

# Kathmandu Kitchen Cooking Class

Saturday, October 2<sup>nd</sup> 2010, 11am-1pm  
With Pooja Panta

## Nepali Momo ( Dumpling)



### Ingredients:

#### Wrapper

3 cup All-purpose flour

1 cup water

Pinch of salt

(Alternatively, buy store ready wrapper )

#### Filling

1 lb ground or minced chicken/turkey/lamb/pork

1 cup onion (finely chopped)

½ cup shallots (finely chopped) 1 cup cabbage (finely chopped)

1 teaspoon garlic paste

1 teaspoon ginger paste

¼ teaspoon turmeric (optional)

1 teaspoon cumin powder

1 teaspoon coriander powder

4 tablespoon oil

Salt to taste

### Preparation

#### Filling:

- 1 Combine all filling ingredients. Mix well, adjust seasoning according to taste.

**Wrapper: (Disregard step 2-6 if you buy the readymade wrappers)**

- 2 In a bowl combine flour, salt and water. Mix well; knead until the dough becomes similar to pizza dough.
- 3 Optional step: Cover and let stand for about one hour. Knead well again before making the wrappers.
- 4 Prepare 1 inch dough balls and roll between your palms to spherical shape.
- 5 Dust working board with dry flour. On the board gently flatten the ball with rolling pin to about 2 inch diameter circle.
- 6 Repeat steps 3-4 again for more wrappers.

#### **Packing Dumpling:**

- 7 Hold wrapper on one palm. Put about 1 spoon of filling in middle of wrapper.
- 8 With the other hand bring all edges together to center, making the pleats. Pinch and twist the pleats to ensure the absolute closure of the dumpling. Closing the meat inside wrapper is the secret of tasty and juicy dumplings.

#### **Steaming Dumplings:**

- 9 Heat up water in steamer.
- 10 Oil the steamer rack well or put cabbage leaves on bottom to prevent dumplings from sticking to rack. Put dumping in steamer.
- 11 When water boils, close the lid on rack.
- 12 Steaming until the dumplings are cooked through, about 10-15 minutes.

**Serve dumpling with tomato chutney.**

#### **Tomato Chutney:**

- 1tsp oil
- 2 cloves minced garlic
- 2 tbs minced ginger
- 1 minced peppers
- 1/2 tsp tumeric
- 1/2 tsp cumin
- 1/4 tsp curry powder
- 2 chopped tomatoes
- 1/2 bunch of cilantro, stems removed
- 1 pinch of salt

Heat oil in saucepan and saute ginger and garlic for few second. Add chilies or green pepper, spices and saute for a few more minutes. Add tomatoes and put salt according to your taste, cover and reduce to simmer for 10 minutes. Place everything in a blender, along with cilantro, and blend until smooth.

## Vegetable Pulao (Fried Nepali Rice)

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### Ingredients

1 and ¼ cups Rice (Basmati Rice for better taste)  
1 and ½ teaspoon Oil  
½ cup green peas  
1 large onion chopped  
Carrot 1 large 1 tablespoon Lemon juice  
½ teaspoon Ginger paste or finely chopped  
1 teaspoon Garlic paste or finely chopped  
¼ teaspoon turmeric (to taste)  
1/3 teaspoon cumin (to taste) Salt (to taste)  
Extra Spice  
2-3 Green chilies (slit into 2)  
1 Bay leaf  
2 Black cardamom  
¼ teaspoon cinnamon  
4-6 cloves  
Salt to taste

### Preparation

- 1 Soak rice in water for about 1 hour, then cook rice in rice cooker.
- 2 Heat oil in a pan, add cumin seed and when they start to change color, add turmeric, bay leaf, cloves, cardamom, and cinnamon.
- 3 Add ginger, garlic and chilies. Cook on medium heat for one minute.
- 4 Add onion, carrots and green peas for 2 to 3 minutes.
- 5 Add cooked rice, stir gently for about a minute.
- 6 Cook on high heat, stir gently but continuously.
- 7 Add lemon juice. Lower the heat. Cover the pan and continue cooking for about 5 to 7 minutes.