

Title: Dal Bhat

Description:

Dal Bhat is a traditional dish from Nepal and the Himalayan regions of India. It consists of two main components: dal (lentil soup) and bhat (boiled rice). The dal is made from boiled lentils, onions, garlic, ginger, and a blend of cumin, coriander, and turmeric. It is simmered for hours to allow the flavors to blend together.

Ingredients:

- 1 cup lentils (any variety)
- 4 cups water
- 1 onion, diced
- 3 garlic cloves, minced
- 1 teaspoon ginger, minced
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- Salt to taste
- 2 cups rice
- 4 cups water
- 2 tablespoons ghee or butter
- A handful of fresh coriander leaves, chopped
- 1 cup mixed vegetables (such as spinach, carrots, and potatoes)
- Achar (optional)

Instructions:

1. Rinse the lentils in a colander and add to a pot with 4 cups of water. Bring to a boil over medium-high heat.
2. Reduce the heat to low and simmer for about 20-25 minutes until the lentils are tender.
3. In a separate pot, add the rice and 4 cups of water. Bring to a boil, then reduce to low and cover for 15-20 minutes.
4. Heat ghee in a frying pan, add diced onion, garlic, and ginger. Sauté for a few minutes, then add cumin, coriander, and turmeric.
5. Combine the mixture into the dal. Season with salt.
6. Sauté mixed veggies separately.
7. Serve dal with rice, veggies, and pickle if you wish.

Title: Momo

Description:

Momo is a traditional dumpling from Tibet and Nepal. It comprises a filling of ground meat or veggies enclosed in a small circle of flour dough. It can be steamed or deep-fried.

Ingredients:

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup warm water

- 1/2 pound ground meat (chicken, pork, or beef) or veggies
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon ginger, minced
- 1 teaspoon cumin powder
- Salt and pepper to taste
- Vegetable oil for frying or steaming
- Chopped cilantro for garnish
- Spicy tomato-based dipping sauce (chutney)

Instructions:

1. Combine flour and warm water to form a smooth, pliable dough. Let it rest.
2. Mix ground meat, chopped onion, garlic, ginger, cumin, and seasoning in a bowl.
3. Roll the dough into small circles. Fill with a spoon of mixture and fold into dumpling shape.
4. To cook, steam for 8-10 minutes or deep-fry in oil until crispy.
5. Serve with tomato chili sauce and chopped cilantro.

Title: Chow Mein

Description:

Nepalese Chow Mein is a popular noodle dish that is a unique take on Chinese-style noodles. It typically comprises boiled noodles tossed with a mixture of veggies, chicken, or beef and seasoned with a blend of chili, turmeric, and cumin.

Ingredients:

- 400g wheat noodles
- 2 chicken breasts, thinly sliced (optional)
- 1 onion, sliced
- 1 bell pepper, sliced
- 1 carrot, julienned
- 1 cup cabbage, shredded
- 3 garlic cloves, minced
- 1 teaspoon ginger paste
- 1 teaspoon cumin powder
- 1 teaspoon turmeric powder
- 1 teaspoon chili powder
- Salt and pepper to taste
- Chopped cilantro for garnish

Instructions:

1. Cook noodles in boiling water, drain, and set aside.
2. Heat oil in a large pan, add chicken and cook first if you're using it.
3. Sauté garlic and ginger; add veggies and cook 3-4 minutes.
4. Season with chili, turmeric, cumin, and pepper.
5. Add noodles back in and toss everything together.
6. Garnish with chopped cilantro and serve immediately.

Title: Tukpa

Description:

Tukpa is a traditional Tibetan noodle soup, popular in Himalayan regions. It typically comprises a rich broth made from chicken or vegetable stock, assorted veggies, and noodles.

Ingredients:

- 8 cups chicken or vegetable broth
- 8 oz chicken or beef, cut into small pieces (optional)
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 inch ginger, minced
- 2 carrots, sliced
- 2 cups chopped cabbage
- 2 cups spinach leaves
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric
- Salt and black pepper to taste
- 8 oz noodles
- Chopped cilantro, green onions, chili sauce for serving

Instructions:

1. Bring broth to a boil, add chicken or beef if using.
2. Reduce to medium and add chopped onion, garlic, and ginger.
3. After 5 minutes, add carrot, cabbage, and spinach.
4. Season with cumin, turmeric, coriander, and black pepper.
5. Prepare noodles separately and drain.
6. Divide noodles into bowls and ladle the soup over them.
7. Top with chopped green onions, chili, and cilantro.

Title: Aloo Tama

Description:

Aloo Tama is a traditional Nepali curry made from bamboo shoots and potato. It combines the earthy flavor of potato with the tanginess of fermented bamboo shoots.

Ingredients:

- 2 medium-sized potatoes, peeled and diced
- 1 cup bamboo shoots, chopped
- 1 medium-sized onion, chopped
- 2-3 cloves garlic, minced
- 1 teaspoon cumin seeds
- 1 teaspoon turmeric powder
- 1 teaspoon chili powder
- 1 teaspoon coriander powder

- 1 tablespoon vegetable oil
- Salt to taste
- 2 cups water
- Chopped coriander leaves for garnish

Instructions:

1. Heat oil in a pan. Add cumin seeds and let them crackle.
2. Add chopped onions and garlic; cook until translucent.
3. Add diced potato, bamboo shoots, turmeric, chili, and coriander. Season with salt.
4. Pour in water, bring to a boil, then lower flame and simmer for 20-25 minutes.
5. Once the potato is tender, garnish with chopped coriander and serve with rice or roti.

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Pani Puri

Pani puri is a popular street food snack in India, Pakistan, Bangladesh, and Nepal. It is also known as golgappa, puchka, or phuchka, depending on the region. The snack consists of small, crispy, hollow balls made of semolina or wheat, which are filled with a mixture of spiced potatoes, chickpeas, onions, and sometimes tamarind chutney. The balls are then punctured on one side and filled with a spicy, tangy, and mint-flavored water, which gives the snack its signature burst of flavor.

Ingredients:

- 1 cup of Semolina (sooji)
- 2 tablespoons of all-purpose flour (maida)
- 1/2 teaspoon of salt
- 1/4 teaspoon of baking soda
- Water as required
- 3 medium-sized boiled and mashed potatoes
- 1 cup of boiled chickpeas
- 1 small chopped onion
- 1 teaspoon of roasted cumin powder
- 1 teaspoon of chaat masala
- Salt to taste
- 1/4 cup of tamarind chutney
- 1/4 cup of mint-coriander chutney
- 1/4 cup of lemon juice
- 1/4 cup of chopped fresh coriander leaves
- 1/4 cup of chopped fresh mint leaves
- 1 green chili, chopped (optional)
- 1-inch piece of ginger, peeled and grated

- 4 cups of water
- Salt to taste

Instructions:

1. In a mixing bowl, combine the semolina, all-purpose flour, salt, and baking soda. Mix well.
2. Gradually add water and knead the dough until it becomes smooth and pliable. Cover the dough and let it rest for 15 minutes.
3. Meanwhile, prepare the filling. In another bowl, mix the mashed potatoes, boiled chickpeas, chopped onion, roasted cumin powder, chaat masala, and salt. Mix well and set aside.
4. Prepare the spiced water. In a blender, blend together the tamarind chutney, mint-coriander chutney, lemon juice, coriander leaves, mint leaves, green chili, ginger, water, and salt until smooth.
5. Strain the mixture through a fine sieve and adjust the seasoning as required.
6. Divide the dough into small balls and roll them into thin discs. Cut the discs using a round cutter or the rim of a glass.
7. Heat oil in a pan and deep-fry the discs until they turn golden brown.
8. Drain the fried discs on a paper towel.
9. To serve, take each fried disc, make a small hole in the center using your thumb, and fill it with a spoonful of the filling.
10. Dip the filled Pani puri into the spiced water and serve immediately.

Sel Roti

Sel roti is a traditional Nepali sweet bread that is commonly prepared during festivals, weddings, and other special occasions. It is made from a batter consisting of rice flour, sugar, ghee (clarified butter), and water. The batter is then deep-fried in a ring shape, giving the Sel roti its distinctive circular shape with a hole in the middle.

Ingredients:

- 2 cups of rice flour
- 1/2 cup of all-purpose flour
- 1 and 1/2 cups of sugar
- 1/2 cup of ghee (clarified butter)
- 1/4 teaspoon of cardamom powder

- 1/4 teaspoon of baking powder
- 1/2 cup of warm water (or as required)
- Vegetable oil for frying

Instructions:

1. In a mixing bowl, combine the rice flour, all-purpose flour, sugar, cardamom powder, and baking powder. Mix well.
2. Add the ghee to the mixture and mix it with your fingertips until it resembles coarse breadcrumbs.
3. Gradually add warm water to the mixture and knead it into a smooth and pliable dough.
4. Cover the dough and let it rest for 15-20 minutes.
5. Heat vegetable oil in a deep pan or a wok over medium heat.
6. Take a handful of dough and form it into a ring shape with a hole in the center. You can do this by twisting the dough with your fingers or by using a piping bag with a large round tip.
7. Gently drop the Sel roti into the hot oil and fry it until it turns golden brown. Flip it over once or twice to ensure that it is evenly fried.
8. Remove the Sel roti from the oil using a slotted spoon and drain it on a paper towel to remove any excess oil.
9. Repeat the process with the remaining dough.
10. Serve the Sel roti warm with a cup of tea or coffee.

Bara

Bara is a popular Nepali snack that is typically made from black lentils (urad dal). It is a deep-fried patty that has a crispy exterior and a soft, fluffy interior. Bara is often served as a street food or a starter dish in Nepali cuisine.

Ingredients:

- 1 cup black lentils (urad dal)
- 1 small onion, finely chopped
- 2-3 green chilies, finely chopped
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/4 teaspoon turmeric powder

- 1/2 teaspoon ginger paste
- Salt to taste
- Vegetable oil for frying

Instructions:

1. Rinse the black lentils and soak them in water overnight.
2. Drain the water from the lentils and grind them into a smooth batter using a food processor or a blender. Add a little water as needed to help with the grinding.
3. Transfer the batter to a mixing bowl and add the chopped onions, green chilies, cumin powder, coriander powder, turmeric powder, ginger paste, and salt. Mix well.
4. Cover the bowl with a clean cloth and leave it in a warm place to ferment for 6-8 hours, or overnight. The batter should rise and become light and fluffy.
5. Heat vegetable oil in a deep pan or a wok over medium heat.
6. Take a spoonful of the fermented batter and drop it into the hot oil to form a small, round patty. You can also use your hands to shape the batter into a patty.
7. Fry the Bara until it turns golden brown on both sides, flipping it over once or twice to ensure that it is evenly fried.
8. Remove the Bara from the oil using a slotted spoon and drain it on a paper towel to remove any excess oil.
9. Repeat the process with the remaining batter.
10. Serve the Bara hot with your favorite accompaniments, such as spicy tomato chutney, yogurt, or coriander-mint chutney.

Chatamari

Chatamari is a traditional Newari dish from Nepal that is popular as a snack or appetizer. It is a type of savory crepe made from a batter of rice flour and water that is cooked on a griddle or pan. The crepe is thin and crispy on the edges but slightly chewy in the center.

Ingredients:

- 1 cup rice flour
- 1 cup water
- 1/4 cup minced chicken or lamb (or vegetables for a vegetarian version)
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped tomato
- 1/4 cup finely chopped bell pepper

- 2 cloves garlic, minced
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/4 teaspoon turmeric powder
- Salt and pepper to taste
- Oil for cooking
- Fresh cilantro and green onions for garnish

Instructions:

1. In a mixing bowl, combine the rice flour, water, salt, and pepper. Mix well to form a smooth batter. Let the batter rest for 15-20 minutes.
2. In a separate pan, heat a tablespoon of oil over medium-high heat. Add the minced meat or vegetables and cook until browned.
3. Add the onion, tomato, bell pepper, garlic, cumin, coriander, turmeric, salt, and pepper to the pan. Cook for 3-4 minutes until the vegetables are tender and the spices are fragrant. Remove from heat and set aside.
4. Heat a non-stick pan or griddle over medium-high heat. Brush the surface with a little bit of oil.
5. Pour a ladleful of the rice flour batter onto the pan and spread it out in a circular motion with the back of the ladle to form a thin crepe.
6. Spoon some of the filling onto the crepe and spread it evenly. Cook for 2-3 minutes until the bottom is golden brown and crispy.
7. Fold the Chatamari in half to enclose the filling. Remove from the pan and place on a plate.
8. Repeat steps 5-7 with the remaining batter and filling.
9. Garnish with fresh cilantro and green onions and serve hot with chutney or yogurt sauce on the side.

Sekuwa

Sekuwa is a traditional Nepali dish made by marinating small pieces of meat (usually lamb or chicken) in a mixture of spices and then grilling or roasting them over an open flame.

Ingredients:

- 1 lb boneless lamb or chicken, cut into bite-sized pieces
- 2 tablespoons mustard oil
- 1 tablespoon ginger paste

- 1 tablespoon garlic paste
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon chili powder
- 1/2 teaspoon turmeric powder
- Salt to taste
- Bamboo skewers
- Sliced onions and lemon wedges for serving

Instructions:

1. In a mixing bowl, combine the mustard oil, ginger paste, garlic paste, cumin powder, coriander powder, chili powder, turmeric powder, and salt. Mix well to form a smooth marinade.
2. Add the bite-sized pieces of lamb or chicken to the bowl and toss to coat evenly with the marinade. Cover the bowl with plastic wrap and refrigerate for at least 2 hours or overnight.
3. Soak the bamboo skewers in water for at least 30 minutes to prevent them from burning on the grill.
4. Preheat a grill to medium-high heat. If using a charcoal grill, make sure the coals are evenly distributed.
5. Thread the marinated meat onto the bamboo skewers, leaving a little bit of space between each piece.
6. Grill the skewers for 10-12 minutes, turning frequently, until the meat is cooked through and slightly charred on the outside.
7. Remove the skewers from the grill and serve hot with sliced onions and lemon wedges on the side.

Choyla

Choyla is a popular Nepalese dish made with marinated meat, usually buffalo or chicken, that is grilled or roasted until it is tender and slightly charred.

Ingredients:

- 500 grams of boneless buffalo meat or chicken
- 2 tablespoons of mustard oil
- 1 tablespoon of minced garlic
- 1 tablespoon of minced ginger
- 1 tablespoon of cumin powder
- 1 tablespoon of coriander powder

- 1 tablespoon of turmeric powder
- 1 tablespoon of chili powder
- 1/2 tablespoon of Sichuan pepper powder
- Salt to taste
- Juice of 1 lemon
- Chopped coriander leaves for garnish

Instructions:

1. Cut the buffalo meat or chicken into small bite-sized pieces and put them into a mixing bowl.
2. Add the minced garlic and ginger, cumin powder, coriander powder, turmeric powder, chili powder, Sichuan pepper powder, and salt to the bowl.
3. Pour the mustard oil and lemon juice over the meat, and mix everything together well. Make sure that all the pieces of meat are coated with the marinade.
4. Cover the bowl with cling film and let it marinate in the refrigerator for at least 2-3 hours, or overnight if possible.
5. When you're ready to cook the Choyla, preheat a grill or broiler to high heat.
6. Thread the marinated meat onto skewers and grill or broil for about 8-10 minutes, or until the meat is cooked through and slightly charred on the outside.
7. Remove the skewers from the grill and sprinkle some chopped coriander leaves over the Choyla for garnish.
8. Serve the Choyla hot with some rice, lentils, or other side dishes of your choice.

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To make Khasi Ko Masu, the goat meat is first marinated in a mixture of spices, which may include cumin, coriander, turmeric, chili powder, garlic, and ginger. The marinated meat is then sautéed in oil with onions and tomatoes, and simmered in a curry sauce that is made with additional spices and herbs such as bay leaves, cinnamon, and cardamom. The dish is usually cooked until the meat is tender and falls off the bone, and the flavors have melded together to create a rich and spicy dish.

Ingredients:

- 500 grams of bone-in goat meat, cut into bite-sized pieces
 - 2 tablespoons of vegetable oil
 - 2 medium-sized onions, chopped
 - 2 medium-sized tomatoes, chopped
 - 3-4 cloves of garlic, minced
 - 1-inch piece of ginger, minced
 - 1 teaspoon of cumin powder
 - 1 teaspoon of coriander powder
 - 1/2 teaspoon of turmeric powder
 - 1 teaspoon of chili powder
 - 2-3 bay leaves
 - 2-3 cinnamon sticks
 - 3-4 green cardamom pods
 - Salt to taste
 - Chopped coriander leaves for garnish
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Instructions:

1. Heat the oil in a large pot or pressure cooker over medium heat.
2. Add the chopped onions and sauté until they turn translucent.
3. Add the minced garlic and ginger and sauté for another minute until fragrant.
4. Add the goat meat to the pot and stir well to coat it with the onion and spice mixture.
5. Add the chopped tomatoes, cumin powder, coriander powder, turmeric powder, chili powder, and salt to the pot, and mix everything together well.
6. Add enough water to cover the meat, and then add the bay leaves, cinnamon sticks, and cardamom pods to the pot.
7. If using a pressure cooker, cook the meat for about 15-20 minutes or until the meat is tender. If using a regular pot, simmer the meat for about 1-2 hours, or until the meat is tender and the sauce has thickened.
8. Once the meat is cooked, remove the bay leaves, cinnamon sticks, and cardamom pods.
9. Garnish the Khasi Ko Masu with chopped coriander leaves and serve hot with rice, roti, or other traditional Nepalese breads.

Masu Ko Jhol (Mutton Soup)

Masu Ko Jhol is a traditional Nepalese mutton soup that is commonly eaten as a main course for lunch or dinner. It is a hearty and flavorful dish that is popular throughout Nepal, especially in the Himalayan regions. The main ingredients in Masu Ko Jhol are mutton pieces, potatoes, tomatoes, onions, garlic, ginger, and a variety of spices like cumin, coriander, and turmeric. The soup is typically cooked over low heat for several hours to allow the flavors to meld together and the meat to become tender.

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Ingredients:

- 1 lb mutton, cut into bite-sized pieces
- 2 potatoes, peeled and diced
- 2 tomatoes, diced
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 small piece of ginger, minced
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- Salt to taste
- 4 cups of water
- Fresh cilantro, chopped for garnish
- Oil for cooking

Instructions:

1. Heat oil in a large pot over medium heat. Add mutton pieces and cook until browned on all sides.
2. Add chopped onions, garlic, and ginger to the pot and sauté for a few minutes until the onions are translucent.
3. Add diced tomatoes, potatoes, cumin powder, coriander powder, turmeric powder, and salt. Stir everything together and cook for a few minutes.
4. Add 4 cups of water to the pot and bring to a boil.
5. Reduce heat to low and simmer for about 1-2 hours, stirring occasionally, until the mutton is tender and falls off the bone.
6. Adjust seasoning to taste.
7. Garnish with chopped cilantro and serve hot with steamed rice or flatbreads.

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Chicken Curry (Kukhura Ko Masu)

Chicken Curry, also known as Kukhura Ko Masu in Nepali, is a popular dish in Nepal and other parts of South Asia. It is a

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❶ MASU KO JHOL (MUTTON SOUP)

Masu Ko Jhol is a traditional Nepalese mutton soup that is commonly eaten as a main course for lunch or dinner. It is a hearty and flavorful dish that is popular throughout Nepal, especially in the Himalayan regions. The main ingredients in Masu Ko Jhol are mutton pieces, potatoes, tomatoes, onions, garlic, ginger, and a variety of spices like cumin, coriander, and turmeric. The soup is typically cooked over low heat for several hours to allow the flavors to meld together and the meat to become tender.

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Ingredients:

- 1 lb mutton, cut into bite-sized pieces
- 2 potatoes, peeled and diced
- 2 tomatoes, diced
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 small piece of ginger, minced
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- Salt to taste
- 4 cups of water
- Fresh cilantro, chopped for garnish
- Oil for cooking

Instructions:

1. Heat oil in a large pot over medium heat. Add mutton pieces and cook until browned on all sides.
2. Add chopped onions, garlic, and ginger to the pot and sauté for a few minutes until the onions are translucent.
3. Add diced tomatoes, potatoes, cumin powder, coriander powder, turmeric powder, and salt. Stir everything together and cook for a few minutes.
4. Add 4 cups of water to the pot and bring to a boil.
5. Reduce heat to low and simmer for about 1-2 hours, stirring occasionally, until the mutton is tender and falls off the bone.
6. Adjust seasoning to taste.
7. Garnish with chopped cilantro and serve hot with steamed rice or flatbreads.

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❷ CHICKEN CURRY (KUKHURA KO MASU)

Chicken Curry, also known as Kukhura Ko Masu in Nepali, is a popular dish in Nepal and other parts of South Asia. It is a flavorful and fragrant dish that can be made in a variety of ways, depending on the region and personal preference. The main ingredients for Chicken Curry typically include chicken pieces, onions, garlic, ginger, tomatoes, and a variety of spices like cumin, coriander, and turmeric. Other ingredients like potatoes, peppers, and coconut milk may also be added to give the curry a unique flavor and texture.

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Ingredients:

- 1 lb boneless chicken, cut into bite-sized pieces
- 2 onions, chopped
- 4 cloves of garlic, minced
- 1-inch piece of ginger, minced
- 2 tomatoes, chopped
- 2 potatoes, peeled and diced (optional)
- 2 tbsp vegetable oil
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1/2 tsp turmeric powder
- 1/2 tsp red chili powder (optional)
- Salt to taste
- 2 cups of water or chicken broth
- Fresh cilantro, chopped for garnish

Instructions:

1. Heat oil in a large pot over medium heat. Add chicken pieces and cook until browned on all sides. Remove from the pot and set aside.
2. Add chopped onions, garlic, and ginger to the pot and sauté for a few minutes until the onions are translucent.
3. Add diced tomatoes and diced potatoes to the pot and stir everything together.
4. Add cumin powder, coriander powder, turmeric powder, red chili powder (if using), and salt to the pot. Stir everything together and cook for a few minutes.
5. Add the browned chicken pieces back into the pot and stir everything together.
6. Add 2 cups of water or chicken broth to the pot and bring to a boil.
7. Reduce heat to low and simmer for about 30 minutes, stirring occasionally, until the chicken is cooked through and tender.
8. Adjust seasoning to taste.
9. Garnish with chopped cilantro and serve hot with steamed rice or flatbreads.

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③ MACHA TARKARI (FISH CURRY)

Macha Tarkari, also known as Fish Curry, is a popular dish from Nepal, which is made by cooking fish in a spicy tomato-based sauce. It is a flavorful and aromatic dish that is usually

served with steamed rice, roti, or other flatbreads. The recipe for Macha Tarkari varies depending on the region and the cook's preferences, but it typically involves marinating the fish in a mixture of spices and then frying it until golden brown. The fish is then set aside while the sauce is prepared.

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Ingredients:

- 500g fish fillets (any firm-fleshed fish like catfish, tilapia, or cod)
- 2 medium-sized onions, chopped
- 4 garlic cloves, minced
- 2 medium-sized tomatoes, chopped
- 1 tbsp ginger paste
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1/2 tsp turmeric powder
- 1 tsp red chili powder (adjust according to your preference)
- Salt to taste
- 2 tbsp cooking oil
- Fresh coriander leaves for garnishing

Instructions:

1. Cut the fish fillets into medium-sized pieces, wash them well, and pat them dry. Marinate the fish with a little salt, turmeric, and chili powder for 15 minutes.
2. Heat 2 tbsp of oil in a pan over medium heat. Add the marinated fish and fry them until golden brown on both sides. Once done, remove the fish pieces from the pan and set them aside.
3. In the same pan, add the chopped onions and sauté until they turn translucent. Add the minced garlic and ginger paste, and cook for another minute.
4. Add the chopped tomatoes and all the dry spices (cumin, coriander, turmeric, chili) and cook for a few minutes.

Kwati

Kwati is a traditional Nepalese mixed bean soup, typically prepared during the festival of Janai Purnima (August). It's made from a combination of nine different types of beans or legumes, which are soaked overnight, then boiled and cooked with spices to create a thick, hearty soup. The specific beans can vary, but commonly include black-eyed peas, kidney beans, mung beans, chickpeas, soybeans, black soybeans, green lentils, brown lentils, and white beans.

Ingredients:

- 1 cup mixed beans (a combination of black-eyed peas, kidney beans, mung beans, chickpeas, soybeans, black soybeans, green lentils, brown lentils, and white beans)
- 1 tablespoon vegetable oil
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon ginger paste
- 1/2 teaspoon garlic paste
- Salt to taste
- 4 cups water
- 1 tablespoon butter
- 3-4 garlic cloves, sliced thinly
- 1-2 dried red chili peppers

Instructions:

1. **Rinse and Soak Beans:** Rinse the mixed beans in cold water and soak them overnight.
2. **Drain and Rinse:** Drain the water and rinse the beans again.
3. **Pressure Cook Beans:** In a pressure cooker, add the soaked beans, 4 cups of water, and salt to taste. Pressure cook for 5-6 whistles or until the beans are cooked and soft.
4. **Sauté Spices:** Once the beans are cooked, heat the vegetable oil in a separate pan. Add cumin seeds, coriander powder, turmeric powder, ginger paste, and garlic paste. Sauté the spices for 1-2 minutes until fragrant.
5. **Combine Beans and Spices:** Add the cooked beans to the pan with the sautéed spices and stir well. Add more water if needed to adjust the consistency of the soup.
6. **Prepare Tempering:** In a separate small pan, melt the butter. Fry the thinly sliced garlic cloves and dried red chili peppers until the garlic turns golden brown.
7. **Temper the Soup:** Pour the hot garlic and chili tempering over the soup and stir.
8. **Serve:** Serve Kwati hot with rice or flatbreads.

Macha Makhani

Macha Makhani is a popular seafood dish from the Indian subcontinent, particularly Bengali cuisine. It's a creamy and buttery curry made with fish fillets cooked in a rich tomato-based gravy, seasoned with aromatic spices, and finished with cream and butter. While the fish can vary, freshwater varieties like rohu, catla, or tilapia are commonly used. The fish fillets are marinated with turmeric and chili powder before being shallow-fried.

Ingredients:

- 4 fish fillets (rohu, catla, or tilapia)
- 1 teaspoon turmeric powder
- 1 teaspoon chili powder

- Salt to taste
- 2 tablespoons vegetable oil
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 1 tablespoon ginger paste
- 2 tomatoes, chopped
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon garam masala powder
- 1/2 cup heavy cream
- 2 tablespoons unsalted butter
- Chopped coriander leaves for garnishing

Instructions:

1. **Marinate Fish:** Marinate the fish fillets with turmeric powder, chili powder, and salt to taste. Let them rest for at least 30 minutes.
2. **Shallow-Fry Fish:** Heat the vegetable oil in a large pan and shallow-fry the fish fillets until they are golden brown. Remove from the pan and set aside.
3. **Sauté Aromatics:** In the same pan, add the chopped onion and sauté until it turns translucent. Add the minced garlic and ginger paste, and sauté for a minute.
4. **Cook Tomatoes:** Add the chopped tomatoes and cook until they are soft and pulpy.
5. **Blend Gravy Base:** Remove the pan from the heat and let it cool slightly. Then, blend the mixture into a smooth puree using a blender or food processor.
6. **Cook Spices:** Return the puree to the pan and add cumin powder, coriander powder, and garam masala powder. Cook the mixture for a few minutes until the spices are fragrant.
7. **Simmer Gravy:** Add 1 cup of water to the pan and bring the mixture to a simmer.
8. **Add Fish:** Add the fried fish fillets to the pan and let them simmer in the gravy for 5-7 minutes until they are cooked through and infused with the flavors of the spices.
9. **Finish with Cream and Butter:** Add the heavy cream and unsalted butter to the pan and stir until the sauce is creamy and well combined.
10. **Garnish and Serve:** Garnish with chopped coriander leaves and serve hot with steamed rice or naan bread.

Chicken Achar

Chicken Achar, also known as Achari Chicken, is a popular Indian dish characterized by its tangy and spicy flavor. The name "Achar" refers to pickles, and the dish is made with a blend of pickling spices that give it a unique and flavorful taste. Boneless chicken pieces are marinated in a mixture of yogurt and pickling spices (like fennel, mustard seeds, and fenugreek), along with other spices such as cumin, coriander, and turmeric. The marinated chicken is then cooked in a flavorful gravy made with onion, tomato, ginger, and garlic, along with more pickling and aromatic spices.

Ingredients:

- 1 pound boneless chicken, cut into bite-sized pieces
- 1/2 cup plain yogurt
- 1 tablespoon fennel seeds
- 1 tablespoon mustard seeds
- 1 teaspoon fenugreek seeds
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chili powder
- Salt to taste
- 2 tablespoons vegetable oil
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 1 tablespoon ginger paste
- 2 tomatoes, chopped
- 1/2 teaspoon garam masala powder
- Chopped coriander leaves for garnishing

Instructions:

1. **Prepare Marinade:** In a bowl, mix together the yogurt, fennel seeds, mustard seeds, fenugreek seeds, cumin seeds, coriander powder, turmeric powder, red chili powder, and salt to taste.
 2. **Marinate Chicken:** Add the chicken pieces to the marinade and mix well to coat. Let the chicken marinate for at least 30 minutes, or up to 2 hours in the refrigerator.
 3. **Sauté Onion:** Heat the vegetable oil in a large pan and sauté the chopped onion until it turns golden brown.
 4. **Add Aromatics:** Add the minced garlic and ginger paste, and sauté for a minute until fragrant.
 5. **Cook Tomatoes:** Add the chopped tomatoes and cook until they are soft and pulpy.
 6. **Add Marinated Chicken:** Add the marinated chicken to the pan and cook for a few minutes until the chicken is browned on all sides.
 7. **Simmer Chicken:** Lower the heat and cover the pan. Cook for 10-15 minutes, stirring occasionally, until the chicken is cooked through and tender.
 8. **Add Garam Masala:** Sprinkle garam masala powder over the chicken and mix well.
 9. **Garnish and Serve:** Garnish with chopped coriander leaves and serve hot with steamed rice or Indian bread.
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Gorkhali Lamb

Gorkhali Lamb is a traditional Nepalese dish featuring tender pieces of lamb cooked in a spicy tomato-based gravy. It's named after the Gorkha region of Nepal, known for its flavorful cuisine. The lamb is first marinated in a blend of spices, including cumin, coriander, turmeric,

and chili powder, then seared until browned and caramelized. Onions, garlic, and ginger are then sautéed in the same skillet to form a fragrant base for the gravy.

Ingredients:

- 1 lb boneless lamb, cut into small pieces
- 2 tbsp vegetable oil
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 1 inch ginger, grated
- 2 tomatoes, chopped
- 2 tbsp tomato paste
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp turmeric powder
- 1 tsp chili powder
- 1 tsp garam masala
- Salt, to taste
- Fresh cilantro, chopped, for garnish

Instructions:

1. **Marinate Lamb:** In a bowl, mix together the cumin powder, coriander powder, turmeric powder, chili powder, and salt. Add the lamb pieces to the bowl and coat them in the spice mixture. Let the lamb marinate for at least 30 minutes or up to 2 hours.
2. **Sear Lamb:** In a large skillet or wok, heat the oil over medium-high heat. Add the marinated lamb pieces and cook until browned on all sides, about 5 minutes. Remove the lamb from the skillet and set aside.
3. **Sauté Aromatics:** In the same skillet, add the chopped onions and sauté until softened and translucent, about 5 minutes. Add the minced garlic and grated ginger and sauté for an additional minute.
4. **Cook Tomatoes:** Add the chopped tomatoes and tomato paste to the skillet and stir to combine. Cook the mixture for 5-7 minutes, stirring occasionally, until the tomatoes have broken down and the mixture has thickened.
5. **Simmer Lamb:** Add the cooked lamb back to the skillet along with the garam masala. Stir to combine. Lower the heat to medium-low and cover the skillet. Let the lamb simmer for 15-20 minutes or until the lamb is tender and the sauce has thickened.
6. **Adjust Seasoning and Serve:** Once the lamb is cooked, taste and adjust the seasoning as needed. Garnish with fresh cilantro and serve hot with steamed rice or naan.

Bhat Bhuteko (Nepali Fried Rice)

Bhat Bhuteko is a tasty Nepali fried rice dish, where spices and seasonings are perfectly blended with minimal oil. It's often made with leftover boiled rice and can be a quick and satisfying meal. While traditionally vegetarian, pre-cooked diced chicken or other meats can be added.

Nutrition & Background:

Rice is a good source of fiber, protein, iron, B vitamins (thiamin, niacin, riboflavin), manganese, and magnesium. It can be weight loss-friendly in moderation as part of a balanced diet, but fattening in excess. Unlike with boiled rice, dal is not typically served with fried rice.

Quantity:

Serves 2 people twice, or 4 people for one occasion.

Time Taken:

Approximately 25 minutes for preparation and cooking.

Utensils Needed:

- Frying pan
- Stirring spoon (wooden) / spatula

Ingredients:

- Boiled rice (umaaleko bhat) – 2 to 4 portions
- Oil for frying – 1 tablespoon
- Freshly chopped garlic – half a clove
- Fresh finely chopped chili – to taste
- Finely chopped ginger (optional) – to taste
- Salt – a pinch to taste
- Chili powder – about 1/2 teaspoon
- Cumin (jeera) seed (optional) – 1 teaspoon
- Turmeric (optional) – a pinch
- Pre-prepared/cooked meat (optional, diced)

Method:

1. **Heat Pan:** Heat the frying pan over medium heat.
2. **Add Oil & Aromatics:** Add the oil. Once hot, add garlic, chili, ginger (and jeera if using) and gently toss for about 1 minute until fragrant.

3. **Add Rice and Spices:** Add the boiled rice, salt, chili powder, and turmeric (if using) to the pan.
4. **Stir and Cook:** Stir thoroughly to combine all ingredients. Cook for 2-3 minutes.
5. **Add Meat (Optional):** If adding pre-prepared/cooked meat, add it now and cook for a total of 4-5 minutes until heated through.
6. **Serve:** Serve hot.

Accompaniments:

- Achar/spiced pickle
 - Vegetable curry/tarkari (as a side dish or mixed into the rice)
-

Bitter Gourd Kerala Dish

This delicious Nepali Fried Kerala dish transforms the naturally bitter taste of bitter gourd into a predominantly smoky, nutty flavor. It's perfect as a dish on its own or as a side dish to complement a main course, developing a crunchy texture and dark brown color when cooked.

Nutrition & Background:

Bitter Gourd (also known as Bitter Melon or Kerala) is related to cucumber, pumpkin, and zucchini. It's rich in vitamin C, vitamin A, provides folate, and contains traces of iron, zinc, and potassium. It also contains important acids like catechin, epicatechin, chlorogenic acid, and gallic acid. The Nepali-Indian Kerala is narrow, thickest in the middle with spikes, and has a naturally bitter taste.

Quantity:

Serves 2 people twice, or 4 people for one occasion.

Time Taken:

Approximately 15 minutes for preparation and cooking.

Utensils:

- Frying Pan
- Spatula (wooden stirring spoon)
- Chopping board

Ingredients:

- Fresh Bitter Gourd (Kerala) – 5 to 6 small, or 3 to 4 medium to large
- Oil – 3 tablespoons

- Red or green Birds Eye chili (1 or 2 whole) - finely chopped, with seeds retained
- Cumin seeds and/or coriander powder – 1/2 tablespoon
- Salt – to taste

Method:

1. **Prepare Kerala:** Cut the fresh Kerala into circular slices (2-3 mm) and remove the seeds and inside flesh.
 2. **Heat Pan and Oil:** Heat the frying pan over medium heat. Once hot, add the oil.
 3. **Add Spices and Chili:** Add cumin seeds, and fresh finely diced chili. (Sometimes masala is added once the Kerala starts to fry).
 4. **Add Kerala and Fry:** Once the spices and oil start to brown, add the Kerala slices. Stir gently. The juice from the Kerala helps unify all the ingredients.
 5. **Cook Until Crisp:** Continue to fry until the Kerala is quite crisp and has turned dark brown.
 6. **Serve:** Serve hot.
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Chanaa Aloo Tarkari, and Paneer Aloo Variant

Chanaa Aloo Tarkari is a flavorful Nepali vegetarian curry where the mild tanginess of chickpeas (chanaa) and the earthy taste of potatoes (aloo) are heightened by well-balanced seasonings. The **Paneer Aloo** variant replaces chickpeas with paneer (buffalo cheese), offering a different gastronomic experience where the paneer maintains its form, absorbing the flavors of herbs and spices, and develops a gently fried, crisp exterior.

Nutrition & Background:

- **Potatoes:** A major source of potassium (more than bananas) and vitamin C; cholesterol-free, fat and sodium-free, carbohydrate-rich. Healthy when prepared with minimal oil and in moderation.
- **Chickpeas:** Contain calcium, iron, phosphate, manganese, zinc, and vitamin K. Good source of carbohydrates and fiber, contributing to bone strength and structure.
- **Paneer (Buffalo):** High in calories, sodium, saturated fat, and cholesterol. Also high in calcium and vitamin A, with traces of potassium and iron.

Quantity:

Serves 2 people twice, or 4 people for one occasion.

Time Taken:

Approximately 1 hour for preparation and cooking.

Utensils:

- Frying pan and lid
- Glass bowl (for overnight soaking of chickpeas)
- Chopping board
- Knives for chopping and dicing
- Spatula / wooden stirring spoon

Ingredients:

- 1/2 kg chickpeas (left overnight in boiled water prior to use, or good quality tinned chickpeas)
- 2/3 kg potatoes
- 4 tablespoons of oil (extra virgin olive oil, sunflower, melted ghee, etc.)
- 2 to 2.5 Birds Eye fresh green chilies (finely sliced)
- 1 Diced Brown or Red (Red popular in Nepal) Onion
- 2 Diced red cooking tomatoes
- Salt – to taste
- Black pepper – to taste
- 1/2 tbsp turmeric
- Fresh chopped garlic (half a bulb)
- Fresh chopped ginger 1 tbsp
- Cumin powder 1/2 tbsp
- Coriander powder 1/2 tbsp
- Fresh chopped coriander to garnish

Paneer variant (exchange chickpeas for paneer):

- 1/4 kg paneer

Method (Chanaa Aloo Tarkari):

1. **Soak & Boil Chickpeas:** Soak dried chickpeas overnight in boiled water (or use good quality tinned chickpeas). Boil chickpeas until tender (if using tinned, incorporate once potatoes are cooked). Set aside.
2. **Boil Potatoes:** Clean/wash potatoes, then boil until they start to soften. Remove skins and dice into cubes. Set aside.
3. **Heat Oil:** Heat the frying pan and add 4 tablespoons of oil.
4. **Add Fenugreek:** Add 1/2 tbsp of fenugreek seeds (if using).
5. **Sauté Onion & Chilies:** Add diced brown/red onions and green chilies. Toss until they are brown.
6. **Season:** Add salt and pepper to taste.
7. **Add Chickpeas & Potatoes:** Add the boiled chickpeas and potatoes to the pan.
8. **Add Turmeric:** Add 1/2 tbsp of turmeric powder.
9. **Sauté Garlic & Ginger:** Add chopped fresh garlic and ginger and stir for a couple of minutes until fragrant.
10. **Add Cumin & Coriander:** Add 1 tbsp of cumin and coriander powder and 1/2 tbsp of red chili powder (if using). Stir for 2 minutes.

11. **Add Tomatoes & Broth:** Add diced tomatoes and enough water/broth to create a sauce (the amount isn't specified, but enough to simmer the vegetables). Cook for 10-15 minutes until all tomatoes are cooked down and the sauce has thickened.
12. **Garnish & Serve:** Garnish with freshly chopped coriander and serve hot.

Method (Paneer Variant):

1. **Prepare Paneer:** Cut paneer into small cubes. Fry in seasoned (salt, and optional masala) oil until lightly golden and crisp.
 2. **Set Aside:** Take the fried paneer out of the pan and set aside to cool.
 3. **Incorporate Paneer:** Follow steps 1-11 of the Chanaa Aloo Tarkari method. In the final stage of cooking (after the tomatoes have cooked down and the sauce has thickened), incorporate the pre-fried paneer cubes. Simmer for 3-5 minutes to allow the paneer to absorb the flavors.
 4. **Garnish & Serve:** Garnish with freshly chopped coriander and serve hot.
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Chicken Curry

This is a classic Nepali main course, often eaten with boiled rice and other accompaniments. It's characterized by the chicken meat (ideally including the bone for extra flavor) being richly suffused by the seasonings.

Nutrition & Background:

Chicken provides high protein density compared to red meats and is a good source of creatine. It offers substantial quantities of essential B vitamins, such as niacin (B3), vital for brain health and energy metabolism.

Quantity:

Serves 2 people twice, or 4 people for one occasion.

Time Taken:

Approximately 35 to 40 minutes for preparation and cooking.

Utensils:

- Frying pan
- Chopping board
- Knives

Ingredients:

- 1 kg chicken (from a whole chicken, cut into medium size pieces, bone-in preferred)

- 4 tbsp of oil (vegetable, or extra virgin olive oil)
- 1 large brown onion, finely diced
- 5-6 garlic cloves – finely diced
- 1 tbsp of fresh ginger, finely grated
- 2 medium-size tomatoes, chopped
- 1 tsp of turmeric
- 1 tbsp cumin powder
- 1 tbsp coriander (Dhania) powder
- 1 tsp of chili powder
- 4 Cloves
- 2.5 cm of Cinnamon (Dalchini) stick
- 1 tsp Cumin (Jeera) seeds
- A pinch of Salt – to taste
- Some chopped fresh Coriander (Dhania) leaves or Cilantro to garnish

Method:

1. **Heat Oil and Whole Spices:** Heat the oil in a frying pan. Add the cumin seeds, cloves, (cardamom and bay leaf if using, though not listed in ingredients) and cinnamon stick. Fry for about 15-20 seconds until fragrant.
2. **Sauté Onions:** Add the chopped onions and fry until they soften and become light brown.
3. **Add Garlic & Ginger:** Then include finely diced garlic and grated ginger and fry for a further 4-5 minutes until fragrant.
4. **Brown Chicken & Add Ground Spices:** Add the chicken pieces and fry until they become lightly browned. Then add the chopped tomatoes, turmeric powder, chili powder, cumin powder, coriander powder, and salt. Mix well with the chicken.
5. **Simmer Chicken:** Fry for 3-5 minutes, then lower the heat and cover the pan. Cook for 10 minutes. No need to add water at this stage as the chicken and tomatoes will release their own liquid.
6. **Add Water and Final Simmer:** When the chicken is tender and the oil starts separating from the gravy, add about 250 ml of water (adjust for desired stock strength). Let the chicken simmer for another 10-15 minutes.
7. **Garnish & Serve:** Finally, add freshly chopped coriander to garnish. Serve hot.

Accompaniments:

- Main accompaniment: boiled rice
- Dal
- Vegetable curry side dish
- Saag (boiled spinach)
- Pickled vegetables / achar

Classic Nepali Dal Dish (Lentil Soup)

Dal (lentil soup) is a fundamental component of Nepali classical and home cooking, often served as one half of Nepal's internationally famous dish, "Dal-Bhat" (lentil soup with boiled rice). There are many versions, varying in thickness and spiciness. Getting the spices just right is crucial for a successful dal.

Nutrition & Background:

Dal (lentils) are a major source of B vitamins, potassium, zinc, magnesium, iron, and protein. Common types include yellow and red lentils (nutty, sweet, cook quickly), and Urad dal (black lentils/gram). Other types include Puy (green, peppery), Green (less expensive Puy), Brown (common in stews), and Beluga (tiny black, used in warm salads).

Quantity:

Serves 2 people twice, or 4 people for one occasion.

Time Taken:

After initial overnight to one-day soaking, preparation and cooking takes about 1.5 hours (approximately 15 minutes for ingredient preparation).

Utensils:

- Pressure cooker or large pan with lid
- Chopping board
- Knives
- Deep-based frying pan and lid
- Spatula / wooden stirring spoon

Ingredients:

- 250g of dal (lentils), rinsed until the water runs clear (soaked overnight in boiled water prior to use)
- 3 tbsp of vegetable oil
- 2.5 to 3 medium-size tomatoes
- 1 finely chopped small to medium-sized onion
- 3/4 teaspoon of garam masala (Nepali forms often include fiery Szechuan chili pepper, dried cumin, and ginger)
- 2-3 finely chopped green birds eye chilies (retain or discard seeds for desired heat)
- 2cm width piece of finely diced/cut into small strips of fresh ginger
- 1/2 a bulb of garlic, chopped into large chunks (for infusion)
- 3/4 teaspoon of turmeric
- 1 tbsp cumin seed (optional)
- 1/2 teaspoon of ground dhanian/coriander (optional)
- Fresh chopped coriander leaves (optional) – for garnishing
- A pinch of salt – to taste
- Freshly ground black pepper (Maric) – to taste
- Lemon (Kagati): optional – a squeeze

Method:

1. **Soak Lentils:** Soak lentils overnight in boiled water.
 2. **Boil Lentils:** Put the soaked lentils in 1 liter of water in a pressure cooker and simmer for 45 minutes. Then, take out, allow time to cool and thicken.
 3. **Prepare Tempering Pan:** Prepare a deep-based frying pan with heated oil (sides and bottom prepared with oil).
 4. **Add Spices and Aromatics:** Add ginger and chilies. Follow with tomatoes and onion (directly or after blending separately). Then add the other spices/masala and seasoning, including turmeric. Stir until fragrant and the oil separates.
 5. **Combine with Lentils:** Add the cooked lentils to the pan. Add a little more water depending on the desired thickness of the dal. Simmer and stir on medium heat for about 15 minutes.
 6. **Final Seasoning & Garnish:** Include red peppercorns or Szechuan dried chilies (prepared by placing and turning on a hotplate until dried) and a little salt and black pepper to taste. If desired, add some fresh chopped coriander to garnish, and a squeeze of lemon (can be added to individual servings).
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Dal and Mixed Dal Fry Dishes

This section reiterates the importance of **Dal** as a staple Nepali food, famous for its contribution to "Dal-Bhat." It emphasizes the traditional custom of mixing food with hands for a unique flavor experience.

Main Ingredient:

Dal (lentils). Lentils are a major source of B vitamins, potassium, zinc, magnesium, iron, and protein. Common types: yellow and red (nutty, sweet, cook swiftly), Urad Dhal (Black Lentil/Gram). Other types: Puy (green, peppery), Green, Brown, Beluga (tiny black).

Taste Description & Background:

Dal is a foundational Nepali food. It can range from mild to very hot depending on the addition of red Szechuan dried chilies. The traditional method of mixing dal with other ingredients using the thumb and fingers allows for a pre-blended flavor profile unique to Nepali cuisine.

Quantity:

Serves 2 people twice, or 4 people for one occasion.

Time Taken:

After initial overnight to one-day soaking, preparation and cooking takes about 1.5 hours (approximately 15 minutes for ingredient preparation).

Utensils:

- Pressure cooker or large pan with lid
- Large bowl for soaking the lentils
- Chopping board
- Knives
- Deep-based frying pan and lid (if used to add to a main course in final stage of cooking)
- Spatula / wooden stirring spoon

Ingredients:

- 250g of dal, rinsed until the water runs clear (soaked overnight in boiled water)
- 3 tbsp vegetable oil
- 2.5 to 3 medium-size tomatoes
- 1 finely chopped small to medium-sized onion
- 3/4 teaspoon of garam masala (often includes Szechuan pepper, dried cumin, and ginger)
- 2-3 finely chopped green birds eye chilies (retaining or discarding seeds)
- 2cm width piece of finely diced/cut into small strips of fresh ginger
- 1/2 a bulb to 3 garlic cloves, peeled and cut into large chunks (left whole)
- 3/4 teaspoon of turmeric
- 1 tbsp cumin seed (optional)
- 1 1/2 teaspoon of ground coriander (optional)
- Fresh chopped coriander leaves (optional) – to garnish
- Salt – to taste
- Freshly ground black pepper – to taste
- Lemon (optional) – a squeeze

Method (Plain Dal - See also Classic Nepali Dal dish):

1. **Soak Lentils:** Soak lentils overnight in boiled water.
2. **Boil Lentils:** Put lentils in 1 liter of water in a pressure cooker and simmer for 45 minutes. Take out, allow to cool and thicken.
3. **Prepare Tempering:** Prepare a deep-based frying pan with heated oil. Add spices, ginger, and chilies, followed by tomatoes and onion (directly or blended). Add other spices/masala and seasoning, including turmeric.
4. **Combine and Simmer:** Then add the lentils and a little more water depending on the desired thickness. Simmer and stir on a medium heat for about 15 minutes.
5. **Final Touches:** Dried red Szechuan chilies are commonly added towards the end. Final touches can also include a sprinkling of fresh chopped coriander (Dhania) and a squeeze of lemon to taste.

Mixed Dhal Fry:

This is essentially fried rice with dal incorporated during the cooking process.

- **Ingredients:** Same as above for plain dal and Bhat Bhuteko.

- **Method:**

1. Follow the **Bhat Bhuteko** recipe for the fried rice component and its preparation steps.
2. Cook the **Dal** (as per the "Classic Nepali Dal dish" method) just prior to completing the fried rice.
3. **Incorporate Dal:** Incorporate the cooked dal into the fried rice during the final stages, stirring and mixing. Alternatively, present dal in a bowl as a side dish for mixing in desired quantities (like dal being added to bhat).

Accompaniment:

- Golbeedaa Achar (spiced tomato pickle)
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Cucumber Potato Pickle (Kakoo ra Aloo ko Achar)

This is a classic side dish with crisp, clean tastes from the cucumber and potato combination, served cold to accompany a main dish. It's often preferred in its sharper form to complement vegetable and meat curries.

Nutrition & Background:

- **Cucumbers:** A good source of phytonutrients (lignans, flavonoids, triterpenes) which are antioxidants, anti-inflammatory, and may have anticancer benefits.
- **Potatoes:** Major source of potassium (higher than bananas) and vitamin C; cholesterol-free, fat and sodium-free, carbohydrate-rich. Healthy when prepared minimally and in moderation.

Quantity:

Serves 2 people twice, or 4 people for one occasion.

Time Taken:

Approximately 20-25 minutes for preparation and cooking.

Utensils:

- Frying pan
- Bowls for mixing
- Chopping board
- Knives
- Spatula / wooden cooking spoon for stirring

Ingredients:

- Diced freshly boiled, firm consistency potatoes
- Diced fresh cucumber (moist heart and seeds removed)
- Chopped brown onion
- Finely chopped fresh ginger
- Finely sliced green birds eye chili
- Fresh, finely chopped garlic
- Chopped tomatoes (optional)
- Salt to taste
- Oil (vegetable or extra virgin)
- White sesame seeds
- Fenugreek seeds (methi)
- Turmeric powder
- Fresh lemon

Method:

1. **Prepare Potatoes:** Boil potatoes until firm (not too soft), then peel and cut into cubes.
 2. **Prepare Cucumber:** Chop cucumber (after removing moist heart and seeds) into cubes.
 3. **Prepare Chili:** Slice fresh chili finely.
 4. **Toast & Grind Sesame:** Toast sesame seeds (white/brown/black) in a pan until fragrant, then grind to a powder.
 5. **Combine Ingredients:** In a bowl, combine the diced potatoes, cucumber, and green chili.
 6. **Add Seasonings:** Finally, add salt, chopped garlic, chopped ginger, fenugreek seeds, and the ground sesame seed powder.
 7. **Serve:** Mix thoroughly. Delicious eaten cold as well as warm.
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Egg (Andaa) Curry

This is a popular home curry main dish in Nepal, also served in many eateries. Boiled eggs are fried and then added whole in the final stage of cooking, giving them a delicious, spicy, mildly salty, and crisp exterior that enhances the curry's flavor.

Nutrition & Background:

Eggs are a source of high-quality protein, riboflavin, and selenium (mainly egg white). The yolk contains the highest concentration of nutrients, notably vitamin D, beneficial for immune functioning and bone development.

Quantity:

Serves 2 people twice, or 4 people for one occasion.

Time Taken:

Approximately 20-25 minutes for preparation and cooking.

Utensils:

- Frying pans (one for eggs, one for curry)
- Saucepan (for boiling eggs)
- Spatula
- Knives for chopping the curry ingredients

Ingredients:

- Eggs (4)
- Cooking Oil (vegetable or Extra Virgin)
- Potatoes (1/3rd to 1/2 kg), peeled and diced
- Chopped Tomatoes (3)
- Chopped onion (1 large or 2 medium)
- About 3 finely chopped chilies
- Finely chopped Garlic
- Finely chopped Ginger
- Cumin (raw) – a sprinkle / half a teaspoon
- Masala – sprinkle / half a teaspoon
- Turmeric – a teaspoon
- Fresh chopped Coriander (optional, and for presentation)
- Coriander powder – a sprinkle
- Salt – to taste
- Cloves (optional)
- Green Cardamom (optional)

Method:

1. **Boil Eggs:** Boil the eggs until hard-boiled. Peel them.
2. **Fry Eggs:** Heat a small amount of oil in a frying pan. Fry the boiled eggs with a little masala, a pinch of salt, and pepper seasoning until their exterior is lightly browned and crisp. Set aside.
3. **Prepare Curry Base:** In the main frying pan, heat oil. Add the finely diced ginger, turmeric powder, finely chopped chili, cumin powder, and coriander powder. Stir this combination in the frying pan for about a minute until fragrant and the oil has separated.
4. **Simmer Sauce:** Add a cup of water and simmer for 2-3 minutes.
5. **Add Tomatoes & Potatoes:** Add the chopped tomatoes and diced potatoes. Cook for about 8-10 minutes (depending on how firm you like your potatoes) until the potatoes are tender and the tomatoes have cooked down.
6. **Add Eggs and Final Simmer:** Add the already seasoned fried eggs to the pan. Simmer all on a low heat setting for about 3 minutes.
7. **Serve:** Gently stir, being careful not to break up the eggs. Garnish with freshly chopped coriander (dhania) and serve hot.

Fish Curry

This Nepali Fish Curry boasts a lovely distinct taste where fresh, seasoned fish (chunks/slices) harmonizes beautifully with carefully chosen spices, Szechuan chilies, and white sesame. It's a popular dish that's relatively easy to prepare, especially where fresh fish is readily available.

Nutrition & Background:

Fish is a rich source of essential nutrients including vitamins B2 (Riboflavin) and D, phosphorus, calcium, iodine, iron, potassium, magnesium, and zinc. It's also a major source of heart-healthy omega-3 fatty acids.

Quantity:

Serves 2 people two times, or 4 people for one occasion.

Time Taken:

Approximately 20-25 minutes for preparation and cooking.

Utensils:

- Frying pan
- Chopping board
- Knives
- Spatula / wooden cooking spoon for stirring

Ingredients:

- 1/2 kg white fish (cut into chunks/slices)
- Oil (Vegetable or Extra Virgin)
- 2 large brown onions, chopped medium to fine
- 3 medium-sized chopped tomatoes
- 2 fresh finely sliced chilies
- Finely chopped fresh garlic (half a bulb / 4 cloves)
- Finely chopped fresh ginger (approx. 2cm thickness)
- Fish curry powder - to taste
- Cumin (Jeera) – a sprinkle
- Coriander powder – a sprinkle
- Turmeric powder – 1/3 of a tablespoon
- Salt – to taste
- Chili powder – a sprinkle
- 1 tbsp of white sesame seeds
- Red peppercorn or Szechuan dried red chili (optional)
- Freshly chopped coriander (optional) – as garnish
- 3-4 cloves (optional)

- Green cardamom (optional)
- Half a lemon (optional)

Method:

1. **Cook Fish:** Cook the fish in a frying pan with a little oil and seasoning (salt, etc.) until it's cooked through, ensuring firmness is maintained. Set aside.
2. **Prepare Curry Base:** Place oil in the frying pan over medium heat. Progressively add whole spices (cloves, green cardamom, red peppercorn/Szechuan chili if using) until the oil turns brown and fragrant.
3. **Sauté Aromatics:** Add chopped onions and tomatoes. Cook until both are soft.
4. **Add Ground Spices & Herbs:** Add turmeric, fish curry powder, cumin, coriander powder, and chili powder. Add water as needed to create a sauce.
5. **Simmer & Incorporate Fish:** Simmer the curry base, allowing the flavors to meld. Finally, incorporate the cooked fish pieces and leave them to absorb the flavors from the curry. Gently stir to avoid breaking the fish.
6. **Garnish & Serve:** Garnish with freshly chopped coriander if you wish. Serve hot, with the option of a squeeze of fresh lemon.

Accompaniment:

- Boiled rice
 - Achar/pickle of your choice
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Fried Chau Chau (Nepali Fried Noodles)

Chau Chau is a mildly salty, very flavorful and filling Nepali fried noodle dish. Its texture, with firm noodles suffused by moderately spicy seasonings, is a key feature. Minimal oil is used to ensure a wonderful taste without greasiness. It's a popular and easy-to-make dish found in homes and on street stalls.

Nutrition & Background:

Rice noodles are low in nutrients (mainly B vitamins like B6, folate, niacin) but high in carbohydrates and calories. They are low in sodium, making them a healthy option; saltiness is often adjusted with soy sauce. Egg noodles are higher in calories. Great care should be taken to use minimal cooking oil to avoid a greasy dish.

Quantity:

Serves 2 people two times, or 4 people for one occasion.

Time Taken:

Approximately 20-25 minutes for preparation and cooking.

Utensils:

- Frying pan
- Saucepan
- Spatula or wooden spoon for stirring
- Bowl for mixing

Ingredients:

- Noodles (thin white, Japanese Udon and Chinese equivalents are particularly suitable; not Italian pasta/Spaghetti vermicelli)
- 1.5 to 2 chopped brown onions
- 200 grams of Sweetheart cabbage, chopped
- Spring onions (3-4), chopped
- Soy sauce – to taste
- 1 to 1.5 large sweet chilies, sliced
- Masala – to taste
- 4 tablespoons of Oil (Vegetable or Extra Virgin)
- Salt – to taste
- 1 finely chopped fresh chili – to taste
- Chili powder – to taste
- 100 grams of chopped carrots (optional)
- 100-150 grams of Broccoli spears/sections (optional)
- 150 grams of French green beans (optional)
- Fried / chopped eggs [for Non-Vegan option]
- Green sweet chili pepper slices or half slices to decorate on top of dish (optional)

Nepali Chicken Chau Chau / Chow Mein variant:

- Include 100 grams of skinned chicken breast, cut into small chunks or strips. Season with salt & black pepper, and cook in a frying pan beforehand until browned. Incorporate into the noodles in the frying pan and stir gently during the final 3-5 minutes of cooking the noodles.

Method:

1. **Cook Noodles:** Boil about 1 liter of water, then add noodles. Once cooked (shorter time for firmer noodles), strain and optionally run through cold water. Leave in a bowl.
2. **Prepare Eggs (Optional):** If including eggs, make them separately as an omelette, then shred, ready to incorporate towards the end.
3. **Heat Oil:** Heat oil in a frying pan, ensuring base and sides are covered.
4. **Add Seasonings & Main Ingredients:** Add salt and pepper, then spices & seasonings (masala, chili powder, chopped fresh chili), chopped onions, cabbage, sweet chilies, spring onions, and other optional vegetables (carrots, broccoli, French green beans). Sauté for a few minutes until vegetables start to soften.
5. **Add Noodles:** Add the cooked noodles to the pan (add later if you prefer firmer noodles).

6. **Stir and Cook:** Cook and stir for about 5-6 minutes, ensuring everything is well combined and the noodles are heated through and flavored.
7. **Add Chicken (for variant):** If making the chicken variant, add the pre-cooked chicken chunks/strips during the final 3-5 minutes of cooking the noodles, stirring gently.
8. **Garnish & Serve:** Your Nepali chow mein is ready to serve. Garnish with slices or finely sliced segments of sweet green chili if desired.

Accompaniments:

- Soy sauce
 - Tomato Sauce (Western/British)
 - Nepali spicy achar (often green in color)
-

Masala Omelette

This famous **Masala Omelette** is a common and filling component of Nepali breakfast, known for its piquant and flavorful taste from the combination of spice (Masala) and fresh chopped chilies. It's easy to make, and the level of heat can be adjusted by the amount of fresh chilies included.

Nutrition & Background:

- **Eggs:** High-quality protein, riboflavin, selenium (egg white). Yolk is rich in nutrients like vitamin D, beneficial for immune function and bone health.
- **Spices:** Used as natural medicine with antimicrobial properties. Provide various flavors and colors. Common major spices include coriander, cumin, turmeric, ginger, chili pepper, rosemary, black pepper, red pepper, saffron. Garam Masala is a hotter combination. Spices may improve various health conditions.
- **Fresh Chilies:** Green, red, dried, and powdered forms. Vary in size and heat intensity (birds eye, scotch bonnet are very hot). Contain large quantities of vitamin C (especially red chilies), vitamin B6, provitamin A beta-carotene. Originated from Mexico/Central America, spread to Asia, becoming a major ingredient in South and East Asian cuisines.

Quantity:

Serves 2 people.

Time Taken:

Approximately 20 minutes for preparation and cooking.

Utensils:

- Frying pan
- Chopping board
- Bowls (for separated yolk and white of egg, and mixing)
- Knives
- Fork (for mixing)
- Whisk
- Turning forks

Ingredients:

- 3 eggs
- 2 tablespoons of oil (sunflower, extra virgin olive oil, ghee)
- 1 small onion, finely chopped
- 1 small tomato, finely chopped (optional)
- 2 cloves of finely chopped garlic
- 1-1.5 teaspoons of masala (Garam, or milder, including Caribbean)
- 1 green chili, finely chopped
- 1-1.5 tablespoons of ground coriander (optional)
- Half a teaspoon of chili powder (optional)
- Half a tablespoon of turmeric (optional)
- Salt – to taste
- Black pepper – to taste
- 1 tsp lemon juice (optional) – added at end of cooking, at serving stage

Method:

1. **Prepare Eggs:** Break and separate the three eggs, placing the whites and yolks in separate bowls. Whisk the whites until frothy (minimal liquid at the bottom). Gently fold in the yolks, lightly seasoned with pepper and salt.
2. **Prepare Flavor Mix:** Finely chop onions, green chilies, and garlic. In a separate bowl, combine these with masala, chili powder, coriander (if using), and turmeric (if using).
3. **Combine Egg & Flavor Mix:** Add the combined yolk and white egg mixture to the bowl with the flavor mix. Stir well. Add salt & pepper seasoning to taste.
4. **Cook Omelette Portions:** Heat oil in a frying pan, ensuring sides as well as the base are covered.
5. **First Omelette:** Pour in about one-third of the egg and seasoning mix, moving it around in the pan to ensure good, even coverage. Cook on medium heat until the base is a light brown. Flip over to cook the top.
6. **Repeat:** Remove the cooked omelette and place folded on a warmed plate. Repeat this process two more times for the remaining egg mixture.
7. **Garnish & Serve:** Your omelette is now ready to serve. Garnish with freshly chopped coriander and add a squeeze of lemon if you wish.

Accompaniments:

- Lemon juice
- Tomato sauce

- Additional salt & pepper
 - Fold and eat in a roti/flatbread
-

Vegetarian Momos, and Momo Soup

Momos (also often written as Mo-Mo) are a delicious Nepali dumpling with multiple main ingredients. They can be presented steamed, fried (known as Momo Kothey), or in a soup broth.

Nutrition & Background:

For detailed nutritional information, it's recommended to consult a dedicated ingredients and nutrients page, as this dish has multiple main ingredients.

Quantity:

Serves 2 people (10-12 momos each) or 4 people (5-6 momos each).

Time Taken:

Approximately 1 hour 20 minutes (1 hour for preparation, 20 minutes for cooking).

Utensils Needed:

- Chopping board for dicing/chopping the fillings
- Bowl for preparing the dough
- Bowl for mixing the filling
- Knives
- Rolling pin
- Steamer
- Pan for boiling water for the steamer to be placed on top of
- Frying pan (for Kothey variant)

Ingredients:

- Rice flour (Maida), or ordinary flour – quantity as needed for dough
- Chopped onion (brown cooking onions): 1.5 onions
- Spring onions: 50g, chopped
- Fresh chopped Coriander: 30g
- Sweetheart cabbage (whole), finely chopped
- Chopped fresh Ginger or Ginger paste
- Chopped fresh Garlic or Garlic paste
- Soy Sauce: to taste
- Masala: to taste
- Salt to taste

- Fresh green Chili: 2.5 (whole, chopped)
- Water (for dough)
- Cooking oil (for dough and frying momos if making Kothey)

Paneer variant (as an addition or substitution):

- Chopped Paneer: 400g (can be added as a main item or substituted in place of cabbage for a taste variation)

Method:

There are three stages to momo creation: making the dough and preparing the momo cases, preparing the momo filling, and steaming and/or frying.

1. Preparing the Dough and Cases:

1. **Make Dough:** Decide on desired momo size to use the correct amount of flour. Combine flour with water, some salt, and a little oil in a bowl. Knead for about 10-15 minutes until the dough is uniform in consistency.
2. **Rest Dough:** Cover the dough in the bowl and leave for about half an hour.
3. **Prepare Wrappers:** Knead the dough afresh. Roll out circular wrappers about 3 inches in diameter.
4. **Form Dough Balls:** Each momo case should start as an inch-diameter dough ball. Flatten in your hand into a lens shape (about 2 inches diameter). Make a few of these and cover.
5. **Roll Wrappers:** Flatten each lens-shaped piece with a rolling pin until it's about 3 inches in diameter, ensuring the outer edge is thinner (important for crimping).

2. Fillings Preparation:

1. **Chop Ingredients:** Finely chop all filling ingredients. If using paneer, cut it into very small pieces.
2. **Combine & Season:** In a large bowl, combine all filling ingredients. Stir well. Adjust seasoning with salt and pepper.
3. **Rest Filling:** Cover and allow at least half an hour for the flavors to mix and impart completely.

3. Steaming and/or Frying:

Steaming:

1. **Fill Momos:** Add the prepared filling to the middle of each momo case. Crimp the outer edges together to seal.
2. **Steam:** Place momos on steamer trays with even space around each. Steam for about 15 minutes. Check for softness by pricking with a sharp knife after 10-12 minutes.
3. **Serve:** When soft, remove and serve on a plate with an accompaniment of tomato achar.

Frying / Kothey (Fried Momos):

1. **Pre-steam:** Steam momos for about 5-7 minutes.
2. **Fry:** Transfer the steamed momos to a frying pan with 3-4 tablespoons of heated oil.
3. **Cook Kothey:** Turn occasionally and keep a lid on the pan to enable even cooking from inside to out. Cook until the sides of the momo, and especially the base, are largely a light golden brown.
4. **Serve:** Serve hot.

Accompaniment(s):

- Golbeedaa Achar (spiced tomato)
 - Tomato Chili sauce
-

Nepali French Beans ko Aloo Dish (French Beans and Potato Curry)

This tasty vegetarian dish is a highly popular contemporary Nepali home-cooking innovation. It combines the cooling taste of French beans with the comforting taste of potato, seasoned and combined with spices. Peas are an optional third main ingredient.

Nutrition & Background:

- **French Green Beans (Simee):** Cholesterol-free, fat-free, and sodium-free. Major sources of manganese, copper, magnesium, phosphorus, and especially potassium (promotes good blood pressure).
- **Potatoes (Aloo):** Major source of potassium (higher than bananas) and vitamin C; cholesterol-free, fat and sodium-free, carbohydrate-rich. Healthy when prepared with minimal oil and in moderation.
- **Peas (Kherau) (Optional):** Good source of protein, vitamin A, riboflavin, niacin, vitamin B6, folate, magnesium, phosphorus, manganese, copper, vitamin C, vitamin K, thiamine. Very low in saturated fat, sodium, and cholesterol.

Quantity:

Serves 2 people two times, or 4 people for one occasion.

Time Taken:

Approximately 40 minutes for preparation and cooking.

Utensils:

- Chopping board
- Knives

- Frying pan / Saucepan (the recipe states saucepan for initial frying)
- Spatula / wooden cooking spoon

Ingredients:

- 1 tbsp vegetable oil
- 1/4 tsp fenugreek seeds
- 1 small to medium-sized onion, thinly sliced
- 2 chopped cloves of garlic
- 1/4 tsp ground turmeric
- 1/2 teaspoon of asafoetida (optional)
- 1 pound green [French] beans, trimmed (and cut into 1-inch pieces if desired)
- 2 medium-sized potatoes, cut into cubes
- About 1/3rd of a cup of peas* (best from frozen for freshness) – optional
- 1 tsp minced fresh ginger
- 1/2 tsp ground cumin
- 1/4 tsp salt
- 1/8 tsp black pepper

Method:

1. **Heat Oil & Fry Fenugreek:** Heat oil in a saucepan at a medium to high setting. Add fenugreek seeds and fry until dark brown and highly fragrant, about 5-10 seconds.
2. **Sauté Aromatics:** Add the onion, garlic, and turmeric. Cook and stir gently but regularly for about 3-4 minutes. Continue cooking until the onion pieces have softened.
3. **Add Main Ingredients & Seasonings:** Add the French beans and potatoes. Follow with the seasonings: minced fresh ginger, ground cumin, salt, and a little black pepper.
4. **Add Water & Peas (Optional):** Add 1/4 cup of water, combining all thoroughly. You can add some peas (optional) towards the end of this stage of cooking.
5. **Simmer:** Lower the heat to medium, cover, and let simmer, giving an occasional stir. Ensure the potatoes and beans do not stick to the pan. You can add a little more water if required or preferred.
6. **Cook Until Liquid Evaporates:** Let simmer until all the liquid has evaporated (takes about 15 minutes).
7. **Serve:** Your dish is now ready.

Nepali Mushroom Tarkari Dish (Mushroom Curry)

This very tasty **Nepali Mushroom Tarkari** can serve as an alternative to classical aloo tarkari with bhat (boiled rice) or as a side dish. The seasoned mushrooms, with their mildly smoky flavor, combined with sweet peppers and succulent French beans, make it a popular choice.

Nutrition & Background:

Mushrooms are low in fat, calories, and cholesterol. They are rich in antioxidants like selenium (which reduce inflammation, chronic diseases, and counteract cell damage) and many vitamins (especially B vitamins) and minerals, such as folates, magnesium, copper, potassium, and zinc.

Quantity:

Serves 4 people for one occasion.

Preparation & Cooking Time:

Approximately 15 minutes (10 minutes for preparing, 5 for cooking).

Utensils Needed:

- Frying pan
- Chopping board

Ingredients:

- 1/2 kg of mushrooms (button or other types), washed and chopped into large pieces
- 2-3 chopped medium-sized tomatoes
- 2 tablespoons of oil (vegetable, extra virgin olive oil, or oil of your choice)
- 1 large red sweet pepper (can be green or yellow, but red is ideal for visual presentation), washed, cleaned, and sliced into long strips
- 1/8th to 1/4 kg of French green beans
- 1 large brown/cooking onion, sliced
- 4 cloves of garlic, chopped
- 2-3 finely sliced green chilies
- 1 tablespoon of coriander (powder)
- 1 tablespoon of cumin powder
- 1 tablespoon of cumin seeds
- 1 teaspoon of chili powder
- 1/2 a tablespoon of turmeric
- 1/4 tsp of Szechuan red chili (optional)
- Salt – to taste

Method:

1. **Sauté Aromatics & Spices:** Heat oil in a frying pan. Add cumin seeds, finely sliced green chilies, and the chopped onions. Fry for 1/2 a minute to a minute, until the onion is light brown.
2. **Add Mushrooms & Sear:** Add the chopped mushroom pieces, combining well. Place on high heat for about 2 minutes to prevent too much water from the mushrooms being released (but don't overcook the mushrooms).

3. **Add Vegetables & Ground Spices:** Add the chopped tomatoes, red sweet chili slices, and French/green beans. Season with salt, and incorporate coriander powder, turmeric, cumin powder, and chili powder.
4. **Final Fry:** Fry all together for another couple of minutes.
5. **Serve:** The dish is ready.

Accompaniments:

None really needed, as this can serve as an alternative to achar when provided as a side dish.

Nepali Noodle Vegetable - Meat Soup Thukpa (Tibetan Noodle Soup)

Thukpa, Nepali noodle soup, is fiery and flavorful, particularly beneficial for warming effects in cold regions and for perspiration in hot ones. A popular dish in Nepal, especially in the higher Himalayas bordering Tibet, it's a traditional part of Nepali cuisine with historical ties to Eastern Tibet (where it's known as 'Tibetan Noodle Soup').

Nutrition & Background:

This dish has multiple main ingredients including rice noodles, vegetables, and meats. For detailed nutritional information, it's recommended to consult a dedicated ingredients and nutrients page.

Quantity:

Serves 4 people for one occasion.

Time Taken:

Approximately 1 hour (cooking stage about 15-20 minutes).

Utensils:

- Spatula or wooden spoon for stirring
- Two big pans
- Chopping board
- Bowl for serving
- Knives

Ingredients:

- 3/4 kg of rice noodles
- 1/2 pound of fine, thin slices of grilled chicken breast (exclude for vegetarian version)

- 1 tablespoon of oil
- About 5 cups of cooked chicken broth (exclude for vegetarian version)
- 1 red bell pepper, cut into medium-sized pieces
- 1 large carrot, cut into small slices
- Salt and black pepper, to taste
- 1 tablespoon of chopped cilantro, to garnish

Ingredients for Soup Paste:

- 2 cloves of finely chopped garlic
- About 1cm x 1.5cm of fresh finely chopped ginger
- 2 fresh red birds eye chilies (or more if desired)
- 3 chopped tomatoes (reduced to pulp)
- 1 tablespoon of fresh chopped cilantro
- 1 teaspoon of slightly toasted cumin seed
- 1/2 a teaspoon of turmeric
- 1/2 a teaspoon of Szechuan red pepper (known as Timmur)
- A trace (1/15th of a teaspoon) of Asafoetida (Hing) powder
- 1 tablespoon of juice from a freshly squeezed lime

Method:

1. **Cook Noodles:** Boil half a liter of water and add the rice noodles. Once the rice noodles are soft, take them off the heat and drain the water. Run the noodles through cold water.
2. **Prepare Soup Paste:** Use an electric blender or pestle and mortar to combine the ingredients for the soup paste until a moderately thick paste is formed. Put this aside in a bowl.
3. **Sauté Paste:** Add oil to a saucepan. Heat this and gently swirl so the base and sides are covered. Next, add the paste and heat on high temperature for 1/2 to 1 minute to get the mixture frying slightly, then set to a low heat.
4. **Add Broth & Simmer:** After this, add the chicken broth (if using) and simmer/cook, bringing it back to a boil. Mix thoroughly and season with salt and black pepper.
5. **Add Vegetables:** Next, add vegetables (red bell pepper, carrot slices), cooking until tender.
6. **Add Noodles:** Then incorporate the rice noodles. You can add more water if preferred, and add further seasoning of salt and pepper.
7. **Serve:** Pour the completed dish into a large bowl. For the meat version of Thukpa, include the grilled chicken slices. You can add more fresh chopped chili and chili seeds for extra heat if you wish.

Accompaniments:

- Tomato spicy achar
- Chili pickle
- Chili seeds
- Chinese chili oil

Nepali Pakauda (Pakorاس)

In the West, **Pakaudas (Pakorاس)** are well-known Indian snacks, similar to onion bhajis and samosas. The Nepali version offers a refined taste due to its specific seasonings, creating a delicious savory snack with a wonderful aromatic taste and spiciness, especially when warm and freshly fried.

Nutrition & Background:

- **Onions:** High protein quality, no fat, low sodium. Good source of fiber, vitamin C, calcium, and iron.
- **Potatoes:** Major source of potassium (higher than bananas) and vitamin C; cholesterol-free, fat and sodium-free, carbohydrate-rich. Healthy when prepared minimally and in moderation.

Quantity:

Serves 2 people two times, or 4 people for one occasion.

Time Taken:

Approximately 25 minutes for preparation and cooking.

Utensils Needed:

- Mixing bowl
- Frying pan
- Spatula / wooden cooking spoon for stirring
- Chopping board

Ingredients:

- 1/2 a cup of Plain flour
- 1/2 a tablespoon of baking powder (optional)
- 2 small to medium-sized potatoes (pre-boiled and sliced, optional)
- 1 medium-sized brown onion, sliced
- 1 cup of oil (add more if required, for frying)
- 3/4 of a cup of water
- 1/2 a tablespoon of coriander powder
- 1/2 a tablespoon of cumin powder
- 1-2 fresh finely chopped birds eye chilies

Method:

1. **Prepare Batter:** Mix plain flour with water in a glass bowl to form a thick batter. Set aside for about 15 minutes.
2. **Add Spices & Chili to Batter:** Add the coriander powder, cumin powder, chili powder, and some salt, as well as the finely chopped chilies, to the batter. Combine well.
3. **Add Vegetables to Batter:** Add sliced onions and (optional) pre-boiled and sliced potatoes to the batter. Mix thoroughly to coat the vegetables.
4. **Heat Oil:** Heat oil in a frying pan on medium heat.
5. **Fry Pakaudas:** Dip the mixture in pieces (about the size of half your hand) into the hot oil. Fry until light brown and cooked through.
6. **Drain Oil:** Shake the pakora to remove excess oil. Place on kitchen paper to remove further oil.
7. **Serve:** The pakora is now ready, and particularly delicious when warm.

Accompaniment:

- Tomato sauce/Achar
-

Nepali Pani Puri

Nepali Pani Puri is a very spicy snack known for the crunchy texture of the puri (the snack's exterior) and the pleasant mix of ingredients with the flavorful pani puri water. It's traditionally popular with children and girls in Nepali culinary culture, often enjoyed at festivals or from street stalls.

Nutrition & Background:

This dish has multiple main ingredients. For detailed nutritional information, it's recommended to consult a dedicated ingredients and nutrients page. There are no direct equivalent hot snacks in the UK/West, and it is rarely found on Nepali or Indian restaurant menus in the UK.

Quantity:

Serves 2 people two times, or 4 people for one occasion.

Time Taken:

Approximately 15-20 minutes for preparation and cooking.

Utensils:

- Chopping board
- Mixing bowl
- Frying pan

- Knives for chopping & dicing ingredients
- Spatula or wooden cooking spoon for stirring
- A teaspoon for adding ingredients to the puri

Ingredients:

- Puris (made from plain flour) - can be bought partly cooked or made from scratch
- 4 tablespoons of oil for cooking
- 1 large brown onion, finely chopped
- 4-5 medium-sized potatoes, boiled, peeled, and mashed
- 2-3 finely sliced birds eye chilies
- 1 tablespoon of masala
- 1 tsp chili powder
- 1/2 tsp of cumin powder
- 1/2 tsp of roasted Coriander powder
- 1 cup of fresh coriander, chopped
- Fresh lime or lemon (optional) – to squeeze
- Salt – to taste
- Chanaa (chopped chickpeas) (optional)

For Pani Puri Liquid:

- About 1/2 liter of water
- A little oil (for the liquid, though usually not added to the liquid itself)
- A little masala powder
- Lime or lemon juice (optional)

Methods:

1. Preparing Puris:

- **Store-bought:** Puris can be bought already part-cooked; just fry them in a frying pan to complete.
- **Homemade:** To make them from plain flour: knead plain flour with baking soda, water, and some salt until firm and soft. Use a rolling pin to flatten thinly and cut into small circles (about 2-2.5 cm). Store or set aside. When ready to use, fry in oil in a cooking pan – the puri will rise to become a small, crisp, very light ball (size of a walnut).

2. Making the Filling:

1. **Prepare Potatoes:** Boil potatoes (can be done before starting the snack), remove skins, then chop and mash.
2. **Chop & Combine:** Finely chop onions, chilies, and fresh coriander leaves.
3. **Mix Filling:** In a bowl, combine mashed potatoes, finely chopped onions, finely chopped chilies, finely chopped coriander leaves, chili powder, coriander powder, and cumin powder. Mix all ingredients well to get an even mixture. You can include other ingredients like chopped chanaa (chickpeas) if desired.

3. Making the Paani Puri Liquid:

1. **Combine Ingredients:** Use about half a liter of water, a little masala powder stirred in, and also lime or lemon juice (optional). (Note: the "a little oil" mentioned in the liquid ingredients is atypical for pani puri water and might be a typo, usually the water is oil-free).

4. To Serve:

1. **Make Hole:** Push a hole in the top of your cooked puri (finger is easiest and customary).
 2. **Add Filling:** Push the filling inside with a teaspoon until almost full.
 3. **Add Liquid:** Finally, add the paani puri liquid by teaspoon.
 4. **Eat:** All is ready to eat this tasty snack.
-

Nepali Sel Roti, and Nepali Halwa

This section focuses on **Sel Roti**, a delicious Nepali sweet snack.

Sel Roti:

Sel Roti are famous for their sweet texture, especially when eaten warm. They are a popular snack available at festivals, particularly during Dashain.

Nutrition & Background:

The main ingredient is derived from rice. Rice is a good source of fiber, protein, iron, B vitamins (thiamin, niacin, riboflavin), manganese, and magnesium. Research suggests it's weight loss-friendly in modest quantities as part of a healthy balanced diet, but fattening in excess.

Quantity:

Serves 2 people two times, or 4 people for one occasion.

Time Taken:

Approximately 1 hour for preparation and cooking.

Utensils Needed:

- Bowl for mixing
- Frying pan
- Mortar & Pestle (or electric blender)
- Measuring spoon

Ingredients:

- 1 ripe banana, peeled and mashed
- 3 cups of boiled rice (soaked)
- 3/4 cup butter or clarified butter (ghee)
- 1 cup sugar
- 1/2 cup rice flour (as needed)
- 4/5 cups of vegetable oil (for frying)
- Water (for blending)

Method:

1. **Soak Rice:** Soak the rice for at least 4-5 hours or overnight.
2. **Prepare Batter Base:** Take the soaked rice and combine it with sugar, mashed banana, ghee (or margarine), and water. Use a pestle & mortar or an electric blender to combine and mix until the ingredients form a semi-liquid mixture. This will take 5-15 minutes depending on the utensil used.
3. **Whisk Batter:** Pour this mixture into a mixing bowl and beat until the mixture becomes light and fluffy. This should take about 20-30 minutes.
4. **Final Mix & Adjust Consistency:** Mix afresh to ensure all ingredients are combined and evenly distributed. If the mixture is too liquid and not fluffing up, you can add 2-3 tablespoons of rice flour (Maida).
5. **Heat Oil:** Place the oil in the frying pan and heat, making sure the bottom and sides of the pan are evenly covered.
6. **Test Oil Temperature:** You can test the right heat by placing a little of the mix in and seeing how it reacts; it should sizzle and start to turn a light gold.
7. **Fry Sel Roti:** Once you are happy the oil temperature is right, add the mixture. You can pour it in circles and rings to create the distinctive shaped Sel Roti.
8. **Cook & Remove:** Take out of the oil when golden brown and cooked through.

I was interested in Deepak's culture and food as I know the difference between Italian home cooked and restaurant food. One evening Deepak invited me and some friends to his house for dinner.

When we sat down to eat Deepak brought out this awesome spread of home cooked Nepalese food. There must have been 6 different types of food on the table, and all were delicious. I was especially fond of the little dumplings, called Momos. We had 2 types: a veggie version and also a pork version. Both were amazing. They had a very delicate pastry with a full-flavoured filling.

A couple week later and I still couldn't get the Momos out my mind, so asked Deepak if he would teach me how to cook them. He was happy to share his knowledge of cooking with me, and was a very good teacher as I have since made them myself and they are now one of my favourite foods to prepare and share.

Rico Costanza

[Dishes & recipes index:](#)

Bhat Bhuteko -- Nepali fried rice

Bitter Gourd Kerela dishes

Chanaa Aloo Tarkari, and Paneer Aloo Variant

Chicken Curry

Classic Nepali Dal dish

Dal and mixed dal fry dishes

Cucumber Potato Pickle

Egg Curry

Fish Curry

Fried Chau Chau

Masala Omelette

Nepali French Beans ko Aloo dish

Nepali Mushroom Tarkari dish

Nepali noodle vegetable -- meat soup Thukpa

Nepali Pakauda (Pakorras)

Nepali Pani Puri

Nepali Sel Roti and Halwa

Nepali fried spicy eggs

Nepali style Chinese Cabbage Pak Choi dish

Rina Adhikari classic Nepali chicken curry

Shredded Potato Dish

Tomato pickle Golbeeda Achar

Traditional Sherpa Potato Pancake -- Aloo Roti (Riki Kur)

Vegetable Curry (Tarkari)

Bhat Bhuteko - Nepali fried rice:



Main ingredient: the dish's main ingredient, rice' nutrients and health enhancing benefits include but are not limited to being a good source of fibre, protein, iron, B vitamins, thiamin, niacin, riboflavin, manganese and magnesium. Research suggests that it is weight loss friendly if eaten in modest quantity as part of a healthy balanced diet, but fattening if eaten in excess and in conjunction with an unhealthy diet.

Dal is, unlike with boiled rice, not used with fried rice. Chicken or other meats (diced) and already precooked, can be added to make meat versions of this Nepali vegetarian dish

Taste description & background:

Nepali fried rice makes a tasty meal in which you enjoy its spices and seasonings in a perfectly blended way keeping their flavours but in combination making an exceptional dish to savour. Its taste is not lost, unlike some other fried rice dishes, because the oil used is minimal. Bhat Bhuteko (there are many versions such as including Ramja, Red Kidney Bean, illustrated in the image above) was another one of the dishes I learned from my father when I was a child: I saw him make this one day when we still had some remaining umaaleko bhat (boiled rice) and a quick meal was sought at the end of that day.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 25 minutes.

Utensils needed:

Frying pan, and a stirring spoon (wooden) / spatula

Ingredients:

- Boiled rice (umaaleko bhat) – 2 to 4 portions
- Oil for frying- 1 table spoon
- Freshly chopped garlic – half a clove
- Fresh finely chopped chili
- Finely chopped ginger (optional) – to taste
- Salt- a pinch to taste
- Chili powder- about ½ a teaspoon
- Cumin (jeera) seed (optional)- 1 teaspoon
- Turmeric (optional) – a pinch

Method:

Heat frying pan, then add the oil. After this add, heat and gently toss garlic, chili, ginger (and jeera if used) and then add the boiled rice, and the salt and spices. Stir thoroughly, then cook for 2 – 3 minutes. Pre-prepared/cooked meat can be added (advised time 4-5 in total)

Accompaniments:

Achar/spiced pickle, you can also add vegetable curry/tarkari as a side dish or for mixing into the rice when the dish is served

Bitter Gourd Kerala dish:



Main ingredient: the dish's main ingredient, is Bitter Gourd (or Bitter Melon), better known as Kerala which is closely related to cucumber, pumpkin, zucchini. It is particularly rich in vitamin C, vitamin A, provides folate, and has traces of iron, zinc, and potassium. It also contains some important acids such as catechin, epicatechin, and chlorogenic acid, and gallic acid.

The Nepal-Indian *Kerala*, has a naturally bitter taste (hence the English name), and is quite narrow (like a cross between a courgette and a cucumber) and thickest in the middle, with spikes and pointed ends, and is a staple vegetable in many Asian cuisines.

Taste description & background:

The delicious Nepali Fried Kerala dish was learned from my father. Once fried the natural bitter taste of the Kerala transforms into a predominantly smoky, nutty flavour of a strong clean kind, going in the cooking process from green hue to dark brown and complete when a crunchy texture on the outside is reached. Perfect as a dish on its own, or as a side dish to complement a main course.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 15 minutes

Utensils:

Frying Pan
Spatula (wooden stirring spoon)
Chopping board.

Ingredients:

- Fresh Bitter Gourd (Kerala) – 5 to 6 small, or 3 to 4 medium to large
- Oil- 3 tablespoons
- Red or green Birds Eye chili (1 or 2 whole) - finely chopped, with seeds retained
- Cumin seeds and/or coriander powder- 1/2 tablespoon
- Salt- to taste

Method:

You cut the fresh Kerala into circular slices (2-3 mm) and take out the seeds and inside flesh. Heat the pan, and when hot (cooker medium heat setting) add the oil, then add cumin, and fresh finely diced chili (sometimes masala is added once the Kerala is starting to fry). Then once the ingredients and oil start to brown add the Kerala slices (the juice from the Kerala helps unify all the ingredients) and stir gently. When complete the Kerala will be quite crisp.

Chanaa Aloo Tarkari, and Paneer Aloo variant:



Main ingredient: the dish's main ingredients are potato (aloo) and chickpeas (chanaa).

Potatoes are a major source of potassium (higher concentrations than in bananas) and vitamin C; they are cholesterol-free, and fat and sodium free, are carbohydrate-rich, and an excellent source of vitamin C. When prepared in healthy ways (minimal to no oil basting or frying) and moderate quantities, they are said to not be harmful to weight loss regimes.

Chickpeas contain calcium, iron, phosphate, manganese, zinc, and vitamin K. They are a good source of carbohydrates, fibre and are known to contribute maintaining strength and bone structure.

Paneer variant: There a number of forms of Paneer (from cow milk, etc.): the one most well-known in Nepali home-cooking cuisine, is buffalo paneer (a cheese derived from buffalo milk). It is high in calories, sodium, saturated fat, cholesterol, and sodium. It is however also high in calcium, vitamin A, and also has some traces of potassium and iron.

Taste description & background:

Chanaa Aloo Tarkari (Chickpea Vegetarian Curry): the secret of this dish's fantastic taste lies in the combination of the flavours particular to chickpeas with their mild tanginess, and potato, and especially with these being heightened through seasonings and the chickpeas in particular being added at the right stage in the pan. Together they make an unforgettable dish which is very moreish.

Paneer Vegetarian Curry: there are many Western dishes that combine cheese and potato, such as the English classic, Cheese and Potato Pie, where a usually strong cheese is melted into the potato. However, our dish treats the cheese (Paneer) very differently with its form being kept and absorbing the essences of herbs and spices and being completed with gently fried crisp exterior that you crunch then sink your teeth into. For those who may not like plain Paneer, this dish gives a very different gastronomic experience leaving you with a hunger for more.

I learned both these dishes through friends in Kathmandu, who showed me the methods.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about an hour

Utensils:

Frying pan and lid
Glass bowl (for overnight soaking of chickpeas)
Chopping board
Knives for chopping and dicing
Spatula / wooden stirring spoon

Ingredients:

- ½ a kilo of chickpeas (left overnight in boiled water prior to use in cooking)
- 2/3rd of a kilo of potatoes
- 4 tablespoons of oil (extra virgin olive oil, sunflower, melted ghee, etc.)
- 2 to 2.5 Birds eye fresh green chilis (finely sliced)
- 1 Diced Brown or Red (Red popular in Nepal) Onion
- 2 Diced red cooking tomato
- Salt -- to taste
- Black pepper -- to taste
- ½ tbsp of turmeric
- Fresh chopped garlic (half a bulb)
- Fresh chopped ginger 1 tbsp
- Cumin powder ½ tbsp
- Coriander powder ½ tbsp
- Fresh chopped coriander to garnish

Paneer variant (as above but paneer exchanged for chickpeas)

¼ of a kilo of paneer

Method:

Soak dried chickpeas overnight in boiled water (you can also use good quality tinned chickpeas).
Boil chickpeas (if chanaa is tinned, incorporate once also cooked) put aside
Clean/wash and then boil potatoes until starting to soften, and then remove skins
Heat the pan, add 5 tbsp of olive oil.
Add ½ tbsp of fenugreek seeds.
Add diced brown onions and green chilies, then toss until they are brown
Add salt and pepper to taste.
Add boiled chickpeas and potatoes.
Add ½ tbsp of turmeric powder.
Add chopped fresh garlic and ginger and stir for couple of minutes.
Add 1 tbsp of cumin and coriander powder and add ½ tbsp of red chili powder and stir for 2 minutes.
Add diced tomatoes and the broth and cook until for 10-15 minutes until all tomatoes are cooked
Add freshly chopped coriander to garnish



Paneer variant (as above but paneer exchanged for chickpeas)

Cut paneer into small cubes, and fry in seasoned (salt, and – optional – masala) oil. Take out of pan and set aside to cool, and incorporate 3-5 minutes in final stage of main dish cooking process above.

Chicken Curry:



Main ingredient: the dish's main ingredient is chicken. Chicken provides much greater protein density than red meats and is a good source of creatine (this is produced naturally by the human body and is a compound three important amino acids). Chicken meat provides substantial quantities of all the essential B vitamins, such as niacin (B3), which are essential for having a healthy brain and for energy metabolism.

Taste description & background:

This is a classic Nepali main course, and eaten with boiled rice and with other accompaniments: I learned how to make the dish from my mother in the family home when young, and have since learned how others make the dish, with variants on amounts and in some cases, types, of seasonings and

spices. Unlike most Western chicken dishes, we find it important to include the bone (not essential though) to give additional savour to this delicious meal which is characterised by the meat being suffused by the seasonings. Again as with most other main courses that have multiple components, the hand (thumb and fingers) is commonly used to blend together meat and vegetable ingredients, and a touch of delicious spiced achar/pickle before eating.

Quantity: Serves 2 people twice, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 35 to 40 minutes

Utensils:

Frying pan
Chopping board
Knives

Ingredients:

- A kg of chicken (from a whole chicken, cut into medium size pieces)
- 4 tbsp of oil (vegetable, or extra virgin olive oil)
- 1 large brown onion, finely diced
- 5-6 garlic cloves -- finely diced
- A tbsp of fresh ginger, finely grated
- 2 medium-size tomatoes, chopped
- A tsp of turmeric
- A tbsp cumin powder
- A tbsp coriander (Dhania) powder
- A tsp of chili powder
- 4 Cloves
- 2.5 cm of Cinnamon (Dalchini) stick
- A tsp Cumin (Jeera) seeds
- A pinch of Salt -- to taste
- Some chopped fresh Coriander (Dhania) leaves or Cilantro to garnish

Method:

We use a whole chicken cut into medium size pieces (including bone: this is regarded as very popular in Nepal because of its extra concentration of flavour: you can though just use the chicken meat with the bones removed)

Heat the oil in a pan, then add the cumin seeds, cloves, cardamom, cinnamon and bay leaf and fry for about 15-20 secs. Add the chopped onions and fry the onions until they soften and become light brown till, then include garlic and ginger and fry for a further 4 - 5 minutes.

Then add the chicken pieces and fry until they become lightly browned, then add the chopped tomatoes, turmeric powder, chilli powder, cumin powder, coriander powder and salt and mix well

with the chicken. Fry for 3-5 mins, then lower the heat and cover the pan and cook for 10 mins. No need to add water at this stage as the chicken and tomatoes will leave water.

When the chicken is tender, and the oil starts separating from the gravy you add about 250 ml (you can vary this with a little less or more depending on how strong you wish your stock to be) of water. Then let the chicken simmer for 10-15 mins. Finally, add freshly chopped coriander to garnish.

Accompaniments:

Main accompaniment: boiled rice

Dal

Vegetable curry side dish

Saag (boiled spinach)

Pickled vegetables / achar

Classic Nepali Dal dish:



One half of Nepal's most internationally famous dish; Dal – Bhat (lentil soup with boiled rice).

Main ingredient: the main ingredient of these dishes is dhal (lentils). Dhal's nutrients and health enhancing benefits include being a major source of vitamins B, potassium, zinc, and magnesium, iron, of protein.

There are a number of types of Dal, and of different colours: the best known of which are:

- Yellow and red: nutty and sweet in flavour, they cook swiftly because split – famous as the main lentil types for making dal They're great for making dal and have a somewhat sweet and nutty flavour.
- Urad dal – black lentils (also known as 'Beluga': see below): popular in some Nepali dal dishes

Other types of Dal:

- Puy: green in colour, and named after the French region of Le Puy. Peppery in taste.
- Green: a less expensive version of Puy, and often larger in size
- Brown: In the West these are perhaps the most often used type of lentil, especially used in stews.
- Beluga: tiny black lentils, often used as a base in warm salads

Taste description & background:

It was, as with almost all Nepali people the first main dish I remember having as a very young child, and is a fundamental component in the Nepali classical and home cooking foods repertoire. Over the years I learned how to cook different versions, including Urad Dal (Black Lentil), composite dal dish with simee (beans), and various degrees of thickness (from soup to more like a stew) of consistency, and spiciness from adding chilis. Getting the spices just right is the foundation for successful dhal.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: after initial overnight to one day soaking stage for the lentils, the preparation and cooking time takes about 1.5 hours (15 minutes approximately for preparation of the ingredients)

Utensils:

Pressure cooker or large pan with lid
Chopping board
Knives
Deep-based frying pan and lid
Spatula / wooden stirring spoon

Ingredients:

Please note: Usually the lentils (Dal) are left in boiled water (*umaaleko paani*) overnight ahead of being cooked the next day.

- 250g of dal, rinsed until the water runs clear
- 3 tbsp of vegetable oil
- 2.5 to 3 medium size tomatoes
- A finely chopped small to medium sized onion
- ¾ teaspoon of garam masala (Nepali and most forms of Garam Masala, which is a composite of different spices, often includes fiery Szechuan chili pepper, dried cumin and ginger)
- 2-3 finely chopped green birds eye chillies (retaining or discarding seeds depending on whether you want your dal fiery hot or mild)
- 2cm width piece of finely diced/cut into small strips of fresh ginger
- ½ a bulb of garlic, chopped into large chunks (part of their infusion role in the dal as it cooks)
- ¾ teaspoon of turmeric
- A tbsp cumin seed (optional)
- ½ teaspoon of ground dhania/coriander (optional)
- Fresh chopped coriander leaves (optional) – for garnishing
- A pinch of salt– to taste
- Freshly ground black pepper (Maric) – to taste
- Lemon (Kagati): optional – a squeeze

Method:

The lentils are soaked overnight in boiled water. Put lentils in a litre of water in a pressure cooker and simmer for 45 minutes, then take out, allow for some time to cool and thicken. Then prepare a deep-based frying pan that has sides and bottom prepared with heated oil, add in spices ginger and chillies, followed by tomatoes and onion directly or from having been blended separately first, and then the other spices/masala and seasoning including turmeric.

Then add the lentils and a little more water depending on the thickness of the dal you desire, and simmer and stir on a medium heat for about 15 minutes.

Include red peppercorns or Szechuan dried chilis* and a little salt and black pepper to taste, and add, if you wish, some fresh chopped coriander to garnish, and a squeeze of lemon if preferred (this can be on individual servings if requested)

** NOTE: red chilis are prepared for Szechuan dried style (you can buy them already dried too, but they will not be so freshly prepared as in this method), by placing and turning on a hotplate*

Dal and mixed dal fry dishes:

Main ingredient: the main ingredient of these dishes is dal (lentils). Dal's nutrients and health enhancing benefits include being a major source of vitamins B, potassium, zinc, and magnesium, iron, of protein.

There are a number of types of Dal (sometimes spelled as Dhal), and of different colours: the best known of which are:

- Yellow and red: nutty and sweet in flavour, they cook swiftly because split – famous as the main lentil types for making dal They're great for making dal and have a somewhat sweet and nutty flavour.
- Urad Dhal (Black Lentil/Gram) is a popular alternative to yellow and red lentils.

Other types of lentil:

- Puy: green in colour, and named after the French region of Le Puy. Peppery in taste.
- Green: a less expensive version of Puy, and often larger in size
- Brown: In the West these are perhaps the most often used type of lentil, especially used in stews.
- Beluga: tiny black lentils, often used as a base in warm salads

Taste description & background:

Dhal is a staple Nepali food, famous for its contribution to making 'Dhal – Bhat' and is placed on boiled rice and then mixed together, and combined with other main ingredients such as Tarkari (curry). This is one of the first foods I learned about as a child, watching my mother and other family members preparing and cooking it in the family home's kitchen. Depending on your degree of passion for chili hot food, dhal dishes can be mild to very hot; this depends on if, and how many, red Szechuan dried chillies you incorporate when preparing the dish.

Dal is also important for mentioning the traditional custom of mixing dish ingredients together between thumb and fingers, with dhal being liquid rather than solid making it the ideal dish ingredient to combine with others. To explain about this custom from a gastronomic point of view; compared with the Western method of taking via spoon or fork different parts of a meal into your mouth, the use of hand, fingers and thumb means the mixing has already taken place before the dish starts to be savoured, making in effect a different taste compared to eating individual parts of a meal on their own. Dal therefore taken in this way has a unique role for savouring flavour.

Plain Dal:

See also Classic Nepali Dal dish.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: after initial overnight to one day soaking stage for the lentils, the preparation and cooking time takes about 1.5 hours (15 minutes approximately for preparation of the ingredients)

Utensils:

Pressure cooker or large pan with lid
Large bowl for soaking the lentils
Chopping board
Knives
Deep-based frying pan and lid (if used to add in to a main course in final stage of cooking)
Spatula / wooden stirring spoon

Ingredients:

- 250g of dal, rinsed until the water runs clear
- 3 tbsp vegetable oil
- 2.5 to 3 medium size tomatoes
- 1 finely chopped small to medium sized onion
- $\frac{3}{4}$ teaspoon of garam masala (Nepali and most forms of Garam Masala often include Szechuan pepper, dried cumin and ginger)
- 2-3 finely chopped green birds eye chillies (retaining or discarding seeds)
- 2cm width piece of finely diced/cut into small strips of fresh ginger
- $\frac{1}{2}$ a bulb to 3 garlic cloves peeled and cut into large chunks left whole
- $\frac{3}{4}$ teaspoon of turmeric
- 1 tbsp cumin seed (optional)
- $1\frac{1}{2}$ teaspoon of ground coriander (optional)
- Fresh chopped coriander leaves (optional) – to garnish
- Salt– to taste
- Freshly ground black pepper – to taste
- Lemon (optional) – a squeeze

Method:



The lentils are soaked overnight in boiled water. Put lentils in a litre of water in a pressure cooker and simmer for 45 minutes, then take out, allow for some time to cool and thicken. Then prepare a deep-based frying pan that has sides and bottom prepared with heated oil, add in spices ginger and chillies, followed by tomatoes and onion directly or from having been blended separately first, and then the other spices/masala and seasoning including turmeric.

Then add the lentils and a little more water depending on the thickness of the dal you desire, and simmer and stir on a medium heat for about 15 minutes. Dried red, Szechuan chillies are commonly added towards the end of the dish preparation, and final touches can also include a sprinkling of fresh chopped Coriander (Dhania) and a squeeze of lemon to taste.

Mixed Dhal Fry:

Fried rice with dhal incorporated in cooking process rather than added separately after serving.

Ingredients as above.

Method:

Fried rice component; see Bhuteko Bhat recipe and same preparation steps. Dal (already cooked just prior to completing the main, fried rice part of the dish; see dal dishes for preparation. Incorporate dal in to the fried rice, stir and mix, or present dal in a bowl as a side dish for mixing in the quantities desired (like dal being added to bhat).

Accompaniment:

Golbeedaa Achar (spiced tomato pickle):

Cucumber Potato Pickle:

Main ingredient: the dish's main ingredients are cucumber and potato.

Cucumbers are a type of fruit and a good source of phytonutrients. Phyto nutrients are chemicals found in plants that have disease preventative and protective properties. In the case of cucumber, the phytonutrients are lignans, flavonoids, and triterpenes, which are antioxidants, and have anti-inflammatory effects, and are said to have anticancer benefits.

Potatoes are a major source of potassium (higher concentrations than in bananas) and vitamin C; they are cholesterol-free, and fat and sodium free, are carbohydrate-rich, and an excellent source of vitamin C. When prepared in healthy ways (minimal to no oil basting or frying) and moderate quantities, they are said to not be harmful to weight loss regimes.

Taste description & background:

A classic side dish with crisp clean tastes through the potato & cucumber combination, and because it is served cold to accompany a main dish. I learned how to cook Kakoo ra Aloo ko Achar when I settled in the capital, at a friend's home, and have since experimented with quantities of ingredients to suit different preferences on the mildness to sharpness scale; most, as with myself prefer this side dish in its sharper form as it makes a perfect accompaniment to vegetable and meat curries and other main courses.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 20 – 25 minutes ...

Utensils:

Frying pan
Bowls for mixing
Chopping board
Knives,
Spatula / wooden cooking spoon for stirring

Ingredients:

- Diced freshly boiled, firm consistency potatoes
- Diced fresh cucumber
- Chopped brown onion
- Finely chopped fresh ginger
- Finely sliced green birds eye chili
- Fresh, finely chopped garlic
- Chopped tomatoes (optional)
- Salt to taste
- Oil (vegetable or extra virgin)
- White sesame seeds
- Fenugreek seeds (*methi*)
- Turmeric powder
- Fresh lemon

Method:

Boil (not too soft/keep firm but not too hard) and then peel potatoes, cutting into cubes. Chop cucumber (the moist heart and seeds removed first) into cubes. Slice fresh chili finely, then toast sesame seeds (white/brown/black) in a pan and grind to powder. After this combine potatoes, cucumber and green chili in a bowl, and, finally add salt, garlic ginger, fenugreek, and sesame seed powder. Delicious eaten cold as well as warm.

Egg (Andaa) Curry:

ADD IMAGE

Main ingredient: egg. Eggs are a source of high-quality protein, riboflavin and selenium (mainly egg white), with highest concentrations of nutrients found in the yolk. These include in particular vitamin D (eggs are one of the very few foods that contain this important vitamin naturally), which is beneficial for immune functioning and bone development and health.

Taste description & background:

This is a popular home curry main dish but often served in many eateries in Nepal. The boiled eggs, added whole in the final stage of cooking, make this dish particularly flavoursome as the frying technique used in their preparation stage give a delicious exterior, spicy and mildly salty, and with a great crisp texture to bite into. Often once served we divide the eggs in to halves and blend with the curry. I learned how to make this dish at my family home in Dadeldhura.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 20 – 25 minutes ...

Utensils:

Frying pans

Saucepan

Spatula

Knives for chopping the curry ingredients

Ingredients:

- Eggs (4)
- Cooking Oil (vegetable or Extra Virgin)
- Potatoes (a 1/3rd to ½ a Kg)
- Chopped Tomatoes (3)
- Chopped onion (1, large or 2 medium)
- About 3 finely chopped chilis
- Finely chopped Garlic
- Finely chopped Ginger
- Cumin (raw) – a sprinkle / half a teaspoon
- Masala – sprinkle / half a teaspoon
- Turmeric – a teaspoon
- Fresh chopped Coriander (optional, and for presentation)
- Coriander powder – a sprinkle
- Salt – to taste
- Cloves (optional)

- Green Cardamon (optional)

Method:

Fry the eggs in oil and with a little masala and a pinch of salt and pepper seasoning: then put aside. In the main frying pan use oil to heat. Then take the finely diced ginger, turmeric powder, finely chopped chili, cumin powder, coriander powder. You stir this combination in the frying pan for about a minute. You need to check that the oil has separated. After this you should add a cup of water, and then simmering for 2 – 3 for a minutes. At that point you bring in the chopped tomatoes and potatoes and then tomato; cook for about 8 - 10 minutes (depending on how firm you like your potatoes). Then add in the already seasoned eggs you cooked earlier, simmering all on a low heat setting for about 3 minutes. You should then gently stir -- keeping the eggs from breaking up -- and then to complete the egg curry you can garnish with freshly chopped dhania/coriander.

Accompaniment:

Boiled Rice

Fish Curry:

Main ingredient: Fish. Fish contains vitamins B2 (Riboflavin) and D, is rich in phosphorus, calcium, iodine, iron, potassium, magnesium, zinc, and is a major source of omega-3 fatty acids.

Taste description & background:

This meal has a lovely distinct taste, as in fact curry combined with fresh, seasoned fish (chunks/slices) work really well together because of the carefully chosen spices (cardamom, etc. see below) and Szechuan chilies and white sesame. I first tasted this dish when I came to Kathmandu and later there was able to observe the cooking technique when the dish was made by a friend for a social group of friends gathering at his home. In the UK I have made it a number of times because of the ease in which fish can be found.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 20 – 25 minutes

Utensils:

Frying pan
Chopping board
Knives
Spatula / wooden cooking spoon for stirring

Ingredients:

- White fish (half a Kg)
- Oil (Vegetable or Extra Virgin)
- 2 large brown onions (chopped medium to fine)
- 3 medium sized chopped tomatoes
- 2 fresh finely sliced chilis
- Finely chopped fresh garlic (half a bulb / 4 cloves)
- Finely chopped fresh ginger (thickness about 2cm)
- Fish curry powder - to taste
- Cumin (Jeera) – a sprinkle
- Coriander powder – a sprinkle
- Turmeric powder – a third of a tablespoon
- Salt – to taste
- Chili powder – a sprinkle
- A tbs of white sesame seeds
- Red peppercorn or Szechuan dried red chili (optional)
- Freshly chopped coriander (optional) – as garnish
- 3 – 4 cloves (optional)
- Green cardamon (optional)
- Half a lemon (optional)

Method:

Cook the fish in oil in a frying pan and once cooked through (making sure firmness maintained) with seasoning (salt, etc.): then put aside.

Place oil in the frying pan on medium heat, and progressively add spices (turning the oil brown) then onions and tomato, and when both the latter are soft add turmeric and herbs, and water as needed. Finally incorporate the fish pieces and leave them to absorb the flavours from the curry; then gently stir. Add a garnish of freshly chopped coriander if you wish, and then serve, including the option of a squeeze of fresh lemon.

Accompaniment:

Boiled rice, and on the side achar/pickle of your choice

Fried Chau Chau:



Main ingredient: noodles. Rice noodles are white in colour (there are variants to this where additional very small quantities of other ingredients can cause them to be brown in colour, etc.), very mild in flavour, and are made from rice flour. They originated in the Far East / China (existing there for some 3000 years, and famously discovered by Marco Polo, who introduced them to Europe, where they formed the genesis for pasta. They are low in nutrients (the only vitamins are B ones, such as B6 and folate, niacin), but high in carbohydrates and in calories, and in regard to their important carbohydrate content have similarities as a meal-base, with rice itself, and comparable to the potato in terms of roughage content: as such modest quantities are advised.

Its fibre is not easily assimilated by the stomach, hence giving a filling effect. Egg noodles are considerably higher in calories. Rice noodles are very low in sodium, making them quite a healthy option; Soy Sauce is often used to adjust this in East Asian dishes, and in Nepali / South Asian dishes such as Chau Chau. Great care has to be taken with the amount of cooking oil used with fried noodles; these should never be presented swimming in oil, but only present to taste in very modest amount. Deepak Tamrakar's version of Nepali fried Chau Chau follows this rule rigorously, for example.

Taste description & background:

Chau Chau is a mildly salty very flavoursome filling dish, in which texture (firm noodles that are suffused by the moderately spicy seasonings) is an important feature of the culinary experience. A common fault and danger with making this dish is to use too much cooking oil when preparing, and serving with excess oil, which gives a greasy taste and smothers the seasoning; I always make sure that minimal oil is used in cooking and on the finished dish, so you can savour Nepali Chau Chau's wonderful taste whether in its vegetarian or meat forms.

I first saw this really popular, easy to make dish being made during my childhood at my family home, at friends houses, and it being a frequent feature on street stalls and bistro menus in my home town.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 20 – 25 minutes ...

Utensils:

Frying pan
Saucepan
Spatula or wooden spoon for stirring
Bowl for mixing

Ingredients:

- Noodles (thin white, Japanese Udon and Chinese equivalents are particularly suitable, rather than Italian pasta/Spaghetti vermicelli)
- 1.5 to 2 chopped brown onions
- 200 grammes of Sweetheart cabbage
- Spring onions (3-4)
- Soy sauce – to taste
- One to one and a half large sweet chillies
- Masala – to taste
- 4 tablespoons of Oil (Vegetable or Extra Virgin)
- Salt -- to taste
- 1 finely chopped fresh chili -- to taste
- Chili powder -- to taste
- 100 grammes of chopped carrots (optional)
- 100 – 150 grammes of Broccoli spears/sections (optional)
- 150 grammes of French green beans (optional)
- Fried / chopped eggs [for Non-Vegan option]
- Green sweet chili pepper slices or half slices to decorate on top of dish (optional)

Nepali Chicken chau chau / chow mein variant:



Include 100 grammes of skinned and cut into small chunks or strips, chicken breast to the above in the final cooking stage, with the chicken cubes, seasoned with salt & black pepper, cooked in a frying pan

beforehand. Incorporate into the noodles in the frying pan and stir gently, during the final 3 – 5 minutes of cooking the noodles.

Method:

Boil water (about a litre) and then add noodles, and once cooked (leave in for shorter time if you prefer your noodles firmer), strain and run through cold water if you wish, and leave in a bowl. If you wish to include eggs, make these separately as an omelette, and then shred, ready to incorporate towards the end of the dish preparation. Then add oil to frying pan covering sides as well as base. Then add in salt and pepper, then spices & seasonings and main ingredients progressively, with noodles being added (later if preference is for firmer noodles); cook and stir for about 5 – 6 minutes. Your Nepali chow mein is ready to serve. You can be garnished with slices or finely sliced segments of sweet green chili.

Accompaniments:

Soy sauce
Tomato Sauce (Western/British)
Nepali spicy achar (often green in colour)

Masala Omelette:



Main ingredient: these dish's main ingredients are Egg and Masala and fresh chopped chili, whose nutrients and health enhancing benefits are detailed below.

Eggs are a source of high-quality protein, riboflavin and selenium (mainly egg white), with highest concentrations of nutrients found in the yolk. These include in particular vitamin D (eggs are one of

the very few foods that contain this important vitamin naturally), which is beneficial for immune functioning and bone development and health.

Spices have from the earliest times been used as a natural medicine and are known to have antimicrobial properties. Spices come in different forms from seeds, bark to roots. Common major spices include, Coriander, Cumin, Turmeric, Ginger, Chili pepper, Rosemary, Black pepper, Red pepper, Saffron. Spices come on their own or in combinations of various kinds (one of the hotter kinds being Garam Masala). In cookery spices are famous for their various flavours, but also colours. Spices are said to be effective in improving various health conditions and needs, including but not limited to Alzheimer's, Arthritis, cancer, and low mood.

Fresh chilis: Green (hariyo), Red (raato), dried (as with Szechuan cuisine in China), and powdered are the main culinary forms of chili, which come in different sizes and degrees of heat intensity (birds eye and scotch bonnet being some of the hottest): they are commonly used as a spice to heat dishes. Chilis contain large quantities of vitamin C (especially red chilis), vitamin B6, provitamin A beta-carotene. Chilis originated from Mexico and Central America, and spread through Portuguese merchants, to Asia where they quickly became a major ingredient in South and East Asian cuisines, particularly in curry dishes: in Nepal, India, China and other Asian lands, homes commonly keep a good stock of fresh green finger chilis.

Taste description & background:

This famous omelette is commonly a major component of Nepali breakfast in Kathmandu and elsewhere. I learned how to make this dish when I moved to Kathmandu. It is a filling dish, piquant and flavoursome due to its combination of spice (Masala) and fresh chopped chilies, and easy to make – how hot you wish it to be is determined by how many or how few fresh chilies you include.

Quantity: Serves 2 people

Time taken on creating dish: to prepare and cook takes about 20 minutes.

Utensils:

Frying pan
Chopping board
Bowls (for separated yolk and white of egg, and mixing)
Knives
Fork (for mixing)
Whisk
Turning forks

Ingredients:

- 3 eggs
- 2 tablespoons of oil (sunflower, extra virgin olive oil, ghee)
- 1 small onion finely chopped
- 1 small tomato finely chopped (optional)
- 2 cloves of finely chopped garlic

- 1 – 1.5 teaspoons of masala (Garam, or milder, including Caribbean)
- 1 green chilli finely chopped
- 1 – 1.5 tablespoons of ground coriander (optional)
- Half a teaspoon of chili powder (optional)
- Half a tablespoon of turmeric (optional)
- Salt -- to taste
- Black pepper – to taste
- 1 tsp lemon juice (optional) – added at end of cooking, at serving stage

Method:

Break and separate the three eggs, placing the whites and yolks in separate bowls; whisk the white and once frothy (minimal liquid in bottom of bowl) add in the yellow/yolk slightly seasoned with pepper and salt. Finely chop onions, green chillies, and garlic, then add in masala, chili, coriander, turmeric and mix in a bowl, adding in the combined yolk and white egg mix, and adding salt & pepper seasoning to taste.

Heat oil in frying pan, covering sides as well as base, and incorporate a third of the egg and seasoning mix, moving around in the pan to give good even covering. Ensure the base is a light brown, and flip over to cook the top, and cook on a medium heat. Remove the omelette and place folded on a warmed plate, then repeat two more times for the other two omelette portions.

Now your omelette is ready to serve, and you can garnish with freshly chopped coriander and add a squeeze of lemon if you wish

Accompaniments:

You can use lemon juice, tomato sauce, additional salt & pepper, and also fold and eat in a roti/flatbread.

Vegetarian Momos, and Momo Soup:



Main ingredient:

This dish has multiple main ingredients, rather than one or two main ingredients. We recommend for this dish's ingredients information that you visit our Ingredients & Nutrients page, to learn more about the health-related aspects of the dish's individual ingredients.

Momos (also often written as Mo-Mo) can be presented steamed, fried, or in a soup broth (vegetarian or meat)

Taste description & background:

TBA

Quantity: Serves 2 people, to have 10 – 12 momos each or 4 people having 5 to 6 each

Time taken on creating dish: to prepare and cook takes about 1 hour 20 minutes, an hour to prepare and 20 minutes to cook.

Utensils needed:

Chopping board for dicing/chopping the fillings
Bowl for preparing the dough
Bowl for mixing the filling
Knives
Rolling pin
Steamer
Pan for boiling water for the steamer to be placed on top of
Frying pan

Ingredients:

- Rice flour (Maida), or ordinary flour --
- Chopped onion (brown cooking onions): 1.5 onions
- Spring onions: 50g
- Fresh chopped Coriander (30g)
- Sweetheart cabbage (whole)
- Chopped fresh Ginger or Ginger paste
- Chopped fresh Garlic or Garlic paste
- Soy Sauce: a taste
- Masala: a taste
- Salt to taste
- Fresh green Chilli: 2.5 (whole, chopped)
- Water

- Chopped Paneer (an addition to all of the above as a main item to give Paneer taste; substitution of paneer in place of cabbage gives a further taste variation): 400g

Method:

There are three stages to momo creation: making the dough and preparing this for the momo cases. The momo filling. Steaming and/or frying (the latter for fried momos, known as momo kothey).

Preparing the dough and cases:

Decide how large you wish your momos to be in order to use the correct amount of flour., then combine the later with water, some salt and a little oil in a bowl, and kneed for about 10 – 15 minutes until the dough is uniform in consistency. You then cover in the bowl and leave for about half an hour. You are then ready to make the wrappers which should be about 3 inches in diameter, and prior to preparing should kneed the dough afresh.

Each momo case will be circular (although can also be elliptical for the crescent-shaped momos) and should start as a dough ball an inch in diameter. On the board flatten within your hand until you have a lense-shaped piece of dough about 2 inches in diameter: make a few of these, and again cover. After this you flatten into a circle with a rolling pin until about 3 inches in diameter and thinner on the outer edge -- this is important for once the filling goes in this has to be held on/in the thicker main part, but the outer edge thin to be crimped together (using a little water where required) so that the join is finer and not too thick.

Fillings preparation:

All the ingredients are chopped fine, and in the case of the paneer option, the paneer is cut into very small pieces. In a large bowl combine all filling ingredients. Stir well, adjust for seasoning with salt and pepper. Cover and allow at least half an hour to mix and impart their unique flavors completely.

Steaming:

Add the filling in the middle of the momo case, and crimp the outer edges together. Place on steamer trays with an even space around each momo, and steam for about 15 minutes checking after 10 – 12 minutes on how steamed and soft the momos are by pricking with a sharp knife. When all soft, remove and serve on plate with an accompaniment of tomato achar.

Frying / Kothey:

If frying your momos (Kothey variant) steam for about 5 – 7 minutes and then transfer to a frying pan with heated 3-4 tablespoons of oil, and turn occasionally and keep a lid on the pan to enable enable even cooking from inside to out of the momo. It should be complete when sides of the momo, and especially the base are largely a light golden brown.

Accompaniment(s):

Golbeedaa Achar (spiced tomato):
Tomato Chili

Nepali French Beans ko Aloo dish:



Main ingredient: This dish has two main ingredients: French green beans and potato. Beans (*Simee*) are cholesterol-free, fat-free, and sodium free, and are major sources of manganese, copper, magnesium, phosphorus, and especially potassium (which promotes good blood pressure).

Potatoes (aloo) are a major source of potassium (higher concentrations than in bananas) and vitamin C; they are cholesterol-free, and fat and sodium free, are carbohydrate-rich, and an excellent source of vitamin C. When prepared in healthy ways (minimal to no oil basting or frying) and moderate quantities, they are said to not be harmful to weight loss regimes.

Peas (kherau) are optional as the third main ingredient*: Peas are a good source of protein, vitamin A, riboflavin, niacin, vitamin B6, folate, magnesium, phosphorus, manganese, copper and vitamin C, vitamin K, thiamine, and are very low in saturated fat, sodium, and cholesterol.

Taste description & background:

This tasty vegetarian dish will not be found in Nepal's ancient cooking repertoire, but is highly popular in contemporary times home cooking: bringing the cooling taste of French beans together with that of potato ranks as a major innovative discovery. This because the discovery of the use of French beans has been much more recent, and found to be absolutely delicious seasoned and combined with spicy potato. It is a good example of a hybrid dish, demonstrating Nepali home cooking as not static, but innovative (the most famous examples

of Nepali cuisine innovation being perhaps the much better known Momos, and the less well known outside of Nepal, Tibetan Noodle Soup, Nepali version known as Thukpa).

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 40 minutes.

Utensils:

Chopping board
Knives
Frying pan
Spatula / wooden cooking spoon

Ingredients:

1 tbsp vegetable oil
1/4 tsp fenugreek seeds
1 small to medium sized onion, thinly sliced
2 chopped cloves of garlic
1/4 tsp ground turmeric
12th teaspoon of asafoetida (optional)
1 pound green [French] beans, trimmed (and cut into 1 inch pieces if desired)
2 medium size potato, cut into cubes
About 1/3rd of a cup of peas* (best from frozen for freshness) -- optional
1 tsp minced fresh ginger
1/2 tsp ground cumin
1/4 tsp salt
1/8 tsp black pepper

Method:

Heat oil in a saucepan at a medium to high setting. You Add fenugreek seeds and fry until dark brown and highly fragrant, about 5-10 seconds. Add the onion, garlic, turmeric; cook and stir gently but regularly for about 3-4 minutes and then incorporate the onion pieces: when these have softened you are ready for the next stage. You then add the main ingredients the French beans, potatoes, followed by the seasonings of ginger, cumin, salt and a little black pepper, combining with a 1/4 of a cup of water, combining all thoroughly: you can add some peas* (optional) too towards the end of this stage of cooking. You then lower the heat to medium, cover, and let simmer giving an occasional stir: the potatoes and beans mustn't stick to the pan. You can add a little more water if required or preferred. Let simmer, until all the liquid has evaporated (takes about 15 minutes): your dish is now ready.

Nepali Mushroom Tarkari dish:



Main ingredient: mushroom, although it has a number of secondary and tertiary ingredients (learn more about these in the **Ingredients section**). Mushrooms are low in fat, calories, and cholesterol: they are rich in antioxidants such as selenium (which reduce inflammation, chronic diseases, and counteract damage to cells) and many vitamins (especially B vitamins) and minerals, such as folates, magnesium, copper, potassium and zinc.

Taste description & background:

I learned how to make this dish initially when I came to Kathmandu, through eating it at a friend's social gathering, and then getting more practiced with it and being able to experiment and refine quantities, and including the addition of French beans when I moved to the UK. It is a very tasty dish which can serve as an alternative to classical aloo tarkari served with bhat, or as a side dish with the latter. The seasoned mushrooms with their mildly smoky flavour, combined with the sweet peppers and succulent French beans make it a really popular dish with both Nepali and British friends.

Quantity: Serves four people for one occasion.

Preparation & cooking time: to prepare and cook takes about 15 minutes, 10 minutes for preparing, and 5 for cooking.

Utensils needed:

Frying pan
Chopping board

Ingredients:

- ½ a kilo of mushrooms (button or other types)
- 2 -3 chopped medium sized tomatoes
- 2 tablespoons of oil (vegetable, extra virgin olive oil, or oil of your choice)
- A large red sweet pepper (can be green or yellow, but red is ideal for visual presentation)

- 1/8th to ¼ of a kilo of French green beans
- A large brown/cooking onion, sliced
- 4 cloves of garlic, chopped
- 2-3 finely sliced green chilies
- A tablespoon of coriander (powder)
- A tablespoon of cumin powder
- A tablespoon of cumin seeds
- A teaspoon of chili powder
- 1/2 a tablespoon of turmeric
- 1/4 tsp of Szechuan red chili (optional)
- Salt – to taste

Method:

Wash the mushrooms and chop them into large pieces, then heat oil in frying pan, and incorporate seasonings, finely sliced green chilies, and the chopped onions; fry for ½ a minute to a minute, making the onion light brown. Prepare the sweet red peppers, by washing, cleaning out the centre and slicing the skin in long strips. After this add the mushroom pieces, combining well and place on high heat for about 2 minutes to prevent too much water from the mushrooms coming into the mix (but don't overcook the mushrooms). To conclude, add the chopped tomatoes, red sweet chili slices, and French/green beans, season with salt, and incorporate coriander, turmeric, cumin, and chili powder. Fry all together for another couple of minutes, and the dish is ready.

Accompaniments:

None really needed, as this can when provided as a side dish can be an alternative to achar.

Nepali noodle vegetable -- meat soup Thukpa:

Main ingredient: This dish has multiple main ingredients (rice noodles, vegetables, meats), rather than one or two main ingredients. We recommend for this dish's ingredients information that you visit our Ingredients & Nutrients page, to learn more about the health-related aspects of the dish's individual ingredients. [LINK](#)

Background to where the dish recipe was learned:

Thukpa, Nepali noodle soup is fiery and flavoursome and particularly good for your health in terms of warming effects in cold regions and weather, and for perspiration in hot ones and weather. A popular dish in Nepal I had first as a child and have seen the different versions prepared in locations across Nepal, but due to its history, very famous in the higher Himalaya bordering Tibet. Thukpa is a traditional part of the Nepali food range, and we believe it existed in ancient times and came to our land from eastern part of Tibet (it is better known in English as 'Tibetan Noodle Soup'). Since coming to the UK I have tried Chinese noodle soup which has many similarities to Thukpa, but slightly different on flavour and some seasoning ingredients.

Quantity: Serves four people for one occasion.

Time taken on creating dish: to prepare and cook takes about an hour, with cooking stage about 15 – 20 minutes.

Utensils:

Spatula or wooden spoon for stirring
Two big pans
Chopping board
Bowl for serving
Knives

Ingredients:

- $\frac{3}{4}$ of a kilo of rice noodles
- $\frac{1}{2}$ a pound of fine, thin slices of grilled chicken breast (exclude for vegetarian version)
- A tablespoon of oil
- About 5 cups of cooked chicken broth (exclude for vegetarian version)
- A red bell pepper cut into medium-sized pieces
- One large carrot cut into small slices
- Salt and black pepper, to taste
- A tablespoon of chopped cilantro, to garnish

Ingredients for Soup Paste

- Two cloves of finely chopped garlic
- About 1cm x 1,5cm of fresh finely chopped ginger
- 2 fresh red birds eye chilis (or more if desired)
- 3 chopped tomatoes (reduced to pulp)
- A tablespoon of fresh chopped cilantro
- A teaspoon of slightly toasted cumin seed
- $\frac{1}{2}$ a teaspoon of turmeric
- $\frac{1}{2}$ a teaspoon of Szechuan red pepper (known as Timmur)
- A trace (a 15th of a teaspoon) of Asafoetida (Hing) powder
- A tablespoon of juice from a freshly squeezed lime

Method

You boil half a litre of water and add the rice noodles. You then use an electric blender or pestle and mortar to combine the ingredients until a moderately thick paste is formed; put this aside in a bowl. Once the rice noodles are soft take off the heat and drain the water, running the noodles through cold water.

Add oil to into the saucepan, heat this and gently swirl so base and sides are covered. Next you add the paste and heat on high temperature for half to one minute to get the mixture frying slightly then set to a low heat; after this you add the chicken broth and simmer/cook and bring back to the boil mixing thoroughly, and season with salt and black pepper.

Next you add vegetables, cooking until tender, and then incorporate the rice noodles. You can add more water, if preferred, and add further seasoning of salt and pepper. You pour the completed dish into a large bowl; include the grilled chicken slices for the meat version of Thukpa. You can add more fresh chopped chili and chili seeds for extra heat if you wish.

Accompaniments:

Tomato spicy achar

Chili pickle

You can also add chili seeds and use Chinese chili oil

Nepali Pakauda (Pakoras):



Main ingredient: onion and potato. Onions have high protein quality, no fat, and are low in sodium: they are also a good source of fibre, vitamin C, calcium, and iron. Potatoes are a major source of potassium (higher concentrations than in bananas) and vitamin C; they are cholesterol-free, and fat and sodium free, are carbohydrate-rich, and an excellent source of vitamin C.

Taste description & background:

In the West, pakaudas (pakoras) are along with onion bajis and samosas the most well-known Indian snacks. The Nepali pakauda is very similar but differs at a refined taste level due to some of the seasonings we use with the Nepali version. A really delicious savoury snack with a wonderful aromatic taste and spiciness, this home cooked Nepali food is particularly flavoursome when warm and freshly fried. I had first in Kathmandu, where after I learned the Nepali recipe; I have had in the UK and in Mumbai, but in both the taste is not quite as delicious as our Nepali version.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 25 minutes.

Utensils needed:

Mixing bowl
Frying pan
Spatula / wooden cooking spoon for stirring
Chopping board

Ingredients:

- ½ a cup of Plain flour
- ½ a tablespoon of baking powder (optional)
- 2 small to medium size potatoes
- A medium size brown onion
- A cup of oil (add more if required)
- ¾ of a cup of water
- ½ a tablespoon of coriander
- ½ a tablespoon of cumin
- 1-2 fresh finely chopped birds eye chillies

Method:

Mix flour with water in a glass bowl, and combine to become a thick batter, then set aside for about 15 minutes. Then add the coriander, cumin, chili powder and some salt as well as the chopped chilis, to the batter, combining well. Then add sliced onions and [pre-boiled] potatoes – optional – and place and mix in the batter. Heat oil in the frying pan on a medium heat, and then dip the mixture in pieces (about the size of half your hand) into the batter, until light brown. Shake the pakora to remove excess oil, and place on kitchen paper to remove further oil; the pakora is now ready, and particularly delicious when warm.

Accompaniment:

Tomato sauce/Achar

Nepali Pani Puri:

Main ingredient: This dish has multiple main ingredients, rather than one or two main ingredients. We recommend for this dish's ingredients information that you visit our Ingredients & Nutrients page, to learn more about the health-related aspects of the dish's individual ingredients. [LINK](#)

Taste description & background:

Very spicy and with great feature being the crunchy texture of the puri, exterior of the snack and the pleasant mix of the ingredients with the pani puri water. I have had these more as snacks at festivals and sometimes from street stalls rather than at home, but a Nepali friend in Kathmandu showed me the cooking method, and I later found that on moving to the UK a couple of my Nepali friends (all of these were females) also knew how to make. The pani puri in Nepali culinary culture has a tradition of being mainly popular with children and girls. There are no equivalent hot snacks in the UK/West, and you will find them on virtually no Nepali or Indian restaurant menus in the UK.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 15 – 20 minutes.

Utensils:

Chopping board
Mixing bowl
Frying pan
Knives for chopping & dicing ingredients
Spatula or wooden cooking spoon for stirring
A teaspoon for adding ingredients to the puri

Ingredients:

Puris (made from plain flour)
4 tablespoons of oil for cooking
A large brown onion
4 – 5 medium sized potatoes
2-3 fine sliced birds eye chillies
1 tablespoon of masala
1 tsp chilli powder
½ tsp of cumin powder
½ tsp of roasted Coriander powder
1 cup of fresh coriander (chopped)
Fresh lime or lemon (optional) – to squeeze
Salt -- to taste

Methods:

Puris can be bought already part cooked (you just add to fry in a frying pan to complete), and used at need. However, you can make them too, from plain flour, with use of baking soda, and water, with some salt; you knead together until firm and soft, use a rolling pin to flatten thin and cut to a small circle (about 2-2.5 cm). Store or put aside, and then when ready to use fry in oil in a cooking pan – the puri will rise to become a small crisp very light ball (size of a walnut).

Making the filling: Boil potatoes (you can do this before starting to make the snack) and remove skins then chop and reduce to mashed pieces, then finely chop onions, chillies, finely chopped coriander leaves, chili powder, chopped chillies, and incorporate to the mix coriander and cumin powders -- mix

all of the ingredients in a bowl, to give even mixture of ingredients. You can include other ingredients too such as chanaa (chopped), etc. The paani puri liquid is made separately: you use about half a litre of water, some oil, a little masala powder stirred in, and also lime or lemon juice (optional).

To serve push a hole in the top of your cooked puri (finger easiest, and customary) then push filling inside with a teaspoon until almost full, and finally add the paani puri liquid by teaspoon. All is ready to now eat this tasty snack.

Nepali Sel Roti, and Nepali Halwa:

Sel Roti:



Main ingredient: The main ingredient is derived from rice. Rice is a good source of fibre, protein, iron, B vitamins, thiamin, niacin, riboflavin, manganese and magnesium. Research suggests that it is weight loss friendly if eaten in modest quantity as part of a healthy balanced diet, but fattening if eaten in excess and in conjunction with an unhealthy diet.

Taste description & background:

Sel Roti are delicious because of their sweet texture, but especially when eaten warm. They are a famous snack available at festivals, especially during Dashain, which was the occasion that I first had when a young child in Dadeldura.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about an hour.

Utensils needed:

Bowl for mixing
Frying pan

Mortar & Pestle (or electric blender)
Measuring spoon

Ingredients:

1 ripe banana
3 cups of boiled rice
3/4 cup butter or clarified butter (ghee) peeled and mashed
1 cup sugar
1/2 cup rice flour as needed
4/5 cups of vegetable oil

Method:

Soak the rice at least 4-5 hours or overnight. You should take the soaked rice and prepare through pestle & mortar (or electric blender) adding in some sugar and/or banana, ghee (or margarine) and water: combine and mix and blend or pummel until the ingredients are combined as a semi-liquid mix (5 – 15 minutes depending on whether you use mortar & pestle or an electric blender).

Then put this in a mixing bowl and beat until the mixture becomes light and fluffy. You need to do this for about 20-30 minutes; then mix afresh until you are sure all the ingredients are combined and evenly distributed. If the mixture is too liquid and not fluffing up you can add in some two to three tablespoons of rice flour (Maida). Then place the oil in the frying pan and heat, making sure the bottom and sides of the pan are evenly covered. You can test the right heat by placing a little of the mix in and seeing how it reacts; it should sizzle and start to go a light gold.

Heat the oil in the frying pan, and test whether the temperature is ready or not by pouring a small amount. Once you are happy the oil temperature is right, add in the mixture. You can place in, in circles and rings to make the distinctive shaped Sel Roti. Take out of the oil when the rings are light golden on all sides.

Halwa:



Main ingredient: Rice flour. **Rice** is a good source of fibre, protein, iron, B vitamins, thiamin, niacin, riboflavin, manganese and magnesium. Research suggests that it is weight loss friendly if eaten in modest quantity as part of a healthy balanced diet, but fattening if eaten in excess and in conjunction with an unhealthy diet.

Taste description & background:

Halwa is a delicious sweet, sugary fudge-like in look and consistency, dessert and can take many shapes and forms. My favourite one incorporates cash nuts in small pieces and some larger ones to dress and taste. The dish is presented in a bowl, furrowed with a fork, and with the larger pieces of cashew nut distributed throughout. A very tasty dessert, with 2-3 teaspoons worth being sufficient, energy giving and naturally filling. I first tried Halwa in the form described when a child.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 55 minutes to an hour.

Utensils:

Bowl for kneading
Chopping board for preparation of the flour & ingredients
Saucepan
Fork
Measuring spoon

Ingredients:

- Half a cup of plain [not roasted] cashew nuts
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground cinnamon
- 2 cups of water
- 2 cups sugar
- 1 tablespoon lime juice

Method:

I use a small saucepan to make Halwa, first pouring in the water and bringing to the boil. After this I introduce first the sugar (cheenee), stirring regularly and consistently with the wooden spoon, which has to be dissolved. Next, I reduce the heat of the solution to medium setting, cooking for some 30 minutes. At this point we will have created a thick syrup. Then add in the ground cardamom and ground cinnamon, and (optional) lime juice. Next, either in mortar & pestle or electric blender bowl, combine the syrup mixture rose water, and tahini paste, making sure the latter is well beaten; this stage of the process should take about 5 minutes; after progressively incorporate the rest of the syrup AND the chopped cashew nuts, mixing for about 15+ minutes until the mixture is quite stiff. You can then put in a serving bowl, furrowing the top of the Halwa with a fork.

Nepali fried spicy eggs:

Main ingredient: egg. Eggs are a source of high-quality protein, riboflavin and selenium (mainly egg white), with highest concentrations of nutrients found in the yolk. These include in particular vitamin D (eggs are one of the very few foods that contain this important vitamin naturally), which is beneficial for immune functioning and bone development and health.

Taste description & background:

This very delicious snack is nutritious and combines the taste of boiled egg (in quarters or halves) with a seasoned spicy exterior fried in the pan with seasoning of masala, cumin, chili powder with salt to taste; the turmeric and red chili powder giving a lovely colour. I first enjoyed fried spicy egg in my home in Dadeldhura as a young child, and have had many times since elsewhere in Nepal, particularly at festivals.

Preparation & Cooking time: about 25 minutes to prepare and cook.

Serves 6 (1 for each person as a snack)

Utensils:

Frying pan
Pan for boiling eggs
Spatula or wooden cooking spoon for stirring
Chopping board
Knives

Ingredients:

- 6 boiled eggs with their shells removed
- About 2 tablespoons of cooking oil for frying
- About ¼ of a teaspoon of cumin (Jeera) seeds
- About ¼ of a teaspoon of Red chili powder (it is optional if you don't like it)
- About ¼ of a teaspoon of masala
- About a ¼ of a teaspoon of turmeric powder
- 2 cloves of a finely chopped garlic bulb
- A ¼ of a teaspoon of salt – to taste
- A ¼ of a teaspoon of black pepper (maric) – to taste
- Some fresh chopped dhania (coriander) – to garnish

Method:

Boil eggs until hard (takes about 5 - 6 minutes), then leave the eggs to cool for a further 5 – 10 minutes, and cut into halves, or quarters. Then place the egg pieces in the frying pan that has oil heated to high, and gently fry for about 8 minutes for the eggs on medium heat, gently turning the egg pieces from time to time in the oil that has had the seasonings and chopped garlic added to infuse so the full taste of the masala, chili (optional), cumin seeds (these should go in first) and garlic and a little salt to taste, blends to coat the egg pieces, that will develop an attractive golden exterior skin forming on their outsides. Take from the pan after about 8 minutes once the eggs have turned golden all round. You can add some fresh chopped coriander to garnish if you wish. Present in a bowl where your guests can add more salt if they wish.

Nepali style Chinese Cabbage (Pak Choi) dish:



Main ingredient: these dish's main ingredient is Pak Choi. Pak Choi (also known as Bok Choy) is a classic Chinese cuisine vegetable (two main dishes being, to use oyster or soy sauce for Chinese Pak Choi dishes) but at Nepali home cooking level is sometimes used (as with Deepak's dish described below). It is low in calories (this changes if too much cooking oil is not removed from the final stage dish), and contains a good supply of nutrients, and is said to be a vegetable which if consumed regularly, can help protect against cancer, can assist on metabolism and digestion. Pak Choi contains folate, which plays a major part in DNA repair and generation. It also contains vitamins C and E, beta-carotene, as well as selenium.

Taste description & background:

This is a Nepali version of a classic Chinese vegetable dish. I first tried the dish towards the end of my time studying in Kathmandu, and have since refined it when I sometimes cook it for friends in the UK as a surprise. Pak Choi is a wonderful, cooling vegetable and this dish makes it supple yet retaining in part its crunchiness, which is part of its charm; the seasoning, fresh chopped ginger and stock make it delicious and a perfect accompaniment to a Nepali vegetarian or meat curry.

Quantity: Serves 2 people two times as a main dish, or four people as a side dish.

Time taken on creating dish: to prepare and cook takes about 15 minutes.

Utensils needed:

Saucepan
Frying pan
Chopping board
Spatula / wooden cooking spoon for sharing
Knives

Ingredients:

- ½ a kilo of pak choi
- 2 tablespoons of oil (sesame oil particularly appropriate, but extra virgin olive oil too is good)
- A teaspoon of cumin
- A teaspoon of coriander seeds
- A teaspoon of fresh, finely chopped ginger
- Salt -- to taste

Method:

Clean/wash pak choi, then place in saucepan and gently cook in ½ a litre of water brought to the boil. Remove and put aside. Heat oil in frying pan, and then add seasonings and sauté until oil turned light brown; then add pak choi, and stir and simmer for 3 – 4 minutes. Your pak choi Nepali style is ready.

Rina Adhikari's classic Nepali chicken curry:

Main ingredient: the dish's main ingredient is chicken, but is a meal that has multiple secondary ingredients so for these please see our **ingredients section**. Chicken provides much greater protein density than red meats and is a good source of creatine (this is produced naturally by the human body and is a compound three important amino acids). Chicken meat provides substantial quantities of all the essential B vitamins, such as niacin (B3), which are essential for having a healthy brain and for energy metabolism.

Taste description & background:



One of the most internationally known Nepali dishes, Nepali chicken curry has always been one of my regular most favourite home cooked meals, which I first had as a child at home: image to left is of me starting preparation of ingredients for the dish.

Home cooking is one of my passions, but this particular Nepali dish which I serve with boiled rice (bhat), dal, saag (spinach) and sometimes achar and with vegetable tarkari to accompany, has a special place

in the story of my life.

It was the first dish I cooked for my partner Andy (pop music musician Andy Bennett, of Ocean Colour Scene fame, and an internationally renowned Western pop music vocalist) when we first met. Since that time, I have cooked Chicken curry for Andy regularly, he loves it and describes it as the most delicious South Asian meal he has ever had. He has also been, from the outset when I first made for him, devoted to Nepali lamb and chicken momos with spicy Nepali tomato pickle, and to Choila (a traditional Newari dish of barbequed meat with spices and spring onion, whose burst of flavour is a great combination of chili hot and spiciness).

Profiles:

Rina Adhikari. Artist manager and wife of Andy Bennett. **Andy Bennett.** Singer/songwriter

[https://en.wikipedia.org/wiki/Andy_Bennett_\(musician\)](https://en.wikipedia.org/wiki/Andy_Bennett_(musician))

Quantity: Serves 2 people twice, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 30 minutes.

Utensils:

Frying pan
Chopping board
Knives

Ingredients:

- Chicken -1kg
- Chopped onion, chopped tomatoes, 2 chillies, chopped coriander,
- Lime, crushed garlic and ginger
- 1tea spoon turmeric, salt, coriander and cumin powder

Method:

Place the pan on the hub and once the oil is hot incorporate the fennel seeds; let them go black then add some turmeric, and finally the diced chicken thigh until the meat is light brown. Put salt, coriander and cumin powder and stir it well, add the lime juice and let it cook for 4-5 minutes. Then you add the chopped onion and then chopped tomatoes and stir well, leaving to cook for 5-8 minutes. Once cooked add in the crushed garlic and ginger with a little water, stir well and let simmer for 10-12 min. Finally, add chopped fresh coriander to garnish, and serve.

Accompaniments:

Bhat (boiled rice)
Dal (black lentil for preference)
Vegetable curry side dish – optional
Saag (boiled spinach) – optional
Pickle / achar – optional

NOTE: This is a variant of the same dish detailed elsewhere in this book by Deepak Tamrakar

Shredded Potato Dish:



Main ingredient: these dish's main ingredient is potato. Potatoes are a major source of potassium (higher concentrations than in bananas) and vitamin C; they are cholesterol-free, and fat and sodium free, are carbohydrate-rich, and an excellent source of vitamin C. When prepared in healthy ways (minimal to no oil basting or frying) and moderate quantities, they are said to not be harmful to weight loss regimes.

Taste description & background:

The combination of firm, almost crunchy texture of the potato presented as slices, and delicious seasoning make this dish, which is amongst my top favourites, always highly popular with both my Nepali and non-Nepali/Western friends, when I cook it. It is really moreish and can be eaten on its own, or be a popular alternative to traditional vegetable curry, with bhat (boiled rice) and dal – bhat. I learned it from a friend who worked as main chef at a restaurant in Thamel, Kathmandu, and have since experimented with some aspects of the main options of seasonings.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 30 minutes (15 to 20 for boiling potatoes, 5 minutes for other ingredients preparation, and a further 5 – 10 minutes for cooking).

Utensils:

Chopping board
Bowls for mixing and setting aside
Frying pan
Knives
Spatula or wooden cooking spoon for stirring

Ingredients:

- Small to medium sized boiled Potatoes – shredded in slices, with potato lightly boiled, still firm/semi hard (NOT soft)
- 2 – 3 tablespoons of oil (vegetable or extra virgin olive)

- 1 chopped brown onion
- 1 – 1.5 fresh, finely sliced birds eye chilis
- 1 medium finely chopped tomato
- 1.5 – 1.5 cube of finely chopped ginger
- Chilli powder -- to taste
- Some white sesame seeds
- Some fenugreek seeds (Methi) -- optional
- ½ a tablespoon of turmeric
- Salt -- to taste
- Fresh Lemon to squeeze – optional, and can be used by the person eating the cooked dish

Method:

Boil potatoes, but take out whilst still quite firm (the cooking will be completed once they are in the frying pan). Then slice the potatoes (still firm and part cooked) into shreds. Chop onion and tomato, and slice finely the fresh chili, then heat oil in pan and introduce the seasonings (methi, sesame seeds, chili powder), then onion, chili and tomato, and finally the potatoes. Cook in frying pan, gently stirring, for five minutes, adding salt to taste: the dish is now ready, and you can add a squeeze of lemon if you wish.

Tomato spicy pickle -- Golbeeda Achar:



Main ingredient: these dish's main ingredient is Golbedaa/Tomato, and at a secondary level Chilis. **Tomatoes** are a major source of vitamin C, vitamin K1, folate (vitamin B9), potassium, and a substantial source of lycopene (an antioxidant that assists with dieting). Regular consumption of tomatoes are said to reduce risks of cancer and heart disease. **Birds eye chilis:** Chilis contain large quantities of vitamin C (especially red chilis), vitamin B6, provitamin A beta-carotene. Chilis originated from Mexico and Central America, and spread through Portuguese merchants, to Asia where they quickly became a major ingredient in South and East Asian cuisines, particularly in curry dishes: in Nepal, India, China and other Asian lands, homes commonly keep a good stock of fresh green finger chilis.

Taste description & background:

The classic accompaniment (pictured in the top section of the image above) to Momos and Dal Bhat Tarkari. I learned how to make this classic Nepali fiery sauce when in my mid-teens, in the setting of the family home kitchen. It is most famous as THE essential accompaniment to momos, making the latter particularly distinct from Chinese dumplings; yet it is a fantastic, piquant accompaniment to dal bhat tarkari and other boiled rice Nepali dishes.

Quantity: Serves 2 people two times, or four people for one occasion.

Time taken on creating dish: to prepare and cook takes about 30 minutes.

Utensils:

Pan
Mortar & Pestle / electric blender
Spatula
Bowl

Ingredients:

- 8 – 10 chopped cherry tomatoes (cherry tomatoes more effective than normal/salad tomatoes)
- $\frac{3}{4}$ - $\frac{1}{2}$ of a large brown chopped onion – finely chopped
- Cumin
- Cumin powder
- 2cm x 2cm of finely chopped fresh Ginger
- 3-4 cloves of finely chopped fresh Garlic
- Chopped green hot / Bird Eye Chilli
- Fresh Coriander – finely chopped and ground
- Fenugreek seeds
- Thyme seeds (optional)
- Coriander powder
- 3-4 Spring Onions
- Chilli powder
- Salt – to taste
- $\frac{1}{2}$ to $\frac{3}{4}$ of Lemon
- 2 tablespoons of Oil (Vegetable or Extra Virgin)
- White Sesame Seeds
- $\frac{1}{2}$ to $\frac{3}{4}$ tablespoon of Turmeric
- Finely chopped Szechuan Red Pepper

Method:

Wash and cut tomatoes into halves & quarters, and finely chop onion, mixing together. Prepare all of the other ingredients through finely chopping (ginger and garlic) and use a mortar & pestle (or electric blender for quicker results) to make into a smooth pulp.

Heat a frying pan then add oil, when pan is hot add fenugreek seeds (and thyme seed if used); when these have browned, pour in the puree of onion and tomato, and the spices pulp, add water and fresh chilies and turmeric and salt. Let this reduce and stir and add in freshly squeezed lemon at the end. The achar is ready when its consistency is smooth and sauce-like and should be a pleasant reddish orange in colour.

Traditional Sherpa Potato Pancake -- Aloo Roti (Riki Kur):



Main ingredients: potato and egg are the main ingredients for this dish. **Potatoes** are a major source of potassium (higher concentrations than in bananas) and vitamin C; they are cholesterol-free, and fat and sodium free, are carbohydrate-rich, and an excellent source of vitamin C. **Eggs** are a source of high-quality protein, riboflavin and selenium (mainly egg white), with highest concentrations of nutrients (particularly Vitamin D) found in the yolk.

Taste description & background:

Riki Kur is one of our Sherpa communities main traditional dishes back in Nepal, but we enjoy it here in Britain too, especially when we gather together as a community at our homes. It is filling and gives energy, and is really tasty; great for winter weather in the UK as much as the Himalayan climate. It is a mainstay Sherpa food enjoyed for centuries and its recipe, as with the accompanying Yak cheese & spring onion achar / pickle, which we use with other traditional dishes too; the cheese, chili, and spring onion complement the pancake's taste, with its blend of potato and butter, itself so well.

I first enjoyed it as a very young child, learning from my mother soon after in the family kitchen. I feel since that time long ago, and settling in the UK, and learning a little about traditional British foods, that there are at least in the Riki Kur itself, some similarities with aspects of Scottish food, and that maybe we can say that terrain and climate do have some influence on the types of food different peoples develop as distinctive to their nutrition needs relating to the lands they live in.

Quantity: Serves 6 people for one occasion, with large portion.

Time taken on creating dish: to prepare (potatoes being already boiled) and cook takes about 35 to 40 minutes

Utensils:

Frying pan
Saucepan or ceramic bowl for mixing
Grater
Whisk
Cookery wooden spoon or spatula

Ingredients:

- 5 Kg of potatoes
- A cup of
- 3 – 4 eggs
- A pat of butter (ghee if you can); particularly for achar accompaniment to ease spreading

- Some butter or oil for cooking
- A pinch of salt -- to taste

Ingredients of accompanying cheese & spring onion pickle / achar

- 75 - 100 grammes of green birds eye chilies
- 100 – 125 grammes of fresh spring onions
- About 100 – 125 grammes of Yak cheese or Sour cream
- A pinch of salt -- to taste

Method:

Boil potatoes, removing their skins. Then use a grater (or electric blender) to mash the potato to an even pulp in a bowl, and then incorporate flour, and then the eggs, adding salt to taste; you can also add in a little butter if you wish. After this you heat butter or oil in your frying pan, and cook on medium heat; then add the batter making sure the quantity is not thin (you can the remaining batter after you have finished frying the first pancake) and covers the base of the pan evenly.

Turn, and turn again if needed until your Sherpa potato pancake is cooked through and an even gold colour on the outside. This completes the main dish. However, to finish your Riki Kur you need to make the accompanying Yak's cheese (you can use sour cheese as an alternative) and spring onion pickle / achar.

To make this classic Sherpa achar, you finely slice green birds eye chilies, chop up the spring onions and dice the cheese and mix finely, and then blend these three ingredients together with some butter. You can now serve this famous Sherpa pickle with the potato pancake, by placing with your wooden cooking spoon the achar across the top of the pancake whilst still warm.

Accompaniments:

Yak Cheese (Sour Cheese as alternative) and Spring Onion Pickle / Achar

Vegetable Curry -- Tarkari:



Main ingredients: This dish has multiple main ingredients, rather than one or two main ingredients. We recommend for this dish's ingredients information that you visit our Ingredients & Nutrients page, to learn more about the health-related aspects of the dish's individual ingredients.

Taste description & background :

This is Nepal's most famous main course dish (also in its Hindustani and Bangladeshi variants famous in neighbouring India and Bangladesh), and almost invariably provided with dal – bhat, but can also be ideal with just rice and tomato achar and perhaps saag (spinach) to accompany. Filling, it has great taste, and my version features firm pieces of potato and concentrates on moistness rather than stock and sauce; in this way the distinct taste of main and minor ingredients, have their flavours perfectly conveyed and with a mild spiciness of the seasoning, which can be heightened by additional fine chopped chilis being incorporated. I learned the dish at my family home in Dadeldura, and have since experimented with some secondary and tertiary ingredients (such as adding some kherau/peas). Elsewhere I provide other main variants of the dish, such as egg (more stock with this type), chickpeas, paneer, which constitute separate types of curry.

Quantity: Serves 2 people

Time taken on creating dish: to prepare and cook takes about 35 - 45 minutes

Utensils:

Chopping board
Frying pan
Bowls
Knives

Spatula or wooden cooking spoon for stirring

Ingredients:

- ¾ kilo of potatoes (boiled but not soft)
- 2 – 2.5 tablespoons of oil (Vegetable or Extra Virgin)
- 2 – 2.5 chopped medium-size tomatoes
- 2 finely chopped brown onions
- Broccoli – spears of broccoli
- Cauliflower – a quarter
- Half to three-quarters of a cup of peas (optional)
- Half to three-quarters of a cup of broad beans (optional)
- 2 large carrots, chopped (optional)
- A teaspoon of freshly, finely chopped cumin
- A teaspoon of finely chopped fresh ginger
- 3 – 4 cloves of finely chopped fresh garlic
- Cumin powder
- Coriander powder
- ½ a tablespoon of turmeric
- Cloves (optional)
- Some green cardamon
- 2 – 2.5 tablespoons of oil (Vegetable or Extra Virgin)
- Salt – to taste
- Chilli powder – a sprinkle
- Fresh chopped Coriander (Dhania)

Method:

Heat the cooking oil (be sparing with this: just enough only, Not more) in a frying pan on medium heat. Then add chopped brown onion, cook and stir gently until these are soft and transparent. Add the garlic and ginger and cook for 1-2 minutes, not allowing these two important ingredients to go brown. After this you put in cumin, coriander, turmeric and mix these together. After this you add your main vegetables (chopped firm potatoes, cauliflower, broccoli, and chopped tomatoes) combining these in the seasoning and spices; then add a little salt (taste some of the dish first to get just the right amount of salt) coated in spices.

Then you put the frying pan lid on and simmer on a low heat until the vegetables are cooked; you need to stir occasionally so that you make sure ingredients aren't stuck to the bottom of the frying pan, but you can add a little water throughout as required, and depending on how much stock (which you will need to reduce as much or as little as you desire) you prefer to have – or not have – with the curry. Some variants of this classic dish (such as with egg, chicken, or fish) require more stock, but my version is designed to have all-important moistness but do without stock so the seasoned vegetables are the main focus of the palate; dal which is commonly served with this dish provides all the liquid you should need, keeping the main dish, the tarkari itself clean in how its vegetable ingredients taste.

You can garnish with fresh chopped coriander, add a squeeze of lemon if you prefer, but this can best be saved for the dal (lentil soup) accompaniment of the dal – bhat dish to the vegetable tarkari main course; cooked & seasoned saag (spinach), and golbeedaa achar / tomato spicy pickle are commonly available to add to this famous Nepali curry.

Accompaniments:

Boiled rice
Chili achar
Gundruk

2. Ingredients information.

Spices & herbs:



The major spices of Nepali cuisine are coriander (Dhania), cumin (Jeera), chili-pepper, pepper, salt, and (for colour) turmeric: there are many other spices that are also very popular in Nepali home cooking. Herbs in powdered or fresh forms are also indispensable in Nepali cuisine. The images above are from Deepak's kitchen, featuring his spices selection and chopped Lasun (garlic) and Jeera (Cumin) seeds in frying pan.

Black Pepper -- Maric

Nutrients and particularities

Black pepper is called the king of spices: a very effective flavour enhancer (like salt) it is known to offer health benefits, promotes good digestion and weight loss, and can be of value in relieving colds and treating dermatological problems. **Red peppercorn**, course or ground are also used on their own or in combination with other spices, in some Nepali dishes.

Cardamom:

Nutrients and particularities:

Cardamom is a hybrid splice made from the seeds of a number of different plants, and originated in South Asia, and its extracts, oils and seeds have been used in traditional medicine from very early times. It can help in lowering blood pressure, is an antioxidant, and has diuretic effects; it also is thought to contain compounds important in fighting cancer.

Chili (commonly green finger chilli) -- *Khursani*

Nutrients and particularities:

Green (hario), Red (raato)*, dried (as with Szechuan cuisine in China), and powdered are the main culinary forms of chili, which come in different sizes and degrees of heat intensity (birds eye and scotch bonnet being some of the hottest): they are commonly used as a spice to heat dishes.

Chilis contain large quantities of vitamin C (especially red chilis), vitamin B6, provitamin A beta-carotene. Chilis originated from Mexico and Central America, and spread through Portuguese merchants, to Asia where they quickly became a major ingredient in South and East Asian cuisines, particularly in curry dishes: in Nepal, India, China and other Asian lands, homes commonly keep a good stock of fresh green finger chilis

** NOTE: red chilis are prepared for Szechuan dried style (you can buy them already dried too, but they will not be so freshly prepared as in this method), by placing and turning on a hotplate*

Cilantro:

Nutrients and particularities:

Often used as a garnish, Cilantro contains manganese, potassium, folate, vitamin K, and antioxidants.

Cinnamon:

Nutrients and particularities:

Cinnamon (source: the inner bark of trees named '*Cinnamomum*') has legendary medicinal benefits, known of from the earliest times, and in more recent ones confirmed by scientific research, it once gathered curls to form cinnamon sticks, which are commonly then ground to provide cinnamon in its powdered form. It has major antioxidant properties.

Cloves:

Nutrients and particularities:

Cloves provide fibre, manganese, calcium, vitamin C, K, and vitamin E.

Coriander -- *Dhania*

Nutrients and particularities:

Fresh (leaves), seeds, and powdered, are the forms of *Dhania* used in Nepali cuisine. Coriander seeds possess anti-rheumatic and anti-arthritis properties (helping reduce the swelling these diseases cause), as well as phosphorous, vitamins A and C, and antioxidants. Citronelol, a natural antiseptic is present in coriander, and aids fresh breath and the healing of ulcers.

Coriander has been known to provide major benefits to health of the eyes, and helps in reducing cholesterol, and bowel health (a curative for diarrhoea) and digestion, and is known to be effective in treating nausea, body fever, liver disorders, fever, coughs and respiratory tract infections. It contains some essential acids such as ascorbic acid, oleic acid, stearic acid and linoleic acid.

Cumin -- *Jeera*

Nutrients and particularities:

Cumin, which is used in both ground powder and whole seed forms (sometimes as a condiment with rock salt) is one of the main spices used in traditional medicine, and is known to fight food carried infections, and promote good digestion, and helps with pain relief, the good functioning of the liver, and against coughs. Cumin is also known to help weight loss and to bring down cholesterol and blood sugar.

Fenugreek seeds -- *Methi*

Nutrients and particularities:

Methi, nutty and slightly sweet in taste, is rich in carbohydrates, protein, fibre, and has high iron content, as well as magnesium and manganese. It has been used for millenia in Chinese Medicine (TCM) and is a common ingredient in South Asian dishes and in Nepali homes/kitchens.

It acts as a thickening agent in foods preparation, and is known to be effective in treating dermatological conditions, and a number of diseases such as diabetes, helps with breastmilk production, and is said to increase testosterone and libido levels in men (more research needed). This last giving further supportive evidence to some forms of Buddhism giving injunctions on consumption of spices, that can increase sexual desire.

Garlic -- *Lasun*

Nutrients and particularities:

Garlic (a member of the onion family) is renowned for its powerful properties for combatting the common cold and sickness, and reducing cholesterol. Medical research has found that garlic is potent in regard to inhibiting or lowering high blood pressure.

Ginger -- *Aduwa*

Nutrients and particularities:

Ginger (a root vegetable) is filled with bioactive compounds and nutrients of many of the most important kinds. One of the major spices, having it is said major positive health benefits for your brain and body, it has been from the earliest times a respected component of Nepali and South and East Asian traditional health maintaining and restorative systems. Ginger also improves your digestive system.

Red (Szechuan) peppercorns:

Nutrients and particularities:

Red peppercorns, better known as Szechuan peppercorn is red/pink in colour and course or ground are also used on their own or in combination with other spices, in some Nepali dishes: they have a strong pungent taste, and a citrus type flavour. They are a good source of vitamin A, thiamine, pyridoxine, carotenes, and minerals such as iron, zinc, selenium, potassium, and copper. Szechuan peppers also contain essential oils not found in other peppers, and are said digestion.

Sesame seeds:

Nutrients and particularities:

Sesame seeds come in black and white forms (in the UK best known for being used on rolls and burger buns) and are oil-rich. Sesame seeds have been used in traditional medicine of many cultures across the world from the earliest times, and include vitamins and B6, as well as iron, selenium, zinc, and copper. Sesame seeds are reputed to protect against arthritis, diabetes, and heart disease.

Spice -- Masala

Nutrients and particularities:

Masala is the generic name for various combinations of spices.

Spices have from the earliest times been used as a natural medicine and are known to have antimicrobial properties. Spices come in different forms from seeds, bark to roots. Common major spices include, Coriander, Cumin, Turmeric, Ginger, Chili pepper, Rosemary, Black pepper, Red pepper, Saffron.

Spices come on their own or in combinations of various kinds (one of the hotter kinds being Garam Masala). In cookery spices are famous for their various flavours, but also colours. Spices are said to be effective in improving various health conditions and needs, including but not limited to Alzheimer's, Arthritis, cancer, and low mood.

Turmeric -- Besar

Nutrients and particularities:

Turmeric, known as *Besar* in Nepali contains fibre, carbohydrate and some protein. It also contains vitamin C and a number of the B vitamins. It is Nepali cooking, particularly important however for its distinctive light orange-yellow colour.

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