Superview

MOMO MAKING CLASS · YOUR GUIDEBOOK

Make momos, *from flour to fold*

Everything in today's class, written down. Read it before you start, follow along in the kitchen, and keep it for when you make momos at home.

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IN THE KITCHEN

Before you start

- [ ] **Apron and hand towel**
  Get your apron and your hand towel.

- [ ] **Wash your hands**
  Wash them thoroughly before starting. For handwashing, use the sink in the dining room.

- [ ] **Going to the bathroom?**
  Remove your apron and hand towel first.

- [ ] **Careful with the knife**
  Be careful when using the knife.



Photo coming soon: apron and hand towel ready on the table

STEP 1

Make the dough

The dough is called *pitho* in Nepali, which means flour. It takes only flour and water at room temperature. Some like to add a pinch of salt for flavor.

You want a dough that is soft, but not sticky when rolling.

Use soft hands
Don't try too hard when kneading. If you do, you end up using too little water and your dough will be hard.

Go easy on the water
Don't be too generous with it, or the dough will be too sticky.



Photo coming soon: the finished dough, soft and smooth

Why all-purpose flour?

We use it because refined flour makes it easy to roll thin wrappers. Coarser flour makes that hard. You could use other flours at home.

All-purpose flour isn't considered very healthy, because processing removes the bran and germ, the coarser parts that are rich in fiber. Still, it's much less unhealthy than pizza or pasta if you compare how much flour you eat.

Very fine flour perhaps isn't the best for your intestines either. That's why other breads, like chapati or aloo paratha, are typically made with whole wheat flour: they can be slightly thicker.

STEP 2

Make the filling

The filling is called *keema* in Nepali. Today we are making a chicken filling.

Ground chicken
For our class, if possible, we grind boneless chicken at a butcher. At home you can use a grinder if you have one. If not, here's a hack: boil the chicken, then chop it into small pieces.

Finely chopped onion
Chicken to onion ranges from 4:1 to 2:1. It depends on the cook and the texture you like, because onion can add crunch.

Spices
These vary by cook, and yours will share theirs today. The common ones are turmeric, salt, cumin powder and coriander powder.

A little fat, to keep it juicy
A bit of cooking oil or olive oil, butter or ghee. Some people add fat or skin to their ground chicken for a juicier flavor. Others leave it out because they think animal fat is not healthy.





Vegetarian?

For a vegetarian filling, use paneer, potatoes, cabbage and onion instead of the chicken.

We may add step-by-step instructions for it here later, like the ones for chicken.

STEP 3

Roll the wrappers

Next, turn the dough into small *rotis* (breads). These are the wrappers.

Shape
A thin disc.

Size
About 8 cm (3 inches) across, like the rim of a drinking glass, or slightly bigger.

Thickness
Really thin tastes best: the wrapper seems to disappear in your mouth and the filling takes over. But too thin makes the pleats hard to do and risks the momo bursting in the steam.



Photo coming soon: a finished disc next to a drinking glass, for size

Photo coming soon: rolling a disc

STEP 4

Make the pleats

This is the part that takes practice. Your cook will show you, slowly. Your first few may not look right, and they will still taste good.

1. Put a spoonful of filling in the middle of the disc. Not too much, or it won't close.
2. Pinch a small fold at the edge of the disc and hold it.
3. Keep making small folds next to it, turning the disc as you go, until you've gone all the way around.
4. Pinch the folds together at the top to close the momo.



Photo coming soon: filling in the middle of the disc



Photo coming soon: the first pleat

STEP 5

Steam

Oil the steamer
So your momos don't stick.

Steam for 25 minutes
You'll also know they're done when the color changes and they become slightly yellowish.

Serve
Steamed momos are served bottom down.





Photo coming soon: steamed momos, slightly yellowish

STEP 6, IF YOU LIKE

Make kothey

Kothey is everyone's favorite: a steamed momo with its bottom fried golden.

In the pan
Ghee, oil, or a mix of oil and butter.

How much
As much as you'd use for a stir fry, or slightly more than for an omelette, if your pan isn't non-stick.

Fry the bottom
Let the bottoms sit in the oil for maybe 15 seconds, until golden brown.

Serve
Bottom up, to show the golden side.



Photo coming soon: kothey served bottom up

THE DIP

Make the chutney

The dip is *chutney*, sometimes called *achar* in Nepal. *Achar* typically translates to pickle, but in some contexts it also means a dip, like the tomato dip you'll make today.

There are many, many ways of making it, because even something ever so small changes the flavor completely.

Tomatoes
Chopped and blended fresh, or chopped and cooked first (typically with onion, garlic and spices), then blended. The cooked one lasts longer in your fridge because most of the water is gone. Cherry tomatoes are the tastiest, but Roma also work.

Onion and garlic
Tomato, onion and garlic are typically around 5:3:1. Please note the amounts with your cook during the session. Tomatoes give a citric flavor, and cooked onion gives sweetness.

Mint and coriander
Optional.

Roasted perilla seeds (silam)
Optional.

Roasted soybeans (bhatmas)
Optional.

Roasted sesame seeds (til)
Optional.

The secret ingredient
Timur, also known as Himalayan Sichuan pepper.

Blend
Blend everything together.





Photo coming soon: chutney ingredients, including timur

Make it your own

The variations come from the ratios of the ingredients, which optional ingredients you include, and whether you cook the tomatoes or not.

Enjoy your momos. We hope you make them again at home.

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