

# **Best of Sri Lankan New Year Sweets: Delicious Coconut Oil Recipes to Make Your Celebrations Unforgettable**

**A Symphony of Sweetness: Embarking on a Culinary Adventure**



**Best Of Sri Lankan New Year Sweets-Delicious  
,coconut oil recipes with amazing Pictures and Menus  
so perfectly crafted.** by Shrinika Perera



★ ★ ★ ★ ☆ 4 out of 5  
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As the vibrant colors of spring paint the canvas of nature, Sri Lanka gears up for its most joyous celebration – the Sinhala and Tamil New Year. It's a time when families gather, traditions come alive, and culinary artistry takes center stage.

Among the many highlights of this festival, the sweet delicacies hold a special place. For centuries, Sri Lankan culinary experts have crafted an exquisite array of sweets using the finest coconut oil, a staple ingredient that adds a unique flavor and texture to these delectable treats.

### **The Art of Kokis: A Culinary Masterpiece**



Kokis, a quintessential Sri Lankan New Year sweet, is a testament to the ingenuity of the island's culinary masters. These intricate pastries, resembling miniature flower baskets, are made from a dough crafted with coconut milk, flour, and sugar. Each kokis is meticulously shaped by hand, showcasing the skill and patience of the cook.

When fried in coconut oil, kokis transform into golden-brown masterpieces, their crispy texture and delicate sweetness creating an unforgettable taste sensation. The aroma of freshly made kokis fills the air, a tantalizing invitation to indulge in this traditional delicacy.

**Melt in Your Mouth: The Allure of Kavum**



If you're seeking a sweet treat that melts in your mouth, look no further than kavum. This airy confection, reminiscent of candy floss, is made with jaggery, a natural sweetener derived from palm sap, and coconut oil.

The preparation of kavum is a delicate process that requires patience and skill. Jaggery is dissolved in water and simmered until it reaches the right consistency. Then, hot coconut oil is slowly drizzled into the mixture, creating a frothy mass. The froth is then stretched and pulled until it transforms into fine, golden-brown strands.

Kavum can be enjoyed on its own or paired with other sweets, adding a touch of sweetness and a unique texture to any celebration.

**A Delight for All: Unveiling Aluwa and Mung Kavum**



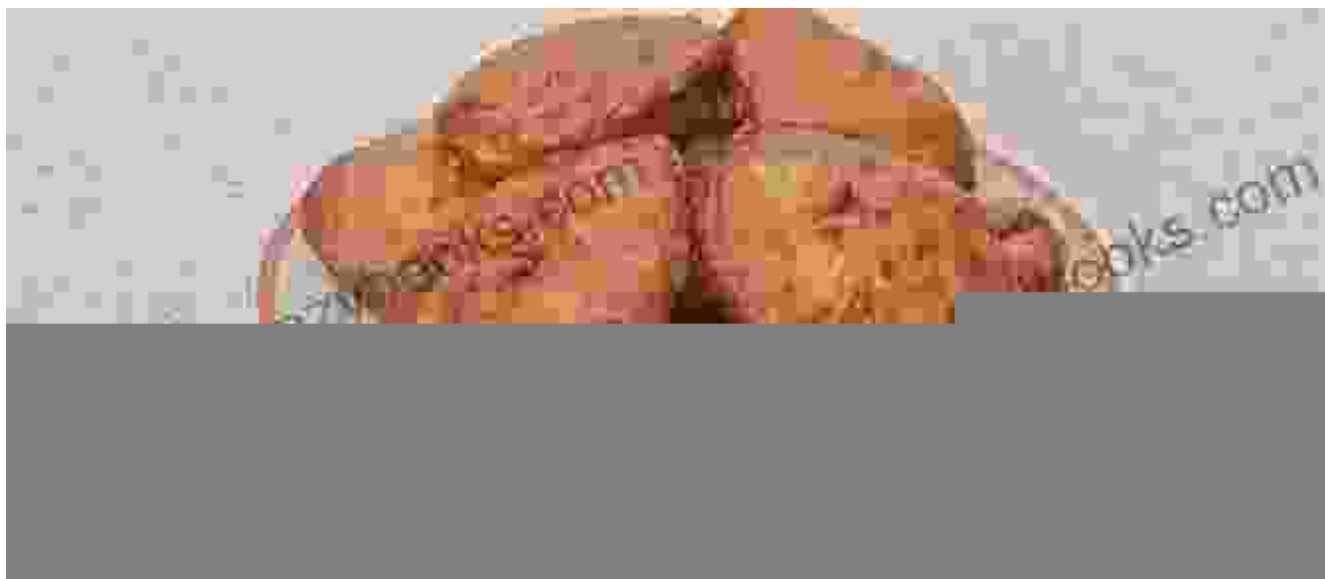


The sweet offerings of Sri Lankan New Year extend far beyond kokis and kavum. Aluwa, a traditional delicacy made from rice flour and coconut milk, is a must-try. Aluwa is cooked over a low flame, stirring constantly, until it thickens. The result is a soft and chewy sweet, perfect for sharing.

Another popular New Year treat is mung kavum, a sweet made from green mung beans and coconut. Mung beans are boiled and mashed, then mixed

with coconut milk and sugar. The mixture is cooked until it thickens and is often garnished with roasted coconut. The sweet, nutty flavor of mung kavum is a delight for all.

### **Athirasa: A Symphony of Flavors and Textures**



For those who appreciate a complex blend of flavors and textures, athirasa is an absolute must. This sweet is made from a combination of rice flour, jaggery, and coconut, creating a delightful symphony of sweetness and crunch.

Athirasa is prepared by roasting rice flour and then mixing it with jaggery syrup. Coconut is added to the mixture, providing a delightful crunch. The dough is then shaped into small balls and deep-fried in coconut oil. The result is a crispy exterior that gives way to a soft and flavorful interior.

### **Dodol: A Sticky Sweet Indulgence**





No Sri Lankan New Year celebration would be complete without the sticky sweetness of dodol. This popular treat is made from a blend of coconut milk, jaggery, and roasted rice flour. The mixture is cooked for hours until it turns thick and sticky.

Dodol is often cut into squares and enjoyed as a standalone treat or paired with other sweets. Its unique texture and rich flavor make it a beloved



delicacy during the New Year festivities.

### **Kevili: A Sweet Gift from the Gods**



Legend has it that kevili originated as a gift from the gods to the Sinhalese people. This sweet delicacy is crafted from chickpea flour, coconut, and jaggery. The ingredients are mixed together and cooked until the mixture thickens. Kevili is then shaped into small balls and deep-fried in coconut oil.

The result is a crispy exterior that envelops a soft and flavorful interior. Kevili is often served with a drizzle of honey, adding an extra touch of sweetness to this divine treat.

### **A Culinary Journey to Remember: Recreating the Magic of Sri Lankan Sweets**

The vibrant flavors and textures of Sri Lankan New Year sweets are a testament to the culinary prowess of the island nation. While these delicacies can be found in Sri Lankan restaurants worldwide, nothing beats the experience of preparing them at home, using the finest quality coconut oil to capture the authentic taste of the tradition.

Whether you're a seasoned cook or a novice in the kitchen, we invite you to embark on a culinary journey and recreate the magic of these traditional sweets. With careful preparation and the finest ingredients, you can bring the vibrant flavors of Sri Lanka into your own home and share the joy of celebration with your loved ones.

So gather your ingredients, heat your coconut oil, and let the sweet artistry of Sri Lanka inspire your culinary creations. May your New Year be filled with the sweetness of these beloved treats and the warmth of family and tradition.

## Happy Sri Lankan New Year!

Discover more about Sri Lankan cuisine and culture at [Insert website or social media links]



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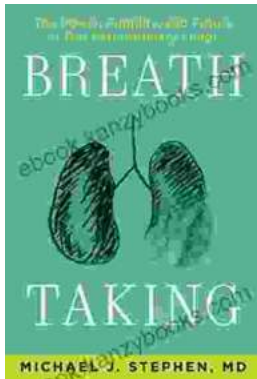
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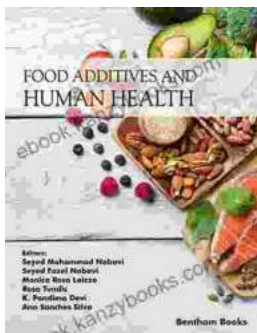
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