

Tibetan Meat Momos – Steamed Dumplings

Serves 4 or 5 preparation and cooking time: 40 minutes

Ingredients:

- finely chopped green onions – about 1 cup
- 2 tablespoons of cooking oil
- 1 tablespoon of salt
- 1 teaspoon of sesame oil
- 2 pounds of beef minced
- 3 cups of plain flour
- ½ teaspoon of ground cumin
- 2 tablespoons of soy sauce
- 3 tablespoons of hot water
- 3 cups of self-raising flour
- cold water

Preparation:

- combine the two flours and add the cold water a little at a time.
- knead the dough for about 4-5 minutes
- leave the dough to stand for a while at room temperature

Directions:

- add the hot water, chopped onion, oil, salt, and spice to the minced beef and mix well
- roll out the dough as thin as possible on a well floured surface and cut it into 4 inch rounds.
- start boiling the water in the bottom of the steamer
- put a teaspoon of the meat mixture on the round and fold it in half, pinch the edges tightly.
- coat the steamers with oil and dip each momo in the oil
- put themomo in the steamer, making sure they don't touch each other
- cover the steamer with a tight lid and steam for about 15-20 minutes

Tsel Momos (veggie)

Same diretions as for meat momos but in place of meat, use vegetables: bok choy and potatoes

Thugpa (Noodle Soup)

Serves 4

Ingredients

- 2 pounds of beef

- 2 oz plain flour
- 1/4 C. butter
- 1 1/2 Tbsp. fresh ginger root, minced
- 1 1/2 Tbsp. fresh garlic, minced
- 1 c. red onions, diced (or green onions_
- 1 tsp. turmeric
- 1 tsp. curry powder
- 1 tsp. chili powder
- 1 tsp. Kopan masala
- 1 c. potato, parboiled and cubed
- 1 c. fresh tomatoes, chopped
- 4-5 c. water
- 1/2 c. fresh spinach (other vegetables such as bok choy may be used), chopped
- 1-2 Tbsp. soy sauce
- 1 tsp. salt
- 1/4 tsp. ground black pepper

Preparation:

- knead the plain flour into a dough using only cold water. Cover and leave for a while
- prepare the potatoes and tomatoes and onions and wash and cut up the other vegetables
- cut the meat into strips and slice thinly

Cooking Method

- Melt butter in a saucepan over medium heat.
- Add ginger, garlic, and onions. Stir-fry over medium to medium-high heat for 1 minute.
- Add the meat and stir well.
- Add turmeric, curry powder, chili powder, and masala. Mix well and stir fry for 1/2 a minute.
- Add potatoes and tomatoes. Stir-fry 1 more minute.
- Add water and bring to a boil.
- While the water is boiling, take the dough and roll it into a large chapti-like shape
- Cut the dough into long strips 2 inches wide.
- Take the strips and tear them into small pieces. Throw the pieces straight into the boiling water
- Cook for 5 minutes
- Add the other vegetables and boil for another 1-2 minutes. If soup is too thick, add more water.
- Season with soy sauce. Salt and pepper to taste.
- Remove from heat and serve hot.

Kopan Masala

A sweet aromatic mixture of dried spices used in many dishes at Kopan Monastery.
A commercial masala called "Garam Masala" is available in some stores.

Ingredients

Makes 1/2 cup

- 1/3 c. coriander seeds
- 1/4 c. cumin seeds
- 10 black cardamom pods, peeled
- 15 pale green cardamom pods, peeled
- 25 cloves
- 2 cinnamon sticks, broken up
- 1 tsp. black peppercorns
- 1/4 tsp. fresh nutmeg, ground

Cooking Method

- Mix together and grind finely, but not to powder, with a coffee grinder, spice grinder, mortar and pestle, rolling pin, or food processor.
- Stir in an air-tight jar.

Sha-Balé- Meat Pastry

Serves: 4 or 5 Preparation and Cooking time: 30 minutes

Ingredients

3 finely chopped medium Onions	1 tablespoon of freshly ground Ginger and Garlic
2 tablespoons of Cooking Oil	1/2 teaspoon Ground Cumin
1 tablespoon of Cooking Salt	2 tablespoons of Soya Sauce
1 teaspoon of Sesame Oil	2 tablespoons of Hot Water
2lb Minced Beef	6 cups of Self-Raising Flour
Cold Water	

Preparation

1. Add the cold water to the flour a little at a time.
2. Knead the dough for about 4-5 minutes.
3. Leave the dough to stand for a while at room temperature.

Directions

4. Add the hot water, chopped onion, oil, salt and spices to the mince and mix them well.
5. Roll out the dough as thin as possible (on a well floured surface) and cut them into 6 inch rounds.
6. Put 2 teaspoons of the meat mixture on the round and flatten it down a little.
7. Put another round on top and pinch the edges together tightly.
8. Deep fry the sha-balé in moderately hot oil (only cook a few at a time).
9. Drain thoroughly on kitchen roll.

10. Sha-balé can also be shallow fried on a low gas (but remember to fry the mince and onions first).
11. Serve the sha-balé hot with chilli sauce.

Daytse (Tibetan Rice Dessert)

Serves 4

Ingredients:

- Cooked Rice (enough for 4 cups)
- Sugar
- Currants
- Milk

Directions

- Mix milk with rice to make a smooth mixture
- Add sugar to taste
- Add currants