

# Milk Rice with Sweet Coconut Stuffing

ඉඹුල් කිරිබත් (Imbul Kiribath)

*Created and deliciously prepared by Sanuja Bopitiya , Dasheema, and Santhushi Dharmawardana*

Country/region: Sri Lanka

Notes: Kiri –Bath (කිරිබත්)

Kiribath or “Milk Rice” is a classic and authentic Sri Lankan dish, made of rice and coconut milk. It is a celebratory treat for all special occasions and is also a traditional Sri Lankan breakfast.

Rice is a symbol of abundance and so is coconut milk; together the dish is a tasty meal. It is cooked either with white or red rice. There are many accompaniments to choose from, the most common being the *Lunu Miris* – a combination of chopped onions with chili flakes.



**Imbul Kiribath**, the sweet variation of milk rice is a very old authentic Sri Lankan food. Milk Rice stuffed with sweetened coconut is an absolute delicacy for a sweet tooth.

**Ingredients for Milk Rice** (අවශ්‍ය ද්‍රව්‍ය: කිරිබත්)

- 1 lb white short grain rice (සුදු කැකුළු හාල් - 450g)
- 3 cups thick coconut milk (උකු පොල් කිරි - කෝප්ප 3)
- 5 cups water (චතුර කෝප්ප 5)
- 2 teaspoons Salt (ලුනු - තේ හැඳි 2)

**Ingredients for the Filling** (අවශ්‍ය ද්‍රව්‍ය: පැණි පොල්)

- 2 cups grated fresh/frozen coconut (ගා ගත්ත පොල් කෝප්ප 2-)
- 1 ½ cup dark brown sugar (සීනි කෝප්ප 1 ½ )
- salt to taste (ලුනු ටිකක්)
- 3 pods ground cardamom (කුඩු කරගත්ත කරදමුංගු ටිකක්)
- ½ cup hot water (උණු චතුර - කෝප්ප ½)

**Instructions: Sweet Coconut Filling**

1. Put some sugar into a pan and let it melt. Heat sugar until it gets golden brown. Make sure not to overheat it. If overheated, coconut filling will get a bitter taste.
2. When sugar gets golden brown add hot water into this.
3. Then add ground cardamom and salt. Stir, and add rest of the sugar.
4. When sugar starts bubbling, add grated coconut and mix thoroughly. Cook few minutes until excess water evaporates. But, don't let it over dry.



### **Instructions: Milk Rice**

1. Wash the rice several times with water until the water runs clear from the rice. Then in a large pot on high heat add rice, salt and 5 cups of water. Bring rice to a boil then reduce to a gentle simmer (medium-low heat) and allow to cook for 20-30 minutes until almost all the water is absorbed.
2. When rice is cooked, add coconut milk into this. Cook milk rice under medium heat while stirring constantly.
3. When rice absorbs all coconut milk and starts sticking together, switch off the flame.

### **Directions to Assemble Stuffed Coconut Milk Rice**

1. On a serving platter lay out a single layer of the cooked coconut milk rice (kiri bath).
2. Next layer the sweetened coconut (pani pol).
3. Finish off with another layer of rice.
4. Slice and serve.



Source: [dailylife.lk](http://dailylife.lk)