








Ingredient Name	Form	where to buy	Quantity in grams (g), ml, pieces (p) & table spoons (t.p)	Images of Ingredients	Basic Steps
Fried Potato Curry (Serves 10 people)				Fried Potato Curry (Serves 10 people)	
Potatoes	cut	super market	250 g		Clean and Boil Heat oil in pan Fry potatoes Add spice and ingredients After add a drop of lime
Tumeric powder	powder	ambika	1/8 ts		
Large Onion	cut	super market	3/4 p		
Chilly pieces	pieces	ambika	1 ts		
Garic	cut	super market	1/2 p		
Salt	powder	super market	1/4 ts		
Curry leaves	leaves	ambika	5		
Oil	liquid	super market	20 ml		
Maldiv fish chips	chips	ambika	5 ts		
lime	squeeze	super market	2 ml		
Omllet (Serves 1 person)				Omllet (Serves 1 person)	
Egg	liquid	super market	1 p		Chop Onion Beat egg with ingredients Heat oil in pan Fry mixture
Large onion	cut	super market	1/4 p		
Salt	powder	super market	1/8 ts		
Pepper	powder	super market	1/8 ts		
Oil	liquid	super market	10 ml		
Tomato	cut	super market	1/2 p		
Curry leaves	leaves	ambika	5 p		
Salad (Serves 10 people)				Salad (Serves 10 people)	
Large Onion	cut	super market	1/2 p		Cut vegetables Mix
Tomato	cut	super market	1 p		
Curie	cut	super market	3 p		
Lime	squeeze	super market	1/4 p		
Salt	powder	super market	1/4 ts		
Pepper	powder	super market	1/4 ts		
Maldiv fish chips	chips	ambika	1/2 ts		
Papadam (Serves 10 people)				Papadam (Serves 10 people)	
Papadam	deep fry	super market	10		Oil in pan Fry
Oil	liquid	super market	200 ml		
Dhal Curry (Serves 10 people)				Dhal Curry (Serves 10 people)	
Dhal	seeds	ambika	250 g		Wash dhal Chop Onion garlic Oil in pan Fry garlic / onion Add dhal and light coconut milk Add spice and ingredients Wait Add thick coconut milk Wait
Coconut milk	liquid	cosmos	200ml		
Tumeric powder	powder	ambika	1/4 ts		
Curry powder	powder	ambika	1 ts		
Large Onion	cut	super market	1/4 p		
Garic	cut	super market	2 p		
Oil	liquid	super market	15 ml		
Chilly powder	pieces	ambika	1/4 ts		
Maldiv fish chips	chips	ambika	1/2 ts		
Salt	powder	supermarket	1/2 ts		
Curry leaves	leaves	ambika	5 p		
Chicken Curry (Serves 10 people)				Chicken Curry (Serves 10 people)	
Chicken	cut	supermarket	750 g		Season chicken with spice Oil in pan Fry garlic , ginger , onion Add seasoned chicken Wait Add hot water Wait
Chicken curry powder	powder	ambika	2 1/2 ts		
Onion	cut	supermarket	1/2 p		
Ginger	chop	supermarket	1 ts		
Tumeric Powder	powder	ambika	1/8 ts		
Garlic	chop	supermarket	3 p		
Curry leaves	leaves	ambika	10 p		
Salt	powder	super market	1 ts		
Pepper	powder	super market	1 ts		
Tomato	cut	supermarket	2 p		
Polsambal (Serves 10 people)				Polsambal (Serves 10 people)	
Desiccated coconut	pieces	ambika	100 g		Add a little water to desiccated coconut Add ingredients Mix
Chilly pieces	pieces	ambika	1 ts		
Lime	squeeze	super market	1 p		
Garic	cut	super market	1 p		
Large Onion	cut	super market	1/2 p		
Pepper	powder	super market	1/2 ts		
Salt	powder	super market	1/2 ts		
Maldiv fish chips	chips	ambika	4 ts		