

Nepalese Recipes

QUICK DAL (Lentil Soup)

Ingredients:

1 cup red lentils (soaked overnight)
1 tablespoon butter
Half teaspoon Cinnamon Powder
Salt to taste
Cooked rice

Optional:

3 tablespoon onions (chopped)
2 tablespoon tomatoes (chopped)
Half teaspoon turmeric powder
Half teaspoon garlic paste

Preparation:

1. Boil red lentils with all ingredients until cooked.
2. Serve hot with rice

INSTANT GAJAR KO HALWA (Instant Carrot Pudding)

Ingredients:

2 cans of carrots (mash)
Half cup condensed milk
Three quarters cup of Ricotta Cheese
1 cup sugar

Garnish:

2 tablespoons chopped dates
Quarter cup chopped cashews

Preparation:

1. Cook carrot with half of sugar on medium heat for 5 min. Stir well.
2. Add condensed milk, ricotta cheese, rest of sugar and cook again on medium-low heat for 10 min.
3. Garnish with the cashews and dates and serve.

CHICKEN BHUTUWA

Ingredients:

1.5 lb. Chicken, cut into 2cm pieces (or lamb or shrimps)
5 garlic gloves, minced
2.5cm ginger, minced
3 fresh red chillies, minced
1 tablespoon cumin powder
1 teaspoon turmeric
1 tablespoon mustard oil
1 cup green onions, cut in 2cm lengths
4 tablespoons mustard oil
1 teaspoon ground black pepper
1/4 teaspoon cinnamon powder
5 cloves
1 teaspoon fenugreek
Salt to taste

Preparation:

In a large bowl combine chicken, 1 tablespoon of mustard oil, turmeric, cumin, chilli powder, salt and pepper. Toss well to coat thoroughly.

In a non-stick pan heat 4 tablespoons of mustard oil.

Splitter fenugreek till it turns dark. Add cloves and fry for 15 seconds. Transfer the coated chicken to the pan, stir well to brown. Add garlic, ginger, and red chillies. Stir-fry chicken in medium heat until cooked through. May need water to moisten, if it starts to burn. Add green onions and cinnamon, stir for 2 min. Adjust seasoning with salt and pepper. Serve with stir-fried vegetables and rice, or roti.

CHICKEN ZUCCHINI

Ingredients:

- 1 lb. chicken breasts, skinned, boned, and cut into 2cm pieces (or lamb)
- 2 cups zucchini, cut into 2cm long strips
- 1 cup red bell pepper, cut into 2cm long strips
- 1 cup onions, sliced
- 1 cup chicken broth
- 1 cup yogurt
- 1 teaspoon garlic, minced
- 1 teaspoon ginger, finely grated
- 1 teaspoon fenugreek
- 1 tablespoon cumin powder
- 1 teaspoon turmeric
- 1 teaspoon chilli powder
- 1/2 teaspoon ground black pepper
- 2 tablespoons clarified butter
- Salt to taste
- 1 tablespoon mustard oil
- 2 tablespoons cilantro, finely chopped

Preparation:

Salt and pepper chicken pieces. In a non-stick pan heat one tablespoon of mustard oil, brown chicken till mostly cooked, and set aside. Drain the oil, and heat clarified butter, splutter fenugreek till dark. Add onions and sauté till light brown. Add turmeric, cumin, garlic, ginger, and chilli powder. Stir for 1 min in low heat. Add zucchini and red bell pepper to the onion mixture. Stir-fry till wilting occurs. Transfer browned chicken, mix well for 2 min. Add yogurt and chicken broth to the chicken mixture. Increase the heat to high and thicken the sauce, about 10 min. Garnish with chopped cilantro. Serve with roti, or rice.

PULAU

Ingredients

- 1 1/2 cup uncooked Bashmati rice
- 2 Tbs. vegetable oil
- 1 medium onion, peeled and chopped
- 2 2-inch piece of cinnamon stick
- 2 whole cloves cashews
- 1 bay leaf
- 4 ounces of cashews
- 2 ounces sultans (golden raisins)
- 1 tsp. salt

Instructions

1. Wash the rice several times and let it soak for 30 minutes.
2. Let the rice drain through a sieve for about 30 minutes.
3. Heat the oil on a large skillet over medium-low heat and worked the onion until it is soft.
4. Add the drained rice, cinnamon stick, cloves, bay leaf, cashew and sultanas, and stir fry the mixture for 2 minutes over medium heat.
5. Add 2 cups of water to the pan with the salt and bring to boil, cover tightly. Turn the heat to low and simmer for 20 minutes, adding a little extra water during cooking if necessary, until the rice is tender and fluffy, and all the water is absorbed.
6. Remove bay leaf and cinnamon stick before serving.

VEGETABLE MOMO

Ingredients

Dough for wrappers:

- 3 cup All-purpose flour
- 1 tablespoon oil
- 1 cup water
- Pinch of salt

Filling:

- 3 cups assorted vegetables (spinach, cauliflower, carrot, green peas, daikon, red pepper, green pepper), finely chopped
- 1 cup onion, finely chopped
- 1/2 cup green onion, finely chopped
- 1/2 cup cilantro, chopped
- 1 teaspoon garlic, minced
- 1 teaspoon fresh ginger, minced
- 1/2 teaspoon timur
- 1/2 teaspoon turmeric
- 1 teaspoon freshly ground black pepper
- 3 fresh red chillies, minced
- 1 cup Nepali cheese (paneer), roughly crushed
- 2 tablespoon clarified butter
- 1/2 teaspoon fenugreek
- 1 tablespoon water-flour mixture (thickening agent)
- Salt to taste

Instructions

Dough:

In a large bowl combine flour, oil, salt and water. Mix well, knead until the dough becomes homogeneous in texture, about 8-10 min. Cover and let stand for at least 30 min. Knead well again before staging the wrappers.

Filling:

In a non-stick pan heat clarified butter, splutter fenugreek until it turns dark. Add chopped onions and sauté until just slightly light brown. Add turmeric, garlic, ginger, and chillies. Fry for 30 sec. Put vegetables and stir-fry until slightly soft. Do NOT over stir-fry the vegetables. Salt and pepper the vegetable mixture. Add cheese, green onions and cilantro, mix well. To solidify the vegetable mixture, add one tablespoon of flour-water mixture. Mix the mass over until thickened. Transfer the vegetable filling into a bowl. Cover and refrigerate for at least 1 hour to allow cooling.

Assembly:

Give the dough a final knead. Prepare 5cm dough balls. 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 5cm circle. Make a few semi-flattened circles, cover with a bowl. Use a rolling pin to roll out each flattened circle into a wrapper. 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 around a bit at a time. Continue until the wrapper attains 7-8cm diameter circular shape. Repeat with the remaining few semi-flattened dough. Cover with bowl to prevent from drying.

For packing hold wrapper on one palm, put one tablespoon of filling mixture and with the other hand bring all edges together to the centre, 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.

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

To serve, arrange the cooked Momos on a plate dressed with Tomato Achar (see below).

TOMATO ACHAR

- 2 cups roasted tomatoes, peeled, and finely chopped
- 3 fresh red chillies, minced
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, minced
- 1 teaspoon cumin powder

1 teaspoon coriander powder
1 tablespoon cilantro, chopped
1 tablespoon mustard seeds
1 tablespoon mustard oil
1/2 teaspoon ground black pepper
Salt to taste
1 tablespoon mustard oil
1 teaspoon fenugreek
10 cloves garlic, thinly sliced
1 tablespoon green onion, finely chopped

Preparations:

In a blender combine all ingredients to form smooth paste-like mixture. Transfer into a large bowl. For garnish, in a non-stick pan heat one tablespoon of mustard oil, splutter fenugreek until it turns dark. Add slices of garlic and fry till light brown. Pour the garlic-oil mixture and chopped green onions over the tomato mixture. Mix well and refrigerate for at least two hours. Serve chilled with Nepalese Sekuwas, or Momos. This makes a good condiment.

VEGETABLE CURRY

Ingredients:

3 onions, sliced thin
3 cloves garlic, minced
1 tsp ground coriander
1 tsp ground turmeric
1/2 ts ground cumin
1/4 ts dry mustard
1/8 ts cayenne
6 cups potatoes, unpeeled, scrubbed and diced
dash peanut oil for flavour
4 1/2 cups broccoli, cauliflower or cabbage, chopped
1 salt and pepper to taste
2 tomatoes
1 tsp curry powder

Preparation:

In a Dutch oven, sauté onions, garlic, ground coriander, ground turmeric, ground cumin, dry mustard, and cayenne. Add to it potatoes and peanut oil. When almost tender, add broccoli, cauliflower or cabbage, salt and pepper to taste, tomatoes, and curry powder. Cover and simmer until all veggies are tender. Serve over rice.

RAJMA CURRY

(Kidney Bean Rajma)

Ingredients:

1 can kidney beans
2.5 tablespoons onion (chopped)
1.5 tablespoons tomato (chopped)
1 tablespoon oil
Salt to taste

Optional (to taste):

Chilli Powder
Turmeric
Curry Powder
Garlic

Preparation:

1. Fry onions to light golden brown with all spices, then add tomatoes.
2. Add beans, cook until hot and serve.

PEPPER LAMB BHUTUWA

Ingredients

2 lbs. lamb, cut into 2-3 cm pieces
2 tablespoons freshly cracked black pepper
1 teaspoon turmeric
2 tablespoons lemon juice
2 tablespoons mustard oil for marination
2 tablespoons soy sauce
1 teaspoon fenugreek seeds
5 fresh chillies, julienned
1 tablespoon garlic, minced
1 tablespoon ginger, minced
4 tablespoons mustard oil for stir-frying
Salt to taste
1 cup lamb stock
1 cup fresh green peas
1 teaspoon ground black pepper
1 cup green onion, cut in 1-in. length for garnish

Instructions

In a large bowl, mix lamb pieces, lemon juice, turmeric, soy sauce, two tablespoons of oil, and cracked black pepper together and let marinate for two hours.

In a non-stick pan, heat four tablespoons of mustard oil. Add fenugreek and fry till it turns dark. Transfer marinated lamb pieces to the oil mixture and browned it well over high heat. Lower the heat to medium and add garlic, ginger, and fresh chillies; stir well. Cook it till the lamb pieces are tender, periodically adding lamb stock to moisten and prevent from burning. Once the lamb pieces have become tender, add green peas and stir for 2-3 minutes.

Just before turning off heat, add green onions and one teaspoon of black pepper. Adjust seasoning with salt. Drain out any excess oil before serving with rice.

PAHARI LAMB MEATBALLS

Ingredients

For lamb mixture:

1.5 lbs. minced lamb
½ cup finely chopped onions
¼ cup finely chopped green onions
1 teaspoon garlic, minced
1 teaspoon ginger, minced
3 fresh red chillies, minced
½ teaspoon turmeric
1 teaspoon freshly cracked black pepper
1 egg
1 tablespoon flour
Salt to taste
Bamboo skewers (pre-soaked in cold water for 30 min.)
Melted butter for basting

For chilli sauce:

3 dry whole red peppers
2 bay leaves
1 teaspoon fenugreek seeds
1 teaspoon garlic, minced
1 teaspoon ginger, finely grated
5 fresh red chillies, julienned
1 cup onions, finely chopped
1 cup tomatoes, chopped
1 teaspoon cracked black pepper
1 teaspoon cumin powder
1 teaspoon coriander powder
½ teaspoon turmeric
Salt to taste
2 tablespoons mustard oil

1 cup lamb broth

½ cup green onion, cut in 1-in length for garnish

Instructions

Combine lamb and all other ingredients in a large bowl. Mix well, cover, and refrigerate for an hour. This allows the ingredients to fully develop their delicate flavours. In the mean time heat charcoal grill, clean the grill surface thoroughly to avoid the sticking problem. Take one tablespoon of lamb mixture on palm, and mould into 2-3cm balls. Repeat with the remaining lamb mixture. Insert a pre-soaked skewer through the meat balls. Repeat with the remaining lamb balls. Generously brush all lamb balls with melted butter. Grill the meat balls, occasionally turning and basting with butter until cooked through, about 10 min. Reserve the grilled meatballs in a large bowl.

In a sauce pan, heat two tablespoons of mustard oil. Fry fenugreek, bay leaves, and dry whole red peppers till dark. Add turmeric and stir for 15 sec. Add onions and sauté on medium heat till brown. Add garlic, ginger, red chillies, cumin, coriander, black pepper, and salt to the onion mixture; fry for 30 sec. Add tomatoes and lamb broth. Lower the heat and let the tomato-onion mixture simmer for 10 min till it thickens. Transfer grilled lamb cubes to the sauce, stir well. Cook for another 10 min to evaporate excess liquid so that the meat pieces are coated with the sauce. Adjust seasoning with salt and pepper. Garnish with green onions. Serve with rice, or roti.

MANGO ICE-CREAM

Ingredients:

1 ripe mango

400 grams vanilla ice cream

3 tablespoons sugar

Preparation:

1. Put mango in blender. Blend it well with the sugar.
2. Add ice cream. Blend it for less than a minute.
3. Freeze the mixture and serve.