

2 minutes application break

# Milk rice

## Facts

**Origin** Sri Lanka

**Dates back** Ancient

**Ingredients** Rice, coconut milk and salt

Side dish or dessert

## MixSing Process



### Design

Shear	CFD simulations confirms $>200,000 \text{ s}^{-1}$
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 75,000 cP
Accessories	Vacuum system, scrape agitator
Materials	Stainless steel: AISI 316L. All materials: EC 1935

## Insight

Milk rice, also known as kiribath or “milk bread” in Sinhalese, is a traditional dish made from rice cooked in coconut milk. The origins of milk rice can be traced back to ancient Sri Lanka, where it has been a staple food for centuries. It is said to have been first mentioned in the 4th century AD in the “Mahavamsa,” a historical chronicle of Sri Lanka.

The traditional method of making milk rice involves soaking rice overnight and cooking it with coconut milk and water over low heat until the liquid is absorbed and the rice becomes soft and creamy. The cooked rice is then shaped into a cake or flattened into

a dish and served as a side dish or a main course. Milk rice is often a special dish for weddings, religious festivals, and other celebrations. It’s also considered a comfort food and enjoyed by many Sri Lankans, as it’s regarded as a part of the country’s cultural heritage.

In addition to Sri Lanka, Milk rice is also enjoyed in many other parts of South Asia, such as India and Bangladesh, as well as in other parts of the world where there is a significant Sri Lankan diaspora. Milk rice is often served with traditional curries, sambals, and other dishes, such as fish, meat or vegetables.

Milk rice is also a popular ingredient in many vegan and dairy-free alternatives. It can be made with plant-based ingredients such as coconut and other alternative milk. These alternatives are perfect for lactose intolerant or following a plant-based diet.

Overall, Milk rice is a delicious and comforting dish that has been enjoyed for centuries, a staple in Sri Lankan cuisine and culture. It’s a delicious and versatile dish that can be enjoyed as a side dish, a main course, or a dessert.