

## *Nepali Momos (Nepali Meat Dumplings Nepal's national dish)*

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**Wrappers:** Use egg roll wrappers cut in half, or wonton wrappers

### **Filling Ingredients:**

1 lb. ground meat, either chicken, turkey, pork, lamb or goat  
1 cup diced onion  
½ cup diced shallots  
½ chopped cilantro  
½ cup diced tomatoes  
1 teaspoon garlic paste  
1 teaspoon ginger paste  
¼ teaspoon tumeric  
1 teaspoon cumin powder  
1 teaspoon coriander powder  
3 fresh chilis, diced finely and/or ground into a paste  
4 Tablespoons butter  
salt to taste

### *Preparation:*

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

### **Packing Dumplings:**

2 Hold wrapper on one palm. Put about 1 spoon of filling in middle of wrapper.  
3 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:**

4 Heat up water in steamer.  
5 Oil the steamer rack well or put cabbage or lettuce leaves on bottom to prevent dumplings from sticking to rack. Put dumping in steamer.  
6 When water boils, close the lid on rack.  
7 Steaming until the dumplings are cooked through, about 10-15 minutes.  
Can be served with tomato achar, chutney or coriander chutney

## *Tomato Achar*

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### **Ingredients:**

2 cups roasted tomatoes, peeled and chopped

1 tablespoon each garlic and ginger, minced  
1 teaspoon each cumin, coriander powder  
1 tablespoon cilantro, chopped  
3 fresh red chilies, minced  
1 tablespoon each mustard seeds, and mustard oil (plain vegetable oil can be substituted)  
1/2 teaspoon ground black pepper  
1/2 teaspoon salt or salt to taste  
8 cloves garlic, thinly sliced  
1 tablespoon green onion, finely chopped

### *Preparation:*

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1. Using a blender, blend all ingredients to form a smooth paste.
2. Heat one tablespoon of mustard oil in a pan, add slices of garlic and fry till light brown.
3. Add the paste, stir and serve chilled.

Note: To make achar more sour and spicy, add fresh lemon juice and chili.

Both recipes from <http://www.nepalvista.com/travel/food1.html>

### *Potato Curry - Alu-Tarkari*

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#### **Ingredients:**

10-12 potatoes (medium sized)  
1/4 tsp tumeric  
2 chilies  
1 clove garlic  
1/2 cup yogurt  
2 TBS mustard oil (or crushed, toasted mustard seeds flash fried in oil)  
green coriander leaves  
1 inch ginger  
salt to taste

### *Preparation:*

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1. Boil potatoes, peel and cut into small pieces.
2. Heat oil and add tumeric, green chilies, garlic, and ginger. Fry for 1 minute.
3. Add yogurt, potatoes and salt.
4. Cover and cook gently for 4-5 minutes. Garnish with green coriander leaves.

### *Onion Ground Meat Curry - Payajra Dhulo Masu*

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#### **Ingredients:**

- 1 cup ground meat
- 1 cup finely chopped onions
- 1 inch finely chopped ginger
- 1 tsp pepper
- 1 tsp cumin powder
- 1 tsp turmeric
- 1/2 tsp salt
- 2 TBS mustard oil (or crushed, toasted mustard seeds flash fried in oil)
- 1/2 cup water

#### *Preparation:*

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1. Heat oil in a pan and add turmeric.
2. Mix all ingredients (except the meat and the water) and put them in the oil.
3. Add meat and turn it over well.
4. Fry until it becomes brown.
5. Add the 1/2 cup of water and boil gently for a few minutes.

Both recipes from AsiaRecipe.com .

### *Mango Lassi (Mango Milkshake)*

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#### **Ingredients:**

- 1 mango
- 1 cup of whole milk
- 1/2 cup of yogurt
- 2 Tablespoons sugar
- 1 cup ice cold water

#### *Preparation:*

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1. Cut the mango into small pieces and blend it.

2. Add yogurt, sugar, milk and water and blend it all for about 2-3 minutes or until you see a little foam forming in the mixture.
3. Serve Chilled.
4. Number of servings: 6-8

From Food-nepal.com

### *Gajar Ko Halwa (Nepalese Carrot Pudding)*

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#### **Ingredients:**

2 lb. grated carrot  
½ cup condensed milk  
¾ cup ricotta cheese  
1 cup sugar

#### **Garnish:**

¼ cup cashews and 2 tablespoons of chopped dates

### *Preparation:*

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1. Cook carrot with half of sugar on medium heat for 15 minutes. Stir well.
2. Add the condensed milk, khoya, rest of the sugar and cook again in medium-low for 15 minutes.
3. Garnish with the cashews and dates and serve.

Note: Serves 8-10. Canned carrots can be used instead; boil and mash them

From food-nepal.com

### *About Nepalese food:*

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Steamed or fried vegetable and meat dumplings popularly known as Momo in Nepali, constitutes about 80% of the total lunch and snacks served in Kathmandu! Hop into any small to big restaurants in Nepal, you will find Momo as the first hot selling item on the menu. Nepalese national food consists of Lentils (DAAL), Rice (BHAAT), and vegetable curry (TARKARI). Popular side dishes include pickles (Achar) of many varieties of which the most popular are tomato achar, mango achar, and cucumber achar.

Most Nepalese eat with right-hand. Daal Bhaat is popularly served on a plate known as *khope thal* (a platter with four sections, like the one shown above). Daal Bhaat is taken as a lunch and a dinner. For many nothing else will satisfy their taste buds, and one plate full of Daal Bhaat is never enough! Click on the menu options below to discover Nepali food.

From:nepalvista.com/travel

### *Eating Habits:*

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**Main Meal:** In most part of country, especially rice-growing areas, Dal Bhat is eaten twice a day. Generally, the first meal of the day is eaten from about 7:00 to 10:00 a.m. and the second shortly after sunset around 6:00 to 7:00 a.m. During weekends (Saturday), the first meal is obviously eaten little bit late.

**Snacking:** Snack such as bread, chura (beaten rice), roti (flat bread), curried vegetables, milked tea and other snacks are also generally eaten in between the two big meals.

**Diversity:** Nepal's food is as diverse as the country itself. Many ethnic groups have their own specialties which might or might not be widely eaten. Some examples are Chatamari, Daar, Phapar Ko roti (Buckwheat Bread), Salted Tea etc.

### *Eating Method and Culture:*

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More or less all Nepalese eat with their right hand, though urban eateries and some young urban youth have already embraced silverware. Food may be served in a metal plate divided into separate compartments called "Thal" or simple plate. Nepali food is eaten in a typical way. For example: Dal Bhat is eaten in following way. At first, Dal is poured over the rice if the Dal came in a separate bowl. They are separated in chunks with your fingers. Then a bit of Tarkari and/or Achar is added for each chunks. Everything is eaten together in a chunk with the right hand.

From food-nepal.com