

veg momo - the recipe

Directions

Dough for wrappers:

Add about 3 glasses of water, mix the flour properly to give the shape

Warning: Amount of water needed to mix with flour may vary.

Step 1: In a large bowl combine flour and water. Mix well, knead until the dough becomes homogeneous in texture, about 10-15 min. Cover and let stand for at least 20 min. Knead well again before making wrappers.

Step 2: Mix all the filling ingredients in a mixer, combine it in a large bowl with meat. Mix well with hand, adjust for seasoning with salt.

Step 3: Give the dough a final knead. Take a ball, roll between your palms to spherical shape. Dust working board with dry flour.

On the board gently flatten the ball with your palm to about 2-in circle. Make a few semi-flattened circles, cover with a bowl. Use a rolling pin to roll out each flattened circle into a wrapper.

IMPORTANT: For well executed momos, it is essential that the middle portion of the wrapper be slightly thicker than the edges to ensure the structural integrity of dumplings during packing and steaming. Hold the edges of the semi-flattened dough with one hand and with the other hand begin rolling the edges of the dough out, swirling a bit at a time. Continue until the wrapper attains 3 inch diameter circular shape. Repeat with the remaining semi-flattened dough circles. Cover with bowl to prevent from drying.

The art in momos is in the packing. For packing hold wrapper on one palm, put one tablespoon of filling mixture and with the 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 it

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 10-15 mins. Take the dumplings off the steamer, and immediately serve. To serve, arrange the cooked momos on a plate dressed with tomato sauce.

short intro

Momos are a traditional delicacy in Tibet, Bhutan, Sikkim, Nepal, and Ladakh. They are one of the most popular fast food in these regions.

Ingredients (6-8 persons)

1 kg flour
1/2 kg of cabbage, finely chopped
5 Red onion, finely chopped
2 budles green onion, finely chopped
3 teaspoon garlic, minced
3 teaspoon fresh ginger, minced
1 teaspoon turmeric
2 teaspoon cumin powder
1 teaspoon coriander powder
1 teaspoon red chilies powder
2 teaspoon MoMo Masala
3 teaspoon sunflower oil / 3-4
tablespoon ghee
Salt to taste

Dough

Wheat Flour
Adequate water

Tomato Sauce

1/2 kg Tomatoes (roasted or grilled)
1/2 teaspoon of cumin powder
1/2 teaspoon of corriander powder
Green Coriander
1/2 teaspoon fenugreek
2 teaspoon garlic
1 teaspoon chopped ginger
Salt according to taste
1 teaspoon chilli powder or 5 piece
green chillies!

Peanut Sauce

Peanuts Fried
1/2 kg Tomatoes (roasted or grilled)
2 teaspoon garlic & ginger each
Pinch of tumeric powder
1/2 teaspoon cumin powder
1/2 teaspoon corander powder
Salt according to taste
1 teaspoon chilli powder