



**Let's get cooking!** \* Enclosed you'll find almost everything to need to make delicious momos. You can also meet and watch your neighbor, Bishnu from Bhutan, cook this dish online to see how it's done.

<https://youtu.be/69NZSPpv8h4>



This meal kit provides almost everything you need to make vegetable momos.

Note: This recipe requires a steamer. If you don't have one, don't worry – Google search for “steamer hacks” or try one of these tips from Food52: <https://f52.co/34E8EzE>

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## Vegetable Momos

(You will need to supply those ingredients noted in red.)

Momos are an extremely popular dumpling found in Nepal and Bhutan. This recipe is vegetarian, but you can easily add some cooked ground chicken, pork or shrimp.

This recipe uses store-bought dumpling wrappers and will make approximately 40-50 momos.

Don't be intimidated; it might take some practice, and you'll have fun getting the hang of it!

### Ingredients:

1 small (or ½ medium) head of cabbage

¼ of small head of red cabbage

1 large or 2 medium onions

1 carrot, shredded

Handful of fresh baby spinach, finely chopped

¼ c shredded mozzarella

Salt

2 T vegetable oil

Dumpling wrappers – thawed overnight in refrigerator

### Directions:

Finely mince both cabbages and onion. You may want to try pulsing it in a food processor, but Bishnu claims that mincing it by hand gives the momos a better texture. Add the shredded carrot and chopped spinach and mix in cheese, oil, and salt, to taste. Stir well.

Spray your steamer with cooking spray and place water in bottom of steamer.

Take a momo wrapper and wet the interior with water. Place approximately 2-3 teaspoons of filling in the momo wrapper and pleat around the edges to seal. Place it in the steamer.

Once you have completed the momos, bring the water to a boil and cover and steam for approximately 10 minutes.

While momos are steaming, prepare the dipping sauce (this can also be done ahead).

For Dipping Sauce:

4 plum tomatoes

½ onion

2 hot peppers (or to taste)

2 cloves garlic

1 small piece of fresh ginger-peeled

**2 T vegetable oil**

1/3 c cashews

**1/3 c cilantro**

**Salt to taste**

Heat oil. Roughly chop all ingredients except the cashews and cilantro. Sauté chopped vegetables over medium heat for approximately 5-10 minutes. Cool the mixture and add to a blender or food processor along with cashews and cilantro. Blend until smooth, season to taste.

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Note: For a rookie dumpling maker (like me!) this was not a quick process. Luckily, I tested this recipe on a Sunday afternoon so I put some music on and took my time. Making momos that look as pretty as Bishnu's isn't easy. In fact, for me, it was impossible! The good news is, even if your momos aren't folded just right or perfectly sealed, they still steam very well and taste delicious. Don't over-stuff them and wetting the wrapper is a must for making them stick. Finally, it's the sauce that packs the flavor, don't skimp on it when garnishing your momos. Good luck!