



# Bhutanese Momo Dumplings

QUICK, EASY AND DELICIOUS CABBAGE AND MEAT DUMPLINGS WITH A SPICY SAUCE

## INGREDIENTS

### MOMO DOUGH

300 g (10.5 oz) plain flour  
75 g (2.6 oz) water  
5 teaspoons of refined vegetable oil

### EZEY (BHUTANESE SAUCE)

150 g (5.3 oz) dry red chilli, diced  
80 g (2.8 oz) onion, diced  
1 tree tomato, roasted and diced  
1 ball of local Bhutanese cheese, crumbled

### FILLING

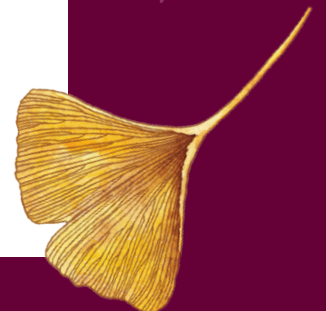
500 g (17.7 oz) white cabbage, finely sliced  
300 g (10.5 oz) mince pork or beef (optional)  
120 g (4.2 oz) red onion, finely diced  
80 g (2.8 oz) chopped garlic  
10 g (0.4 oz) chopped ginger  
1 ball of local Bhutanese cheese, finely grated  
Salt to taste

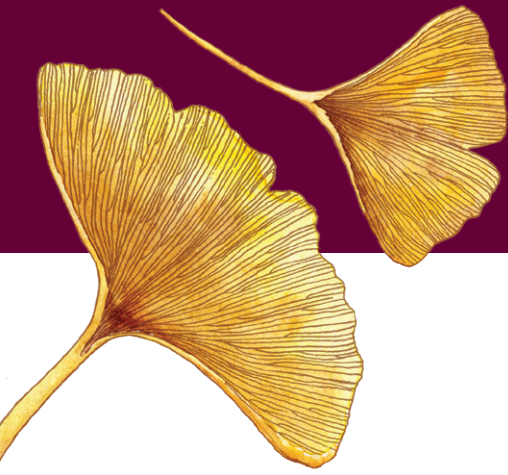
## CHEF'S NOTE

*Approximately 40 to 50 g (1.4 to 1.8 oz) of either Farmer's cheese, goat's cheese, blue cheese or cheddar can be used in place of the Bhutanese yak cheese (just avoid using a stringy cheese like mozzarella).*

## METHOD

- To make the dough, add the oil and water to the flour and combine well with your hands.
- Knead the dough until it is firm, then cover with cling film and leave it to rest for 30 minutes.
- Divide the dough into 20 balls (each should weigh approximately 15 g or 0.5 oz).
- Dust your work surface with flour and roll the balls into thin circles using a rolling pin.





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## METHOD

- Mix all of the ingredients for the filling in a bowl, ready to be wrapped in the dough.
- Spoon approximately one teaspoon of filling into the centre of one dough circle, then use your thumb and forefinger to pinch the dough together on the edges to form a fold.
- Continue to pinch along the edge of the circle and work your way all the way round. Bring all the pinched edges of the circle together to cover the filling and twist the top to seal it.
- Repeat with the rest of the dough and filling.
- Fill a bamboo steamer with water and layer the base with wax paper and pierce some holes in it.
- Working in two to three batches, place the momos on the wax paper and steam for 10 minutes (meat will take longer).
- When fully cooked, the dumplings should look transparent and not feel sticky. Keep warm while you steam the rest and serve hot with ezey (Bhutanese sauce).

