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How To cook Sri Lankan Jackfruit Curry (Kirikos Maluwa Recipe for Cook)

To cook Sri Lankan Jackfruit Curry (Kiri Kos Maluwa), here is a step-by-step guide:

Ingredients:

- 500g raw jackfruit (unripe), peeled and cut into bite-sized pieces
- 1 large onion, finely sliced
- 2-3 green chilies, sliced (adjust to taste)
- 2-3 cloves garlic, minced
- 1-inch piece of ginger, minced
- 1 sprig curry leaves
- 1 cinnamon stick
- 2-3 cardamom pods
- 1-2 cloves

- 1 teaspoon mustard seeds
- 1 teaspoon fenugreek seeds
- 1 teaspoon turmeric powder
- 1 tablespoon chili powder (adjust to spice preference)
- 1 tablespoon coriander powder
- 1 cup thick coconut milk
- Salt to taste
- Water, as needed
- Cooking oil

Instructions:

1.

Prepare the Jackfruit:

- Peel the raw jackfruit and remove the inner core and seeds. Cut the jackfruit flesh into bite-sized pieces. Rinse well under running water and drain.

2. **Tempering (Tadka):**

- Heat a couple of tablespoons of oil in a large pan or pot over medium heat.
- Add mustard seeds and fenugreek seeds. Let them splutter.
- Add cinnamon stick, cardamom pods, cloves, and curry leaves. Sauté for a minute until fragrant.

3. **Sauté Aromatics:**

- Add sliced onions, minced garlic, and minced ginger to the pan. Sauté until onions turn translucent and lightly golden.

4. Add Spices:

- Add turmeric powder, chili powder, and coriander powder to the pan. Stir well to coat the onions and spices.

5. Cooking Jackfruit:

- Add the prepared jackfruit pieces to the pan. Mix well with the spice mixture and cook for a few minutes until the jackfruit starts to absorb the flavors.

6. Simmering:

- Pour in enough water to cover the jackfruit pieces (about 1-2 cups). Season with salt according to taste.
- Cover the pan and let the jackfruit simmer on medium-low heat for about 10-15 minutes, or until the jackfruit is tender.

7. Adding Coconut Milk:

- Once the jackfruit is tender, reduce the heat to low.
- Pour in 1 cup of thick coconut milk. Stir gently to combine with the curry.
- Simmer for another 5-10 minutes, allowing the flavors to meld together and the curry to thicken slightly.

8. Final Touches:

- Taste and adjust seasoning if needed.
- If you prefer a thicker curry, simmer for a bit longer until desired consistency is achieved.

9. Serve:

- Remove from heat and serve hot Sri Lankan Jackfruit Curry (Kiri Kos Maluwa) with steamed rice or Sri Lankan breads like roti or hoppers.

Note: The cooking time may vary depending on the maturity of the jackfruit. Young jackfruit tends to cook faster compared to more mature ones. Adjust the spice levels (especially chili powder) according to your preference for heat. Enjoy your delicious Sri Lankan Jackfruit Curry!