**MOMO**
Steamed MOMO use very less oil and is very less on carbs. it is probably the most well loved meat dish in Nepal. Momo is also spelled as Momocha.

1. **Ingredients**
Nepali Moms or MOMOCHA

**Wrapper:** 3 cup All-purpose flour, 1 cup of water, a pinch of salt (Alternatively, buy egg roll wrapper)

**Filling:** 1 lb ground or minced chicken/turkey/lamb/pork 1 cup onion (finely chopped) ½ cup shallots (finely chopped) ½ cup cilantro, chopped ½ cup diced tomatoes, 1 teaspoon garlic paste, 1 teaspoon ginger paste, ¼ teaspoon turmeric (optional), 1 teaspoon cumin powder, 1 teaspoon coriander powder, 3 fresh chillies (paste), 4 tablespoons ghee or butter, Salt to taste

2. **Preparation**

**Filling:**
1. Combine all filling ingredients. Mix well, adjust seasoning according to taste.

**Wrapper:** (Disregard step 2-6, if you buy the readymade wrappers)
2. In a bowl combine flour, salt and water. Mix well, knead until the dough becomes similar to pizza dough.
3. Optional step: Cover and let stand for about one hour. Knead well again before making the wrappers.
4. Prepare 1 inch dough balls and roll between your palms to spherical shape.
5. Dust working board with dry flour. On the board gently flatten the ball with rolling pin to about 2 inch diameter circle.
6. Repeat steps 3-4 again for more wrappers.

**Packing the MOMO:**
7. Hold wrapper on one palm. Put about 1 spoon of filling in the middle of wrapper.
8. With the other hand bring all edges together to center, making
the pleats. Pinch and twist the pleats to ensure the absolute closure of the dumpling. Closing the meat inside wrapper is the secret of tasty and juicy dumplings.

**Steaming Momo:**

10. Oil the steamer rack well or put cabbage leaves on bottom to prevent momo from sticking to rack. Put them in steamer.
11. When water boils, close the lid on rack.
12. Steaming until the dumplings are cooked through, about 10-15 minutes.