

Momo recipe

Direction

Sauce

- Add some oil on the pan.
- Add chopped onions and garlic.
- Add turmeric powder and mix.
- Add chillies and slices tomatoes and mix it well.
- Add some salt, mix it, put the lid on and cook for 10 minutes.
- Add garam masala, mix it and cook for extra 4-5 minutes.
- Add chopped cilantro, mix, and turn off the heat and let it cool for 10 minutes.
- Finely grind into paste by adding roasted sesame seeds and Sichuan (Timur) seeds.

Fillings

- Mix all the filling ingredients (ground chicken, chopped garlic, ginger, cabbage, onion, cilantro, spring onion) into a large bowl.
- Fry ½ tablespoon of turmeric powder in well-heated oil for 5 seconds and pour it into the bowl.
- Add chicken masala.
- Mix well with hand, adjust for seasoning with salt. Fillings is ready!

Wrapping

The art in momos is in the packing. For packing, hold wrapper on one palm, add half a tablespoon of filling mixture. Then with other hand bring all edges together to the center, making the pleats. Pinch and twist the pleats to ensure the absolute closure of the stuffed dumpling. This holds the key to good tasting, juicy dumplings.

Cooking

Heat up a steamer, oil the steamer rack well. This is critical because it will prevent dumplings from sticking. Arrange uncooked momos in the steamer. Close the lid, and allow steaming until the dumplings are cooked through, about 15-20 mins. Take the dumplings off the steamer, and immediately serve. To serve, arrange the cooked momos on a plate dressed with sauce. Enjoy!!



Intro

Momos are one of the traditional and most popular foods in Nepal.

Filling Ingredients (3 persons)

Momo wrapper (40 wraps)
1 lb. ground chicken
1/2 red cabbage, finely chopped (Use grinder)
1 Red onions, finely chopped (Use grinder)
1/2 Cup spring onion, finely chopped
2 tablespoon garlic, minced
1 tablespoon fresh ginger, minced
1/2 tablespoon turmeric powder
1 cup green cilantro, finely chopped
1 tablespoon chicken (Momo) masala
Cooking oil
Salt to taste.

Sauce Ingredients

4 medium-sized tomatoes, sliced
1 red onion, chopped
1 tablespoon garlic, chopped
1 tablespoon fresh ginger, minced
1/2 tablespoon turmeric powder
1 tablespoon cumin + coriander powder (garam masala)
5 pieces green Chilies! (chopped)
4-5 Sichuan (Timur) seeds
4 tablespoon sesame seed (roasted)
Cooking oil
Salt to taste.



Nepalese Student Association

NEPALESE STUDENT ASSOCIATION

UNIVERSITY of GEORGIA