

Vegetable Momo

by Nishal from Nepal

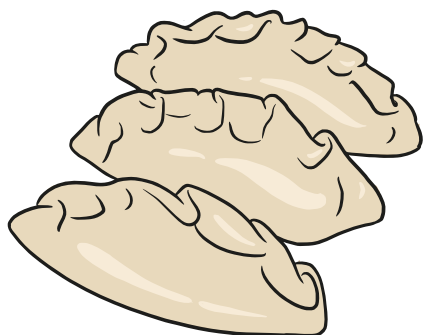
Ingredients

For the dough:

- 2 cups maida
- 1/2 tsp. salt
- 1/2 tsp. baking powder

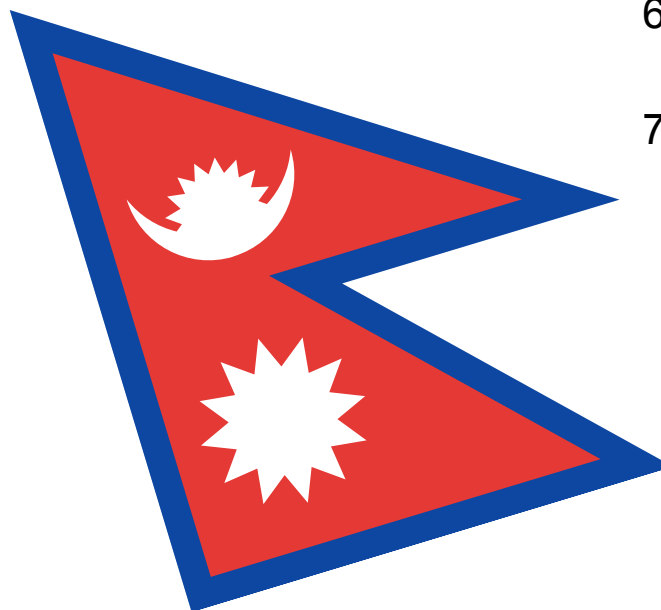
For the filling:

- 1 cups cabbage, grated
- 1 cups carrot, grated
- 1 T. oil
- 1/2 cup onion, chopped
- 1 tsp. garlic, minced
- 1 tsp. soya sauce
- salt
- 1/4 tsp. vinegar
- 1/4 tsp. black pepper



Method

1. Mix the maida, salt and baking powder and knead to a stiff dough with water.
2. Heat oil and add the onion and garlic.
3. Saute over high heat and add the carrot and cabbage. Turn around over high heat till glossy.
4. Take it off the heat and mix in the soya sauce, salt, vinegar and black pepper.
5. Roll the dough thin (translucent) and cut into 4"-5" rounds.
6. Take a round, wet edges and place some filling in the center.
7. Steam for about 10 minutes and serve with soya sauce and chili sauce



“ Long time ago when I was in Nepal. I think my age was 10. I was very sick. You know when you sick, You do not like to eat food right. Yeah I also felt like that I also did not eat other food. I still remember that I ate two plates momo at that time I was really sick. ”