

spinach & cheese momo - the recipe

Directions

Dough for wrappers:

Add about 2 glasses of water, mix the flour properly to give the shape

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

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.
2. Mix all the filling ingredients in a mixer. Mix well with hand, adjust for seasoning with salt, ghee and garlic paste.
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 momos 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-in 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 momo. This holds the key to good tasting, juicy momos.

Cooking it

Heat up a steamer, oil the steamer rack well. This is critical because it will prevent momos from sticking. Arrange uncooked momos in the steamer. Close the lid, and allow steaming until the momos are cooked through, about 10-15 min. Take the momos off the steamer, and serve immediately. 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)

Filling ingredients

200gm Cheese (grated)
5-6 bunch of spinach washed and boiled for 5-10 min and finely chopped
1 tablespoon garlic paste
2-3 tablespoon melted ghee/butter
Salt to taste

Dough

3 cups of wheat flour
Adequate water

Tomato Sauce

1/2 kg tomatoes (roasted or grilled)
Green coriander
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1/2 teaspoon of fenugreek
1 teaspoon chopped garlic & ginger
salt according to taste
1 teaspoon chilli powder or 5 piece of green chillies
Green coriander

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