

Tibetan Momos

Momos are a traditional delicacy in Tibet, and can differ in shape, size, filling and method of cooking. This recipe is one for traditional steamed vegetarian momos.

For the dough

- 1 ½ cups all-purpose flour
- 1 teaspoon Salt
- 1 teaspoon Baking powder

For the filling

- ½ head of medium sized Cabbage
- 3-4 medium Carrots
- 1 Radish
- Ginger garlic paste
- Soy sauce
- Vinegar



- 1) First mix all the dry ingredients and kneed well with enough water. Make a soft (not sticky) dough. Keep it covered with a wet cloth and let it rest for an hour.

- 2) For the filling: Finely chop the vegetables.

- 3) Heat oil in a pan; add some ginger garlic paste and the vegetables. Sauté for 2 minutes till it loses its rawness. Don't cook it for too long. A little bit of 'bite' left is good. Season with soy sauce and vinegar.

- 4) Now make the wrappers for the momos. Roll out the dough into a very thin, transparent sheet. Take a cookie cutter or a simple tumbler and cut out circular 3-inch diameter wrappers.

- 5) Once you have the wrappers ready, fill them with your vegetable mixture and seal the edges. Make sure you press the edges well and completely seal the stuffed dumpling. You don't want any of the liquid to ooze out while steaming.

- 6) Arrange the dumplings in the greased steamer with space between the dumplings. Close the lid, and allow steaming until the dumplings are cooked through (about 10-15 min).

- 7) Be careful when you take the first bite of the hot momos since the juice is very, very hot, and can burn you easily. Serve hot with sweet chili sauce.