

Kalupol Sambola Recipe

(Roasted Coconut Sambol)

Ingredients:

1 cup desiccated coconut
2 medium onions, finely chopped
1 teaspoon salt
2 teaspoons Maldive fish or prawn powder
approximately ¼ cup lemon juice

Method:

Heat desiccated coconut in a heavy-based frying pan and stir constantly until it is evenly browned. It should be a fairly deep brown, but be careful not to burn it. Spread coconut on a large plate to cool. Combine all ingredients in an electric blender, cover and blend on high speed to a smooth paste. (It may be necessary to add a little more chopped onion or lemon juice if there is not sufficient liquid.) Shape into a round flat cake and mark the top in a criss-cross pattern with a fork or the back of a knife. Serve with rice and curry.

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