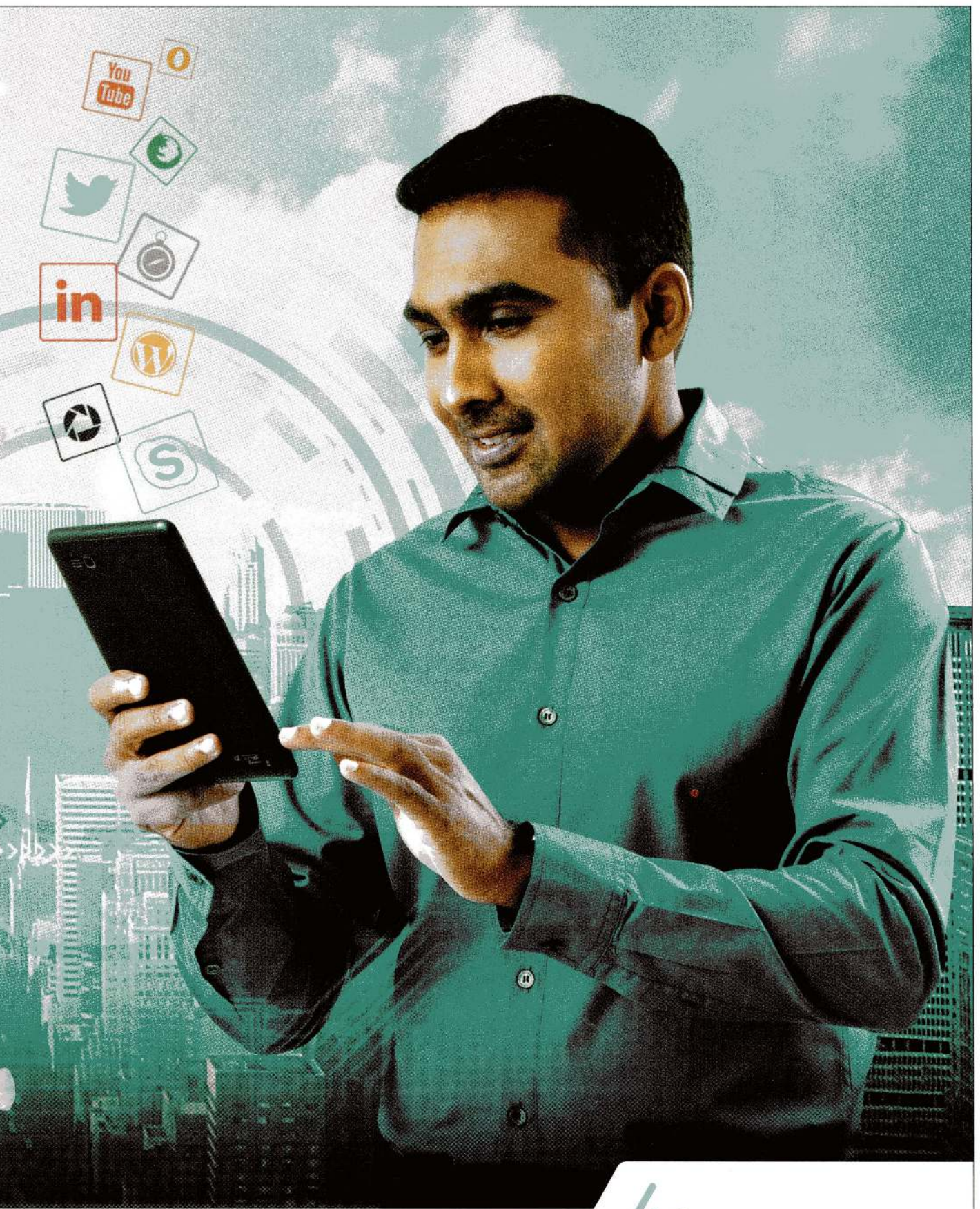
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EXPLORE SRI LANKA CONTENTS

September 2021 Volume 34 Number 11



6

A Real Taste of Sri Lanka: The Traditional Sri Lankan Breakfast

A typical Sri Lankan breakfast includes a delicious spread of mouthwatering food from creamy kiribath to crispy hoppers, soft pittu, and pol roti. Each meal is prepared uniquely, fused with flavors of Sri Lankan touch to kick start the day.

10

The Significance of Binara Pōya

On one such Binara Pōya, the order of Buddhist nuns (Bhikkuni) was established following the request by Mahā Prajāpathi Gōthami and 500 women.



14

Refreshing Thirst Quenchers

King Coconut or Thambili and Kurumba are the tropical isle's abundant and favorite "thirst quenchers". It's a best choice to keep yourself hydrated and cool.



King coconuts – the island's favorite thirst quencher!

Photo: Menaka Aravinda.

18

Chef's Table at The Sea The Sea Opens September 1st

The Sea, The Sea's latest venture set on Acton Mews in Hackney, has released September reservations for its Chef's Table launch.



20

A Bit of Tart & Tang to Wake-up Your Taste Buds!

Tart & Tang offers a delectable range of sweets and desserts including the all-time classic American dessert pie – Key lime pie, S'mores cheesecake and more.

23

"NIHONBASHI BURGERS" Present a Japanese Range of Hamburgers to Colombo

Sri Lankan-Japanese Chef-restaurateur Dharshan Munidasa introduces a range of "Nihonbashi Burgers".



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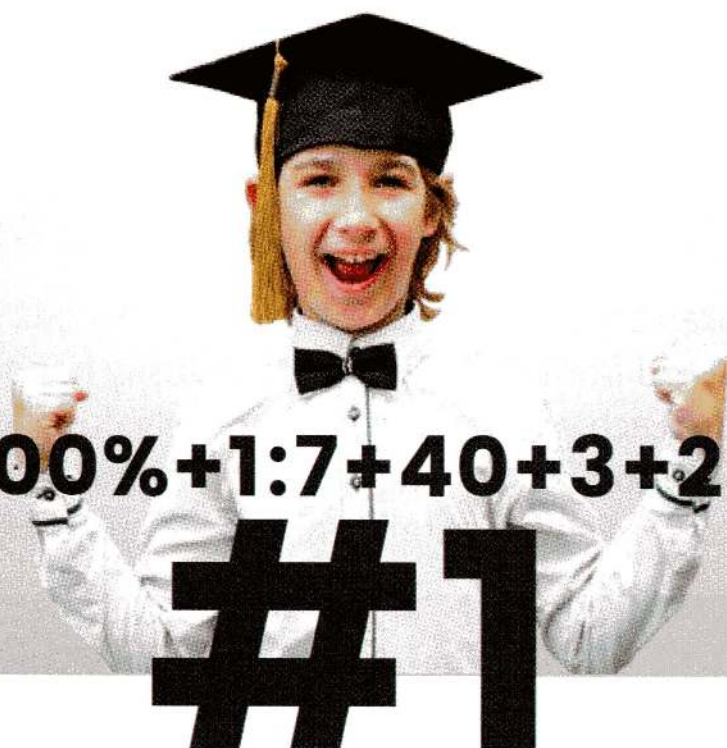
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A REAL TASTE OF SRI LANKA: THE TRADITIONAL SRI LANKAN BREAKFAST

A typical Sri Lankan breakfast includes a delicious spread of mouthwatering food from creamy kiribath to crispy hoppers, soft pittu, and pol roti. Each meal is prepared uniquely, fused with flavors of Sri Lankan touch to kick start the day. It is a nutritious spread with a combination of savory and sweet dishes that are sure to fill your tummy.



The best accompaniment of creamy kiribath is spicy lunu miris or seeni sambol and ambul thiyal.



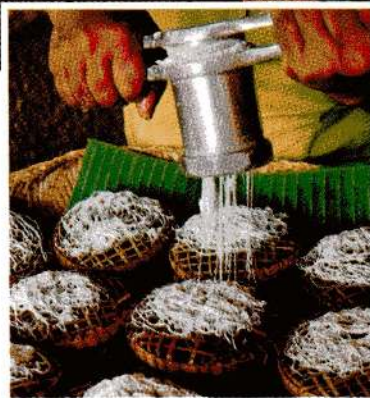
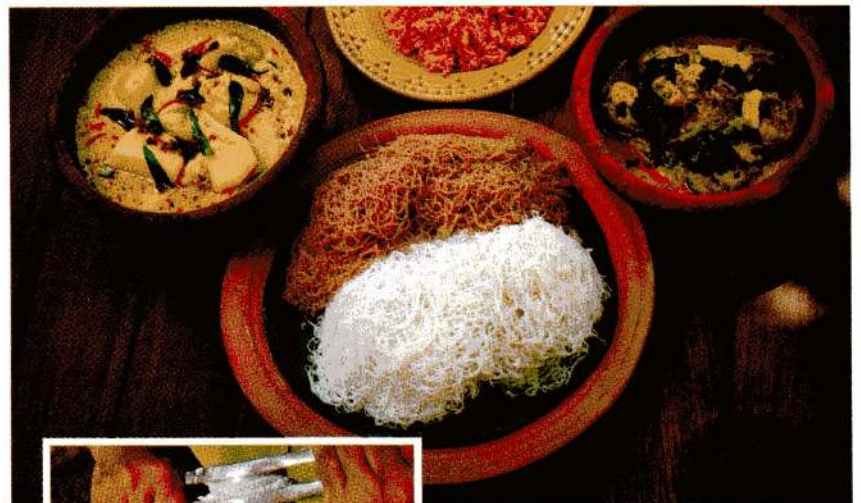
Pittu is a filling meal – enjoy a plate of soft pittu in a sweet or savory style.

Enjoying a Sri Lankan meal is more than relishing the flavors of the meals. It is a magical display of an assortment of authentic cuisine that combines richness, hospitality, and attention to detail.

Milk rice (kiribath), the Queen of Sri Lankan breakfast meal, is served at celebrations epitomizing festivity and joy. The rice is boiled in rich coconut milk and cut into elegant diamond-shaped pieces. Milk rice is traditional on the first day of each month in many homes. Sharp spice relishes made of onions, Maldive fish (katta sambol), hot and sweet caramelized onions (seeni sambol), and traditional ambul thiyal add contrast to the creaminess of the milk rice. You can complete this heavenly breakfast with a banana.

Pittu is another great dish. Cylindrical-shaped, soft pittu is made out of steamed rice flour and coconut. There are two varieties, the red (kurakkan) and white pittu. It can be consumed with curry and/or coconut milk, which softens it into a crumble texture. Ideally, pittu is a fantastic combo with flavorful spicy fish, crab, mutton, or chicken curry.

String hoppers (idi appa) are served as neat little stacks on flat dishes. White rice flour and red rice flour lend the white and brown color to the string hoppers. The thin strands resemble vermicelli, but the subtle rice flour



Popular idi appa (string hoppers) is a best combo with kiri hodhi or spicy curry.

taste is noticeably different. They are served with either a white or mild curry or spicy curry and hot relishes as accompaniments.

The preparation of hoppers (appa), string hoppers, and pittu require practice and dexterity. Their preparation can be seen at roadside hopper kiosks throughout the country.

Enjoying a Sri Lankan meal is more than relishing the flavors of the meals.



Hot and crispy hoppers are an all time favorite for Sri Lankans.



Enjoy crunchy coconut pancakes (pol roti) with lunu miris or katta sambol.



Warm egg rotis are mouthwatering.

It is fascinating to watch as hopper makers pour dollops of batter into small wok-shaped pans and twirl them in the air.

It is fascinating to watch as hopper makers pour dollops of batter into small wok-shaped pans and twirl them in the air. A variation to the plain hoppers is the egg hoppers and milk hoppers (Kiri appa). Hoppers can be eaten with fish/chicken curry, spicy lunu miris (a tangy chili paste with sliced onions and Maldiva fish), or a fiery pol sambol. The hopper pans with batches of hoppers being prepared swiftly and deftly resemble a mini assembly line. Pol roti is made of wheat flour blended with grated

coconut, onions, and green chilies and shaped into soft, small rounds. Pol roti with lunu miris, or fish/chicken curry is another yummy treat. Add butter on hot pol roti and it will surely melt in your mouth. Egg roti, another type of roti tastes good on its own and it is quite filling.

Taste the Sri Lankan bread with a well-baked crust – Roast paan – straight from a traditional wood-fueled oven. Roast paan is available at bakeries or roadside cafes. Chicken curry or a fiery pol sambol is a spicy



A popular Sri Lankan breakfast – roast paan or kadé paan is best combined with dhal, sambol and curry.



Hot and seasoned kadala is a tempting breakfast meal.



Nutritious kola kenda.

alternative to marmalade with bread. Another type is the favorite traditional Sri Lankan Kadé Paan that can be enjoyed with dhal and spicy pol sambol or fish/chicken curry. Roast paan and kadé paan can be enjoyed with a flavorful crab curry too. Unwind with a cup of freshly brewed milk tea or plain tea.

Another popular breakfast choice amongst Sri Lankans is chickpeas (kadala) in the morning to ensure you are ready for the day. The most common way to prepare kadala is to

stir-fry it with mustard seeds, chili flakes, onions, curry leaves, and coconut slices. It can also be boiled and consumed with grated coconut and jaggery.

Another protein-rich meal is boiled mung beans, served with grated coconut. While boiled manioc with lunu miris or pol sambol is also another favorite!

Herbal porridge (Kenda) prepared out of herbal leaves is an invigorating breakfast entrée. Steeped with medicinal herbal leaves such as gotu

kola (*Centella Asiatica*), *wel penela* (*Cardiosperm halicacabum*), and *hathawariya* (*Asparagus falcatus*), it is claimed to be an elixir of life. It is usually consumed with a piece of jaggery.

With its diversity of cooking styles and delicious range of ingredients, the Sri Lankan breakfast has been savored with the same excitement over the years. To experience it, try the small roadside kiosks or request a traditional breakfast at a hotel or rest house. It's a real taste of Sri Lanka. ☺

THE SIGNIFICANCE OF BINARA PŌYA

On one such Binara Poya, the order of Buddhist nuns (Bhikkuni) was established following the request by Mahā Prajāpathi Gōthami and 500 women. It reflects how females achieved their freedom 2,500 years before.



Mahā Prajāpathi Gōthami requesting permission for women to enter the Order.

When we talk about women's emancipation, we cannot forget the two thousand five-hundred-year-old histories of the Buddhist era. Why is this Binara day an important day for Buddhist females? It is because of the establishment of the Bhikkhuni order on the Binara or September. That is why all Buddhist countries, including Sri Lanka, celebrate this day as a significant day. This day is specifically important for

women. Mahā Prajāpathi Gōthami, the stepmother of Prince Siddhartha, together with the other 500 royal family mistresses, urged Lord Buddha to ordain them as Bhikkhunis. After some reluctance initially, the Buddha consented to their request, and it took place in the fifth year of Enlightenment.

The facts for this incident were as follows. While Buddhism spread very fast at this period, many people understood the Dhamma, and the

bhikkhu order flourished with the ordination of the male party. But as there was no Bhikkuni ordination, women did not have the opportunity to be Ordained. This phenomenon brought about outside unrest among women. They were worried about this situation and then, after discussing it with The Queen Mahā Prajāpathi Gōthami, came up with the idea of getting them ordained. Therefore, those 500 women with queen Mahā

Prajāpathi Gōthami, on a full moon Pōya day, visited The Lord Buddha and urge that they would like to get ordained as Bhikkhunis. But, without answering them, The Buddha kept silent for the first, second, and third times when the same request was made without any avail of their request. Later again, queen Mahā Prajāpathi Gōthami accompanied by 500 grieving women, since their husbands had already been ordained, having shaved their heads and wearing yellow robes, went to Visālā Mahanuwara to request the relevant matter to The Lord Buddha. After much thought and consideration over this request, The Buddha allowed the women to get ordained as Bhikkhunis, after laying down eight rules (eight Garu Dharma) and regulations for them to abide by. After obtaining the approval to get ordained as Bhikkhunis, many women subjected to misogyny and oppressed by men were allowed to get rid of such stigma.

Although this is a story, more than 2,500 years old, regarding the women's freedom, which has been rendered in the 'The character of Buddha' written by venerable Balangoda Ananda Maythree Thera in 1951, we must pay our attention to today's story of women, which is in a very complicated and sorrowful situation. At this juncture, why do we not consider the norms of femininity in today's society, as it has been changed towards to unfortunate situation? Among those, do they fulfill their responsibilities in the family society? In this regard, it is essential to discuss whether the duties for women in today's society are fulfilled by society. On the other hand, the responsibilities of the women to society are fulfilled.

When we discuss the 'FREEDOM' of a particular society, we cannot forget mentioning about the 'Kēsaputhiya Kālāma Sūtra in Angguttara Nikāya. (Here, Kēsaputhiya is a village, and Kālāma means the villagers). According to this Sutra there are ten essential points mentioned in this sutta, preached by The Lord Buddha to

500 women with queen Mahā Prajāpathi Gōthami, on a full moon Pōya day, visited The Lord Buddha and urge that they would like to get ordained as Bhikkhunis.

Kālāmas, the Noble people in the Kēsaputhiya, a sub-village, in Kōsala – India where The Buddha was visited at this moment. It is essential to follow this advice when one is skeptical about any person, regarding any incident or concept of doubt.

The Buddha advised to Kālāmas:

“Alang hi vō Kālāma kankhitun, alang vicikicchithun”

‘Do not doubt Kālāmas yourself, do not uncertainty or perplexity. If you were uncertain Kālāma, think this way!

- 1 Do not accept anything just because that you heard something.
- 2 Do not accept anything just because of that in the tradition.
- 3 Do not accept anything just because that something had happened like this.
- 4 Do not accept anything just because that it was in our doctrine.
- 5 Do not accept anything just because that it matches the logic.
- 6 Do not accept anything just because that it fits the theory.
- 7 Do not accept anything just because that it matches to check facts.
- 8 Do not accept anything just because that it matches our vision, which we made up.
- 9 Do not accept anything just because that he is a suitable person or our preacher.
- 10 Do not accept anything just because the priest is someone we respect.



Ven Diyapattugama Revatha Thero, Chief Incumbent of the Siriwardhanaramaya Temple, Colpetty.

The Buddha asks Kālāmas to consider again,

“Yadāthumhēattanāwa jāneyyātha, imē Dhammā Kusalā, imē Dhammā Akusalā...”

‘Kālāmas! if you know by yourself that these things are right, then accept them.’ (If you know by yourself that these are wrong, then give them up.)

It is clear that if we look at a society like that of today, these norms are very important for the well-being of any society. And on the other hand, if we follow norms like these today, can't we decrease the social problems and our family problems in our day-to-day life? As these are very important for society, it will be very helpful to uplift social well-being. When the social norms are fulfilled accordingly, women's freedom will also be protected. ☸

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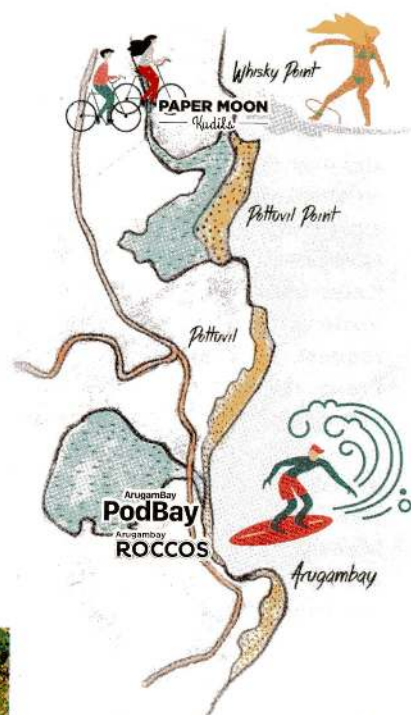
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REFRESHING THIRST QUENCHERS

King Coconut or Thambili is one of the tropical isle's abundant and favorite "thirst quenchers". This popular Sri Lankan beverage is rich in taste and nutrients and commonly used in Ayurvedic therapy. This indigenous beverage is the best choice to keep yourself hydrated and cool.



A favorite thirst quencher of the tropical island.

Bunches of these rejuvenating beverages are commonly found along roadside stalls, or a mobile thambili vendor would call out “thambili...thambili” while loading a bunch of fresh king coconuts on his bicycle.

The refreshing taste of thambili or king coconut is the preferred beverage of many Sri Lankans. And as such, wayside boutiques are laded with thambili is a common sight throughout the island. It is grown commercially in North Western and North Central Provinces. Yet, it is not uncommon to find at least one king coconut tree gently swaying in the gardens of many households. You would discover acres of coconut plantation in these Provinces that provide ideal growth conditions for thambili and yield a greater quantity.

Thambili is commonly displayed along with the makeshift roadside stalls, while Kurumba, the tender green-colored coconut, is randomly found. You can request from the villagers from a coconut field to cut open the tender coconut. Unlike the thambili, the tender kurumba is a bit hard inside, where you can enjoy the slices. A thambili can contain up to one liter of sweet water. It is cut in a fascinating procedure that requires

Bunches of these rejuvenating beverages are commonly found along roadside stalls, or a mobile thambili vendor would call out “thambili...thambili” while loading a bunch of fresh king coconuts on his bicycle.

skill. There are several ways to climb the coconut tree to cut a bunch of thambili; but the most exciting technique would be when the climber uses a jute rope. Once the climber reaches the top, he would tie a long piece of rope to the stem of a bunch of king coconut and cut it. Then the bunch of thambili is lowered to the ground, taking care not to damage the king coconuts.

For thambili, the broader side of the king coconut is cut until the white



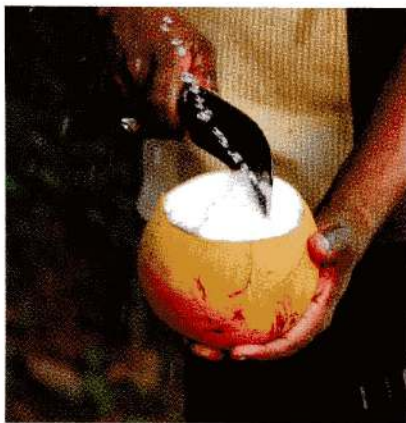
A common sight – orange-hued thambili.



Fresh bunch of kurumba.



Cutting techniques require practice.



A spring of water sprouts with a small cut.



Scoop to relish the sweet and sticky londe.

surface beneath the orange exterior is exposed. Then a small opening is made enough to either drink directly or by using a straw. After gulping the natural sweet drink, the fruit is cut into two halves, and the inside, lined with a white jelly named 'londe' is peeled off and relished – a delectable yet tender mouthful. Tasting the soft, fragile inner scoop is thrilling and a messy experience, but it is one of the best ways to enjoy the fruit.

Another way to enjoy the sweetness is to scoop out the londe and add some lime juice, sugar, and blend to prepare a refreshing sweet drink.

Thambili is rich in nutrients such as calcium, carbohydrates, potassium, Vitamin E, and iron. At the same time, protein, fat, several

One does not require a reason to enjoy the sweet taste of thambili that refreshes the body and mind instantly, especially if battered by the sun's harsh rays during the dry season.

enzymes, and dietary fiber are also part and parcel of the sweet beverage. As such, the health benefits derived from this natural source of wellness are abundant. It is famed throughout the isle to remedy various ailments such as kidney disorders, rashes, allergies, and much more. Further, due to the high levels of electrolytes present, it is ideal as a sports drink or during illnesses such as diarrhea to replenish the lost nutrients in the body. Adding to the long list of excellent properties of thambili, it is said that during World War II, doctors, both American and Japanese have used thambili as a substitute for saline due to its sterile properties.

However, one does not require a reason to enjoy the sweet taste of thambili that refreshes and invigorates the body and mind instantly, especially if battered by the sun's harsh rays during the dry season.

Revitalizing sweetness alone is not the only thing that thambili has to offer, as thambili thel or oil for hair, thambili wine, and other products can be produced from the king coconut water as well.

Once the fruit is cut open, it is not thrown but used for many beneficial purposes. The coconut kernel is used to extract coconut milk and coconut oil. Coconut chips, prepared from the peeled kernel of the seasoned coconut, desiccated coconut is widely used in bakery and the confectionery industries. Coconut chips are a good source of dietary fiber. Virgin coconut oil is prepared using the white kernel of the coconut. Coconut butter, coconut cream, and coconut flour are also popular products on the island that carry an aromatic flavor.

The husk can be dried and used in the coir industry, where its fibrous interior is extracted. King Coconut water is also packed and exported.

There is also a wide range of exquisite, handcrafted coconut shell jewelry in earthen tones with intricate designs from pendants to chains and bangles. ®



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CHIEF'S TABLE AT THE SEA

THE SEA OPENS SEPTEMBER 1ST

THE SEAFOOD SPECIALISTS SHARE NEW DETAILS ON THEIR HACKNEY FACILITY

The Sea, The Sea's latest venture set on Acton Mews in Hackney, has released September reservations for its Chef's Table launch. Led by Executive Chef Leo Carreira, the Chef's Table will serve an omakase-style tasting menu from its open kitchen.



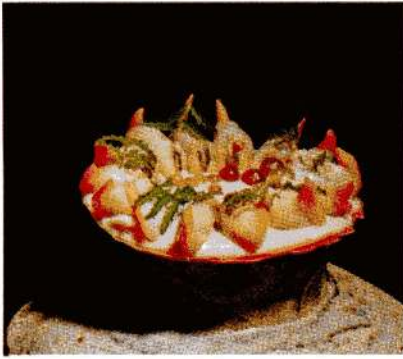
The Chef's Table is designed to offer a spectacular, multi-sensory experience.

Serving just 12 guests per sitting, dining will be counter styled, with the opening menus to include dishes such as Aged turbot, hot dog pods, honeycomb tomatoes – Turbot is dry-aged in-house, then simply cooked on a Japanese Konro grill and dressed with four types of vinegar, including their own house-made bread vinegar and served with grilled hot dog pods (an extra-sweet

variety of pea) and honeycomb tomatoes. Horse mackerel, pine nut, sake, shallots – Horse Mackerel is cured, then lightly grilled and served with a sauce made from pine nuts cooked in mirin and sake. The innovative Langoustine 'Wedding Cake' – a year in development, the dish is a seaweed 'egg cake' baked in an artisanal Portuguese pot, seasoned with togarashi and stuffed with

smoked langoustines and a sauce made from their heads. The cake is then glazed in homemade almond milk and topped with langoustine 'floss' before being sliced and served. Menus and dishes will change regularly in line with the daily catch and in response to the UK's micro seasonality.

Renato Costa, General Manager of the Chelsea branch, will oversee the wine list, who has a passion for



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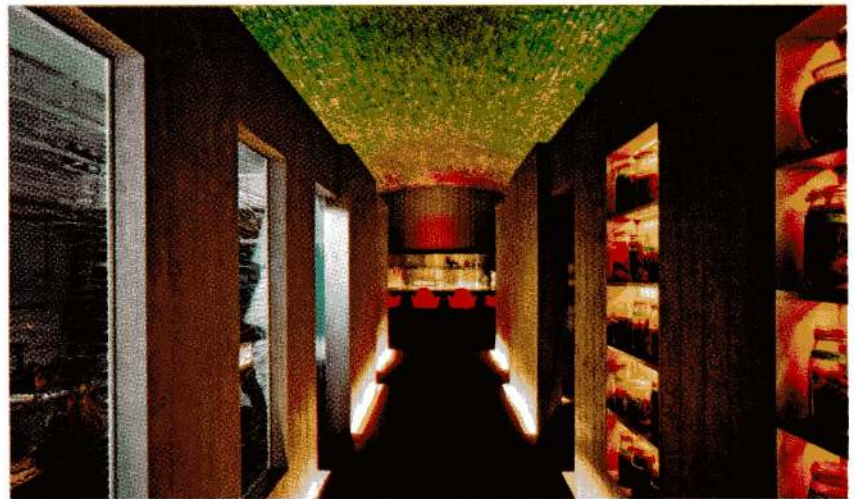
Horse mackerel, pine nut, sake, and shallots.

exciting and approachable wines. Renato says, "For the chef's table, we have focused on European wines and regions where water has a great impact on the terroir. We champion small family producers for their style, philosophy, and dedication in the vineyard."

The Chef's Table will build on the legacy set by the Seafood Bar at their original site in Chelsea. The larger, highly-spec'd workspace at the Hackney site has allowed for a more expansive approach to the menu. The small aging cabinet in Chelsea has been expanded into an ample walk-in space at Hackney, and live shellfish are held in special filtration tanks on-site. Set within the railway arches, the space is designed as an immersive experience where diners will pass through the wholesale and product development operations en route to the Chef's Table. A glimpse behind the scenes as fishmongers process the morning's catch, ahead of it being delivered to their wholesale customers that night.

Founder Alex Hunter and interiors designer Ben Wilkins have also put great care into creating a spectacular, multi-sensory experience. The Chef's Table uses the arched space to create a dynamic, theatrical, highly focused, and intimate atmosphere with the help of lighting designers Lighting Design Collective. The area will also lay host to named DJs on occasion, who will perform alongside the chefs from behind the counter.

Where The Sea, The Sea truly stands out, however, is its exceptional produce sourcing. Alex has set up a



Chic and stylish interior that leads to the Chef's Table.

The Sea, The Sea speaks to people who seek out great produce and have a passion for quality. From the outset, the team has understood that working with fish and seafood is also about sharing knowledge and dispelling myths.

private transport line with their own dedicated vans. It will collect the catch as it is landed from a co-operative of day-boat fishermen in Cornwall, Devon, and Dorset, delivering directly

to their Hackney base the same day and then out to their wholesale customers via an electric chiller van that evening. They also source top-quality produce from Scotland and the Mediterranean. The company champions artisan, low-impact fishing methods and strives to maintain complete control of products in transit and traceability.

The Sea, The Sea speaks to people who seek out great produce and have a passion for quality. From the outset, the team has understood that working with fish and seafood is also about sharing knowledge and dispelling myths. Having a restaurant in tandem with being a supplier means they can approach the idea of fish and seafood in a supplier means they can approach the idea of fish and seafood more tangibly and creatively. The retail side includes fresh seafood, in-house stocks and sauces, caviar, and smoked and preserved fish. 🐟

A BIT OF TART & TANG TO WAKE-UP YOUR TASTE BUDS!

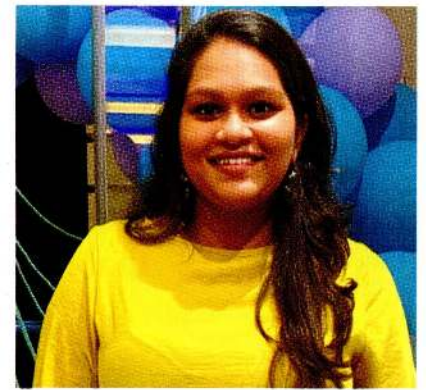
Key lime pie is an all-time classic American dessert pie that has been a beloved Florida staple for decades and has won over millions of hearts. This pie is so deeply entrenched in the Sunshine State that in 2006, the Florida Legislature voted to name key lime pie as the state's official pie. Between the crunchy crust, tangy custard filling, and the essential silky whipped-cream topping – not many desserts can rival the unique and refreshing appeal of key lime pie. The pie has a buttery biscuit base with condensed milk, egg yolks, and fresh lime zest. This citrusy indulgence is the perfect summery dessert that will make you feel like you took a bite off a sparkling summer's day.

By Imara de Chickera.



The good news is that now we can enjoy this refreshing and authentic dessert in Colombo with Tart & Tang, the latest online dessert store in town. Key lime pie is the *raison d'être* for this unique store that has gained a loyal following in a short time. Intrigued by the promises of tangy delight, showcased on the store's eye-catching Instagram page with its refreshing and mouthwatering captures, we spoke to Ashendri Amaratunge, the Founder and Masterchef of Tart & Tang.

Having hopped onto the dessert bandwagon with flourish and aplomb, Ashendri elaborates on her ambition for the store, saying, 'I want to provide my customers with desserts that are fairly uncommon and not run-of-the-mill. I like to think out-of-the-box and do things a little differently. Speaking about how it all started, she said, "When my sister came back to Sri Lanka from the US on holiday, she had a craving for key lime pie. We couldn't



Ashendri Amaraturunge, the Founder and Masterchef of Tart & Tang.

‘I want to provide my customers with desserts that are fairly uncommon and not run-of-the-mill. I like to think out-of-the-box and do things a little differently.’

S'mores cheesecake – the latest addition to Tart & Tang is a wonderful delight!

really locate it, so I decided to make it for her with the extra time I had on my hands due to the COVID-19 lockdown. My sister absolutely loved it and she was impressed by the authenticity of the taste, which she had grown to know and love during her stay in the US. This boosted my baking confidence, and I started making it for my family and friends. The rave reviews I received from everyone who tasted it was incredibly encouraging. We were at home for so long that I took to baking more often, and as a result, my confidence grew in correlation to the feedback I got. I baked sporadically when I was younger, but traveling overseas to do my degree didn't give me much time to continue. However, the lockdown period blessed me with so much time on my hands. My passion for baking increased along with my confidence and knowledge that people actually loved what I made, especially my key lime pie, which was such a big hit."

This newfound confidence in her dessert-making prowess resulted in Ashendri being inspired and motivated to start her own business venture – the aptly named Tart & Tang.

Her desserts appeal to all age groups and have enticed a wide array of clientele from as young as sixteen-year-old teens to grandmothers. Her culinary masterpieces are a favorite feature at elegant high teas, lunches, dinners, and birthday parties and are also sent as delectable birthday gifts.

Her bespoke and rare repertoire of desserts includes the banoffee pie, a classic English dessert that gets its name from the ingredients used – banana and toffee made out of caramel. It is absolutely delicious and is served in a jar.

"My favorite dessert is the S'mores cheesecake," said Ashendri, highlighting her latest newcomer to the Tart & Tang menu. This dessert is not too sweet and is well-balanced with its dark chocolate and cheesecake filling.

It has turned into quite the crowd-pleaser since it has been introduced."

Ashendri takes her own sweet time to add new desserts to the Tart & Tang Menu. She perfects her product for over three to four months until it reaches a level of pure precision. Only then is it added on, ensuring that the divine desserts are flawless and absolutely delicious. This showcases the perfectionism practiced at Tart & Tang and reveals the secret behind Ashendri's truly satisfied customer base. Ashendri has plans to expand her home-based business and launch her bespoke desserts in plush local cafes. The next step will then be to eventually open her own dessert store.

If you are utterly tired of the endless influx of cupcakes, biscuit puddings, and generic sweets on offer and are craving an intriguing and refreshing dessert to pique your bored taste buds, look no further. Tart & Tang, with its thoughtfully crafted, decadent desserts, will surely hit the spot. ☺

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“NIHONBASHI BURGERS” PRESENT A JAPANESE RANGE OF HAMBURGERS TO COLOMBO



Mutton Teriyaki

Pork Teriyaki

Chicken Teriyaki

Sri Lankan-Japanese Chef-restaurateur Dharshan Munidasa introduces “Nihonbashi Burgers” to Colombo. These artisanal burgers are an homage to the Japanese ‘Wafu’ Burger; and the starting lineup consists of three varieties of Teriyaki Burgers: Chicken, Pork and Mutton; and the Real Wagyu Burger, the gold standard of burger that has been a staple on the Nihonbashi menu for the last 25 years.

Dharshan is no stranger to hamburgers. Having honed his burger knowledge and pedigree over the past two decades, preparing the Wagyu

Burger at his iconic Japanese Restaurant Nihonbashi and, more recently, the Ignis Burger, made with premium Australian Beef with very high marbling, at his Steak Restaurant Carne Diem by Ignis Maximus in the Maldives.

“I have been making the Nihonbashi Wagyu burger for 25 years. It’s the perfect example of how good a simple burger can be when made using high-quality ingredients. Being half Japanese, I wanted to introduce Sri Lanka to the Japanese philosophy of hamburgers by introducing this new range,” says Dharshan.

What truly sets these burgers apart is that they are extremely ingredient-focused, as is Dharshan’s culinary philosophy, with each patty containing approximately 180g of the finest quality meat and using homemade sauces. The bespoke burger buns are crafted by Baguette, Sri Lanka’s first French bakery, to complement and uplift the flavors of the meats. The unique packaging is an ode to Dharshan’s Japanese heritage, inspired by Origami, and completely biodegradable. The other Nihonbashi Burgers are Katsu Burgers, Panko Fried Burgers, the Okonomiyaki Burger, and a Vegan Burger. ©



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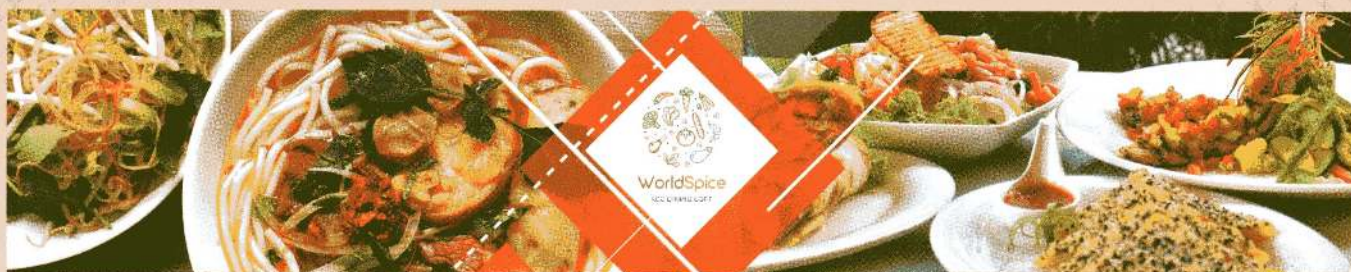
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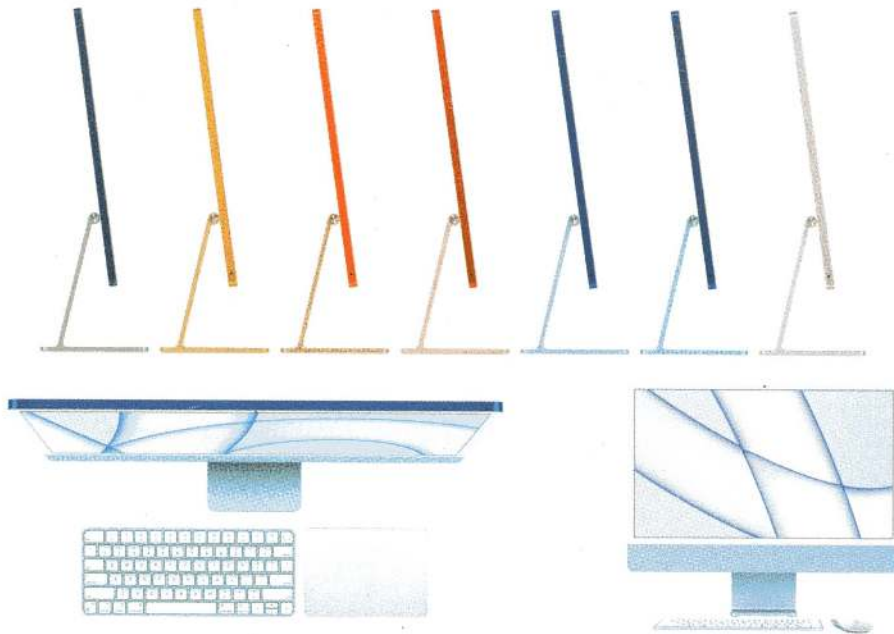
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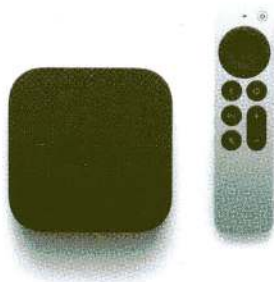
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