



Traditional Sri Lankan Recipes – BY Chef Pablis

4. Fish Ambulthiyal

Ingredients

Fish cut into cubes (Tuna or Sailfish- Thalapath)	01 kg
Ground Gamboj (Goraka)	75 g
Black Pepper	2 Tbsp
Sliced Green Chili	4 nos
Water	3 cups
Garlic	3 cloves
Ginger	small piece
Cinnamon	stalk
Curry leaf	sprig or 1 tbsp
Salt to taste	

Method

1. Wash & drain the fish and set aside
2. Grind the rest of the ingredients on a grinding stone or a mortar and mix well with the fish.
3. Place a pot on the stove; add the fish mixture & water. Spoon in with the handle three times until boiling. Then reduce the fire, cover and simmer for 40 minutes.

Note: If prepared in an oven. Place the fish mixture in a pan or tray with water, cover with a foil or lid and bake for 1 hour whilst shaking the tray or pan three times during the cooking process. 160 degrees F.

Serves 8