

NEPALESE COOKERY CLASS : Shashank Gurung



MO:MO OR NEPALESE DUMPLINGS

Types of momo wrapping technique I will be teaching are Triangular, circular (traditional and open) and crescent wrap.

Dough for the momo is the most critical and time consuming part.

Made with basic ingredients like plain flour, water, pinch of salt and oil for softness.

Similar to making a pasta dough but quiet hydrated.

Fillings for the dumplings will come in two different types. One will be with masala and the other will have a lot of condiments.

Non masala mince will consist of:

- Onions/spring onions/ coriander/chives (you can mix and match or use all of them)
- At least 20% fat mince meat
- Ginger and garlic grated, blended or pounded in mortar and pestle
- Salt and pepper
- Cumin powder
- Chilli powder (optional)
- Grated tomatoes or paste (optional)
- Knorr or any other chicken stock powder (optional)
- Schmaltz (optional)
- Fresh chillies (optional)
- Good quality neutral oil (optional)

Masala mince consists of:

- Onions/spring onions/ coriander/chives (you can mix and match or use all of them)
- At least 20% fat mince meat
- Ginger and garlic grated, blended or pounded in mortar and pestle
- Salt and pepper
- Chilli powder
- Mo:mo masala (available in most asian groceries)

Non Masala goes really well with chicken or pork mince whereas the Masala mix goes very well with beef or lamb minces. However it is up to the cook to swap the ingredients in or out of momo recipes.

The momos can be cooked in many ways. Boiling in water, Steaming, In a pan using water and oil (gyozas are made this way), Deep frying, Shallow frying.

MO:MO DOUGH

Now prepping for MOMO is easy however practice is needed to make the best looking and consistent wraps. Firstly the **dough** making process.

Ingredients:

- 500g of plain flour
- ½ tsp of salt
- 30g of neutral oil
- 200g of water

Start by pouring 500g of plain flour in a large mixing bowl. Make a crater in the middle and add half a teaspoon of salt, oil and a little bit of water. Keep mixing the dough well and keep adding water slowly as the dough forms. Knead the dough until it is at a consistency of play dough but it should not break easily.

If too dry add more water or if too wet add more flour.

Make sure the dough does not crack and is smooth throughout. If not smooth keep kneading until so. Then after the dough is made, put it back in the bowl and cover it with damp cloth or kitchen roll. Let the dough rest for at least 10 – 20 mins at room temperature.

After the dough has been rested pinch off small pieces from the dough about the size of a cherry.

Using your palm reform the dough into balls.

Dust then dough balls with plain flour so it does not stick to the rolling surface or the rolling pin.

Flatten the dough with hand and then with the rolling pin on a flour dusted surface.

Make a flat circular dough about 1mm thick with the rolling pin.

That should be the dumpling wraps done.

They should be about 3 inches in diameter. (You can use a pastry cutter)

MO:MO FILLINGS

Ingredients (**non masala**):

- 250g 20% fat mince meat (pork/chicken/lamb/beef) or cabbage (vegan option)
- 200g onion/spring onions/chives very finely chopped or blended in a food processor
- 100g of Ginger and garlic grated, blended or pounded in mortar and pestle
- Salt and pepper
- Coriander (optional)
- Chilli powder (optional)
- Grated tomatoes or paste (optional)
- Knorr or any other chicken stock powder (optional)
- Schmaltz (optional)
- Fresh chillies (optional)
- Good quality neutral oil (optional)

Ingredients (**masala**):

- 250g 20% fat mince meat (pork/chicken/lamb/beef or any truth be told) or cabbage (vegan option)
- 200g onion/spring onions/chives very finely chopped or blended in a food processor
- 100g of Ginger and garlic grated, blended or pounded in mortar and pestle
- Salt and pepper
- Momo masala
- Coriander (optional)
- Chilli powder (optional)
- Grated tomatoes or paste (optional)
- Knorr or any other chicken stock powder (optional)
- Schmaltz (optional)
- Fresh chillies (optional)
- Good quality neutral oil (optional)

If you cannot find momo masala it is basically a mix of

Put everything in a large bowl and mix it thoroughly with your hands so that flavors and spices blended very well. Everything optional ingredients are to taste and so are salt and pepper.

Now the final piece of the puzzle is wrapping the dumplings. Grab a spoon or fork and use a good amount of the filling inside the wraps. They can be wrapped however you want then to be. It can be closed like a very basic pastry or other methods I have mentioned above and more.

After the wrapping process has completed. We will move onto **cooking** them. Boiling or steaming is the most popular methods which is a very easy process and only keeping track of time is important. Cook the dumplings in either boiling water in a good sized saucepan or in a steamer. If you are using a traditional steamer made out of steel, make sure the surface is lubricated well with oil.



NEPALESE CHICKEN CURRY

I will be teaching how to make chicken curry in two different flavour profiles. Szechuan based and masala based. Both are made the same exact way albeit with few different ingredients that will change the end product.

Ingredients:

- 100g of chicken leg or breast cut into 1 inch cubes (boneless)
- Finely chopped or minced medium onion (medium size)
- Ginger (1 tsp)
- Garlic (1 clove – finely chopped or grated)
- Very finely chopped tomatoes (1 tsp)
- Cumin seeds (1 pinch)
- Cumin powder (1/4 tsp)
- Turmeric powder (1/4 tsp)
- Salt and pepper (to taste)
- Fresh chillies/ dried chilli flakes/ chilli powder (to taste and can all be used)
- And the main ingredients **Szechuan powder** (1 tsp) **or** **curry powder** (2tsp)
- Oil (1 tbsp+)

Start by searing the chicken pieces in a wide pan. The pan needs to be smoking hot. Make sure they get seared adequately on the outside without fully cooking the meat. After this process is done, take the meat off the pan and keep it aside in a bowl.

Keep the oil and caramelised meat juices in the pan. Add the cumin seeds to the pan and fry on low heat. After the seeds start to release their flavour, add the onions in the pan to soften them. Then proceed to add the chopped tomato and cook well.

Slowly add the other ingredients like ginger and garlic paste, chillies, cumin powder and turmeric powder in order. If the gravy is too dry or starts to burn, add water.

Finally use Szechuan powder or curry powder to the gravy and mix well. Start adding the meat to the pan along with the resting juices while mixing well. Add a small sprinkle of water into the pan and close it with a lid. Let it cook on very low heat for 5 minutes and its done!

DAAL (LENTILS)

Daal is also a very common dish eaten by Nepalese people. It is made using lentils which are readily available in most places. Yellow/red lentil is the most common as they cook quickly and take less time.

Ingredients:

- Oil or ghee/clarified butter
- Yellow lentils 200g
- 1 tiny bulb of sliced Ginger
- 3 finely chopped garlic cloves
- Cumin seeds
- Salt
- Turmeric powder ¼ tsp
- Chilli powder ¼ tsp
- Onions 2 tbsp
- Coriander to garnish

Start by washing and rinsing the lentils so any impurities are drained out.

Get a sauce pan and put it on a stove with medium heat.

Add 1 tbsp of oil/ghee into the pan let it heat up on medium/low to low.

Slowly add your finely diced onions into the pan and let it turn a light golden brown.

Add your lentils but making sure most of the water has been expelled. Mix the lentils well with the onion and oil.

Add water into the sauce pan and season it with salt to taste. Drop in ginger too. Let the mixture come up to a boil and turn the heat down to a more aggressive simmer than normal for 20mins with a closed lid.

As the lentils are cooling, grab a small pan to make a flavoured oil. This is going to be the aromatic for this dish. Add 1 tsbp of ghee into the pan. Sprinkle cumin seeds into the pan and let it infused the oil and brown. Then add the chopped garlic. After the garlic browns, add the turmeric and chilli powder (to taste) into the ghee but don't let it burn.

Once the lentils are done cooking, open the lid and slowly add the flavoured and infused oil into the sauce pan carefully as the oil can sometimes spit. Mix well and garnish with coriander leaves.

QUICK GREEN STRIFRY

Now this is a very common staple for a lot of Nepalese people. A very simple and quick dish. This dish can be made with almost any fresh greens that are available to you ranging from spinach, spring greens to cabbages.

Ingredients:

- Chopped mustard greens or spinach or kai sum or spring greens
- Oil (neutral)
- Salt
- Fenugreek seeds
- Crushed and diced garlic
- Dried red chilli whole
- Turmeric powder

A simple dish and will consist of minimum prep and cook time.

Start by heating a wok or a pan on medium.

Add 1 tbsp of oil and add the fenugreek seeds and let the temperature slowly build up. Let the fenugreek seeds release its flavour. Once the seeds start to darken add garlic and let it brown slightly and quickly add your whole chilli. Only let the chilli brown lightly.

Add a pinch of turmeric powder into the oil and let it colour the oil. Add the chopped greens into the pan and mixed it well with the oil. Salt to taste. Cover the pan using a lid or aluminium foil. The leaf of the greens need to be wilted but the stalks need to be fresh and crunchy.

ENJOY ALL TOGETHER!

Shashank Gurung