

**1601 Bar & Kitchen** is a restaurant and lounge highlighting seasonally driven modern French cuisine with subtle South Asian influences. Although *1601 Bar & Kitchen* is not a South Asian restaurant, our inspiration for the overall culinary direction is motivated by Sri Lanka's rich, time-honored culinary tradition.

### *Cultural Influences*

The tropical island of Sri Lanka lies in the northern Indian Ocean, off the southern coast of the Indian subcontinent, in South Asia. Its remarkable and distinct cuisine is influenced from nearby India and from the Portuguese, Dutch, and British colonial powers that have been politically involved in Sri Lanka since the 16th century. Sri Lankan food, in addition to many other aspects of its culture, is the product of a variety of ethnicities that—over centuries—contributed to the diversity found in traditional cooking styles and techniques.

### *Ingredients*

The Sri Lankan culinary repertoire is accentuated by a host of aromatic herbs and spices, ones that have been of interest to spice traders around the globe since ancient times. Among the most common are cardamom, coriander, curry leaves, pandanus leaves, cinnamon, fenugreek, lemongrass, mustard seeds, ginger, cloves, cumin, and turmeric. The island's dishes include a wide array of rice varieties, such as basmati, jasmine, red, and samba. The most illustrious Sri Lankan ingredient is coconut; it is used both in savory and dessert dishes, and found in freshly grated, milk, powder, or oil forms. Lentils are another staple of Sri Lankan cuisine, and among the most widely available are chana, misoor, moong, and urad varieties. Another unique local Sri Lankan ingredient is maldive fish; which is blanched fillets of tuna tightly twisted, and either sun-dried or furnace-dried.

### *Dishes*

**Egg Hoppers** or *appam*, a traditional Sri Lankan dish, are thin, bowl-shaped pancakes made from a yeasted, fermented batter in a special pan. An egg is broken into the pancake as the hopper cooks, and the cooked hopper is served with a variety of chutneys or condiments.

**Maldive fish** is a staple of Sri Lankan cuisine, and is made by preserving and sun-drying cleaned tuna fish. The dried fish can be shredded or powdered, and is used in a great deal of Sri Lankan dishes, including sambols and chutneys, imparting flavor and thickening qualities.

**Jaggery** is a traditional unrefined sugar made from date or coconut palm trees, and in Sri Lanka, is usually made from the sap of the *kithul* palm, resulting in a higher quality jaggery than most. It's a thick syrup that's been crystallized into dark brown, granular pieces, with complex flavors and aromas that result from natural fermentation and caramelization during the production process. Used as an ingredient in both sweet and savory dishes, jaggery is often added to lentils, stews, and a variety of desserts.

**Mulligatawny** is a traditional Anglo-Indian soup that is thought to have originated in Sri Lanka. The word mulligatawny can be translated to "pepper water". It's rich and flavorful, spicy and meaty, and gets its golden brown color from the addition of turmeric.

**Kiribath**, or milk rice, is a traditional Sri Lankan dish commonly found in households across the country. Kiribath is a simple dish made by cooking rice with coconut milk, and can be served with sweet or savory additions.

**Sambols** are spicy condiments, similar to chutneys, often based on chili peppers. Coconut (*pol*) sambol is perhaps the most well-known sambol, made with a blend of coconut, chilies and maldive fish. Other sambols are made with a variety of other vegetables and herbs, and accompany hoppers, rice, and many other dishes.

**Lime pickle** is an element added to many Sri Lankan dishes and sauces. Limes are boiled until they pop open, and salt, sugar, spices, and vinegar are added.

**Treacle**, a syrup made during the refining process of sugar, is used in Sri Lankan cooking as both an ingredient and condiment. Sri Lankan treacle, like jaggery, is usually made with the sap of the kithul palm tree, which is boiled down to a sweet, dark brown syrup, with an earthy, caramel-like flavor. Traditionally, treacle is eaten with curd, a traditional Sri Lankan buffalo yogurt.

**Lamprais**, a traditional dish with Dutch roots, is a Sri Lankan delicacy that consists of a variety of items wrapped and baked in banana leaves. Common lamprais elements include curried chicken, egg, beef, shrimp, sambols and plantains, wrapped and baked individually and served with rice.