

## Momos: A Taste of Nepal

1 Tbsp	Grated ginger
1 Tsp	Turmeric
2-3 Tbsp	Vegetable oil
5 Cups	Finely diced green cabbage
2	Carrots, shredded (about 2 cups)
1/2	Large yellow onion, minced (about 1 cup)
	Salt & pepper, to taste

*Making momos is often a family affair. Family and friends often gather to spend special time preparing momos together. Although momo shaping is an art that takes patience and practice to keep the filling inside its wrapper, even young children often help pound the fresh herbs and spices in a mortar and pestle.*

*Fresh momo dough is made by mixing flour with water and kneading until the dough becomes smooth. The dough is kneaded until it is slightly sticky and then left at room temperature to rest for at least a half hour, covered with a damp kitchen cloth, and then rolled out very thin and cut into three-inch circles. Dough recipes and instructional videos are available online.*

Cook ginger and turmeric in oil for about a minute. Add onion and cabbage. Season with salt and pepper. Cook until softened and neon yellow. Remove from heat and stir in carrots. Set aside to cool.

**Source:** <http://tasteofnepal.blogspot.com/2013/07/momos-or-dumplings.html>



ATLANTA BOTANICAL GARDEN

Recipe by Edible Garden Chef