

Nepalese Momos

@ 1pm Saturday 18th July 2020

NEPALESE MOMOS

Serves 4
NEPAL FOUNDATION UK

INGREDIENTS

Flour	1tsp Cumin	Peanut Sauce
Water	1tsp Tumeric	100g Salted Peanut
500g Mince meat (ideally buff!)	1tsp Chilli Powder	6 Small Tomatos
2 Onions - finely chopped	1tsp Garam Masala	1 Onion
Fresh ginger - thumb-sized piece finely chopped	1tsp Momo Masala *	2 Spring Onions
4/5 Spring onion - finely chopped	1tsp White Pepper	1 Green Garlic
2/3 Green garlic - finely chopped	1tsp Salt	1tsp Tumeric
Coriander - small bunch		2 Green Chillis
		1/2 a cup of water

* Optional

Replace Peanut with Peas for nut-free option

METHOD

- 1) Mix flour and water to make a dough. Knead for 15 mins to make it smooth and elastic.
- 2) Roll out and cut to a small circles with a glass or cutter.
- 3) Combine all the other ingredients together mixing thoroughly.
- 4) Take a circle of dough in the fingers of your left hand. Pinch one end then turn and pinch again. Use your thumb to push the mix into the momo.
- 5) Go around the edge and sealing the momo. Then twist and push down to complete, sealing the momo. Dip in oil and place on the steamer shelf.
- 6) Repeat to make about 8 momos each.
- 7) In a blender and whizz until smooth (or to your taste). Heat the sauce in a pan. Add a touch of chilli powder and salt to taste.
- 8) Boil some water and steam momos for 5 minutes.

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