

# PORK & VEGGIE

# DUMPLINGS + SPECIAL SAUCE

## TIBETAN - MOMOS

*Momos are the quintessential Tibetan treat, enjoyed enthusiastically in Tibet and across the world by the Tibetan diaspora. Their popularity presents a peculiar paradox, as they are traditionally stuffed with yak or cow meat, even though most Tibetans practice buddhism and adhere to a vegetarian diet.*

### INGREDIENTS

#### Momo Dough

- 1 cup whole wheat pastry flour
- 1 cup all-purpose flour
- 1 teaspoon salt
- $\frac{3}{4}$  cup water

#### Filling 1 - Vegetarian Filling

- 3 cloves garlic, cut into chunks
- 1 medium sized white onion, cut into chunks
- 1 2-inch piece of ginger, peeled and cut into chunks
- 2 cups raw spinach
- 2 large carrots, cut into chunks
- 1 medium sized cooked potato, cut into chunks (optional)
- 1 handful fresh cilantro (optional)

#### Filling 2 - Meat Filling

- 1 pound minced beef
- 3 cloves of garlic, cut into chunks
- 1 2-inch piece of ginger, cut into chunks
- 1 medium sized white onion, cut into chunks
- 3 stalks celery, cut into chunks
- 3 stalks spring onions, cut into chunks

#### Momo Chutney Dipping Sauce

- $\frac{1}{4}$  cup olive oil
- $\frac{1}{4}$  cup water
- 1 tablespoon soy sauce
- 1 tablespoon red wine vinegar
- $\frac{1}{2}$  medium sized white onion, diced very finely
- 1 medium sized tomato, peeled and diced very finely
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon turmeric powder
- 1 teaspoon dried chili flakes
- 1 teaspoon black pepper
- 1 stalk scallion, thinly sliced and diced



 TOTAL TIME: 30 MINUTES

 SERVES: 12-15 MOMOS

 LEVEL OF DIFFICULTY: INTERMEDIATE



*You can find out more about Tibetan cuisine, its history and the Momos recipe (including more pictures) by [clicking here](#).*



#### Stage 1: Pre-prepare the Momo Chutney

1. Start preparing your dipping sauce by taking a small saucepan over medium-high heat with your olive oil. Once heated, add in your diced onions and garlic and let it fry for ~2 minutes

2. As the onions and garlic start to become translucent and cooked, add in your chili powder, turmeric powder, black pepper and dried chili flakes and mix well through

3. Reduce your stovetop heat to medium and add your tomatoes to the sauce base and stir through. Let your tomatoes cook for 3 or so minutes at this point

4. Next, add in your soy sauce and stir through. Bring the stovetop heat to low and let the sauce simmer for another 5 minutes to cook the tomatoes through as you focus on preparing the filling





### Stage 2: Prepare Your Momo Fillings

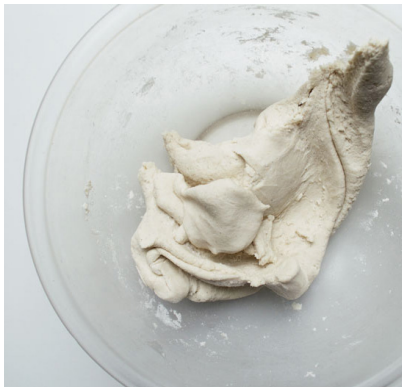
1. If you're making both fillings for different momos, start by making your vegetarian version. If making only meaty momos, skip the next few steps. Combine your garlic, onion, ginger, spinach, carrots, potato and cilantro into a food processor
2. Turn on the food processor and blitz your ingredients until all the ingredients have finely chopped and broken down into very small chunks that can be easily scooped with a spoon
3. Take your vegetable momo filling out of the food processor and set aside
4. If making only meaty momos, start here: Next, add in your minced beef, garlic, ginger, white onion, celery and spring onions into the food processor. Blitz all the ingredients until you have a smooth consistency out of your filling
5. Set both fillings aside and return back to finishing your momo chutney
6. By this point, your tomatoes should have cooked down to be very soft, so you can take the saucepan off of the stovetop heat
7. Add in your red wine vinegar and chopped scallions into the sauce and stir well through
8. (Optional) If you want a less chunky consistency to your sauce, run your momo chutney through the blender briefly then set aside





### Stage 3: Create Dumpling Dough

1. With your chutney done, mix your flours and salt into a bowl and create a small well
2. Very gradually pour your water into the well and mix it around into the flour. Once you've pour all the water in, mix around until you get a fairly dry, elastic dough. Here it's actually best to use your hands
3. Take your dough and lay it on a well floured surface. Take a rolling pin and roll your momo dough until you have it flattened to ~1/3 inch thickness
4. Take a circular pastry cutter and cut our circles of future momos from your dough





#### Stage 4: Fill and Cook Momos

1. Before filling your dumplings, first take a wide-bottomed saucepan (one with a lid) lined with  $\frac{1}{2}$  inch of water on the bottom to a boil
2. As the water is boiling in your pan, lightly oil the top of your steamer tray and set it atop the boiling water in your saucepan. Make sure the water is not touching the steamer tray!
3. Once the water is boiling, reduce your stovetop heat to a low setting, put on the lid and begin creating your dumplings
4. Take one of your circular cutouts of dough and place up to a tablespoon's worth of filling in the middle



#### Stage 4 (continued): Fill and Cook Momos

5. Fold one edge of dough over to the other side, and very tightly pinch your dough together to enclose the filling
6. When your dumpling is airtight, set this momo aside and repeat until you have enough to cover your steamer tray
7. Lift the lid of your steamer, place your momos onto your steamer tray, then re-cover your pan with the lid
8. Steam your dumplings for 12-15 minutes, checking periodically at the very end. When your momos feel dry to the touch, they're ready to go. If they feel at all a little moist, they have a bit to go
9. Repeat until all your momos have been cooked, and enjoy!





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