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## Polos Maluwa/Ambula or curry Recipe for Cooking

Cooking **Polos Maluwa** involves preparing a savory curry using young jackfruit, a staple ingredient in Sri Lankan cuisine. Here's a step-by-step recipe to guide you through making this flavorful dish:

### Ingredients:

- 1 medium young jackfruit (about 2-3 cups of chopped pieces)
- 1 large onion, finely chopped
- 4 cloves garlic, minced
- 1-inch piece of ginger, minced
- 2-3 green chilies, sliced (adjust to taste)
- 1-2 tomatoes, chopped
- 1 cup coconut milk

- 2-3 tablespoons curry powder (or a blend of turmeric, coriander, cumin, and chili powder)
- 1 teaspoon mustard seeds
- 1 teaspoon fenugreek seeds (optional)
- A few curry leaves
- 1-2 pandan leaves (optional)
- 1 tablespoon tamarind paste or juice of 1 lime (adjust to taste)
- Salt, to taste
- 1-2 tablespoons oil (vegetable or coconut oil)
- Fresh coriander leaves for garnish (optional)

## Instructions:

1.

### **Prepare the Jackfruit:**

- Peel the jackfruit and remove the core and seeds. Chop the jackfruit into small, bite-sized pieces. If using canned jackfruit, drain and rinse it before use.

2. **Cook the Jackfruit:**

- In a pot, add enough water to cover the jackfruit pieces and bring to a boil. Reduce the heat and simmer for about 10-15 minutes until the jackfruit is tender. Drain and set aside.

3. **Prepare the Spice Base:**

- Heat the oil in a large pan or pot over medium heat. Add the mustard seeds and fenugreek seeds (if using). Once they start to pop, add the chopped onions. Sauté until the onions are soft and translucent.

#### **4. Add Aromatics:**

- Add the minced garlic, ginger, and green chilies to the pan. Cook for a minute or until fragrant.

#### **5. Incorporate Tomatoes and Spices:**

- Add the chopped tomatoes to the pan and cook until they break down and blend with the spices. Add the curry powder or spice blend and stir well to coat the onions and tomatoes.

#### **6. Combine Ingredients:**

- Add the cooked jackfruit pieces to the pan. Mix well with the spice base.

#### **7. Simmer:**

- Pour in the coconut milk and add the curry leaves and pandan leaves (if using). Stir to combine all the ingredients. Bring the mixture to a gentle simmer and cook for about 15-20 minutes, or until the jackfruit is well coated with the curry and the flavors have melded together. Adjust the consistency with additional water if necessary.

#### **8. Add Tanginess:**

- Stir in the tamarind paste or lime juice. Adjust the seasoning with salt and additional tamarind or lime juice to taste.

#### **9. Garnish and Serve:**

- Remove from heat and garnish with fresh coriander leaves if desired. Serve hot with steamed rice, roti, or other accompaniments of your choice.

## Tips

- **Young Jackfruit:** Ensure you use young (unripe) jackfruit for the best texture and flavor. It should be firm and slightly chewy.
- **Spices:** Adjust the spices according to your preference. You can make the dish milder or spicier based on the amount of chili and curry powder used.
- **Tamarind vs. Lime:** Tamarind gives a more traditional tangy flavor, but lime juice works well if you prefer a fresher, lighter taste.

Enjoy making and savoring your Polos Maluwa with **Kiribath** or **Hoppers**!