

THE FOOD SAFARI & HOME ELECTRONICS FAIR



TIBATAN MOMOS WITH THUKPA SOUP

Recipe by FIFTH SEASON RESTAURANT

2 cups plain flour
3/4 cup water

Fillings

500 g minced chicken
4 tbsp chopped red onions
2 tbsp finely chopped ginger
1 tbsp ginger juice
2 tbsp finely chopped coriander leaf
2 fresh green chillies (remove seeds for less spicy)
2 tsp pepper
2 tsp salt

Method

1. Mix the plain flour and water to make a dough. Roll the dough and make circles 5-6 cm across.
2. Place a dollop of fillings in the middle of each circle and wet the edges to glue easier. Stick the sides together strongly to stop leakage. Pleat it.
3. Boil a pan of water with a steaming pot on top. Oil the steaming pot to prevent sticking. Place a few momo into the steamer and steam for 5-7 minutes.
4. If you want, toast them in a non sticky pan with a spoon of oil until light brown and savour them with Tibetan Thukpa (Hearty Noodle Soup).

Sauce for Steamed Momos

6-7 tomatoes
1 tbsp chopped ginger
3 tbsp red chilli paste
1 tbsp finely chopped coriander
1 tsp salt
1 tbsp refined oil

Method

1. Boil the tomatoes and puree them in a blender.
2. Heat 1 tbsp oil in a pan. Saute the chopped ginger and chilli paste.
3. Add the boiled tomato puree and cook for some time. Add salt.
4. Add the chopped coriander leaf and serve this sauce with the steamed or