

## Seeni Sambol

|   |                        | Daily News 866 |
|---|------------------------|----------------|
| Red onions, sliced finely               | 500 g                  | 500 g          |
| Green chillies (sliced)                 | 3 (optional)           | 2              |
| Garlic (chopped)                        | 5                      | 3              |
| Maldives fish pieces (pounded) optional | 1 Tb spoon             | 1 Tb spoon     |
| Chilli flakes                           | 1 Tb spoon             | 1 Tb spoon     |
| Dried chilies (roasted and pounded)     |                        | 1 Tb spoon     |
| Chilli powder                           | 2 Tea spoon            |                |
| Curry leaves                            | a sprig of             | a sprig of     |
| Cinnamon                                | 5 cm                   | 2 in piece     |
| Cloves                                  | 5                      | 6              |
| Ginger (chopped)                        |                        | 4 slices       |
| Cardamoms                               | 5                      | 6              |
| Vegetable oil                           | 2 Tb spoon             |                |
| Tamarind                                | 30 gm (amala size)     | 55 g           |
| Lime                                    |                        | 1/2            |
| Sugar                                   | 1 Tb spoon             | 1 Tb spoon     |
| Coconut oil                             |                        | 2 1/2 Tb spoon |
| Salt                                    | to taste (1 tea spoon) | 1 1/4 tea sp   |
| Rampa                                   |                        | 3 in piece     |
| Lemon grass                             |                        | 1 stem         |

### Method

- Heat the oil in a pan
- Add crushed cinnamon, cloves and cardamom then curry leaves.
- Add finely chopped garlic and Maldives fish
- Add sliced onions. Sprinkle salt. Keep stirring
- When the onion turns brown add chilli flakes and or chilli powder
- Add tamarind juice turn it around till all liquid evaporate.
- Check salt and add sugar mix well and remove from fire

### Method Daily News cookery

- Heat half the oil in a chatty and fry a table spoon of onions and Rampa, Lemon grass, curry leaves.
- When the onions are browned add the balance of the oil. Once the oil is hot add ginger, garlic, green chillies, chilli powder, cinnamon, maldive fish and let it fry for few minutes stirring all the time.
- Then add coconut oil, tamarind, lime juice and let it simmer.
- Simmer first over a high fire and then over medium fire till the gravy dries up.
- Add the sugar before lowering the fire.
- This sambal needs frequent stirring or it will adhere to the chatty.

## HOW TO MAKE SEENI SAMBOL

<https://www.topsrilankanrecipe.com/make-seeni-sambol-recipe-sri-lankan-quick-easy/>

### INGREDIENTS

- Sliced onion – 350g
- Red chili flakes – 1 ¼ tablespoon
- Thin tamarind juice – 100ml
- Sugar – 1 ¼ tablespoon
- Cooking oil – 4 tablespoons
- Salt – As you need

## INSTRUCTIONS

1. Slice the onions as shown in the picture below.
2. Get ready with dried red chili flakes, sugar, and salt.
3. Also, get ready with the thin tamarind juice
4. Mix the onion and salt until all combined well. Then place the pan over the stove and cook the salt-mixed-onion under low flame for 3 or 4 minutes. In a halfway through open the lid and give a stir to avoid burning.
5. Then, add the cooking oil, mix and again cook covered under medium flame for 4 to 5 minutes
6. Now take off the lid and cook uncovered for 3 to 4 minutes under high flame. Stir frequently to avoid burning.
7. Finally, add the tamarind juice, sugar, and red chili flakes. Mix and cook covered under medium flame for 2 to 3 minutes.
8. Open the lid, give a good stir, and again cook covered under low flame for 2 to 3 minutes
9. Taste and adjust salt, sugar, or red chili flakes if needed
10. This is how to make seeni sambol recipe in Sri Lankan style at home. Serve and enjoy this delicious and easy Seeni Sambol.

## NOTES

1. If you don't like spiciness, reduce the amount of red chili flakes according to your taste.
2. If you have crushed Maldivian fish, add some in the final stage and make this dish tastier.

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Top Sri Lankan  
Recipe

2.



Top Sri Lankan  
Recipe

3.



Top Sri Lankan  
Recipe

4.



Top Sri Lankan  
Recipe

5.



Top Sri Lankan  
Recipe

7



Top Sri Lankan  
Recipe

8



Top Sri Lankan  
Recipe

10



Top Sri Lankan  
Recipe

## Seeni Sambol Appe amme

<https://www.youtube.com/watch?v=iQWvBoTPsj8>

|   |                    |                        |
|---|--------------------|------------------------|
| Red onions, sliced finely               | 500 gm             | 5                      |
| Maldives fish pieces (pounded) optional | 1 Tb spoon         |                        |
| Chilli flakes                           |                    | 1 Tb sp                |
| Curry leaves                            | a sprig of         | a sprig of             |
| Cardamom                                | 5                  | 7                      |
| Cinnamon                                | 5 cm               | 1 in piece             |
| Cloves                                  | 5                  | 6                      |
| Tamarind                                | 30 gm (amala size) | 8 seeds                |
| Sugar                                   | 1 Tb spoon         | 6 T sp                 |
| Coconut oil                             |                    | 2 1/2 Tb sp            |
| Salt                                    |                    | to taste (1 tea spoon) |

1. Slice the onions and set aside.
2. Coarse grind cardamom, cinnamon, cloves and set aside.
3. Add salt to tamarind. Make a thick juice.
4. Add the juice to onion and mix well.
5. Heat the oil in the pan. Once oil is heated add curry leaves.
6. Add sliced onion and stir well. When the colour starts to change add ground spices and keep stirring for 5 minutes.
7. Add chilli flakes and keep stirring for further 3 minutes.
8. Add 4 Tb spoon sugar and stir for 1 minute. Off the fire and cover with lid.
9. After 5 minutes open the lid add 2 Tb sp sugar and switch on the cocker.
10. Stir well till the sugar melts. Cover and leave it for 5 minutes
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| Curry leaves                            | a sprig of         | a sprig of             |
| Cardamom                                | 7                  | 7                      |
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| Tamarind                                | 30 gm (amala size) | 8 seeds                |
| Sugar                                   | 1 Tb spoon         | 6 T sp                 |
| Coconut oil                             | 2 1/2 Tb sp        |                        |
| Salt                                    | 2 1/2 tea sp       | to taste (1 tea spoon) |