

Tibetan momos *(Pasta & rice main dishes)*



Preparation

Make a dough with flour and water and form into a tube about 4cm wide. Dice all the vegetables and boil them in salted water. Crumble up the tofu with your hands. Chop the red pepper, onion, garlic and grated ginger. Fry the garlic, onion, ginger and chilli in a wok with melted butter, then add the tofu and sprinkle with soy sauce. Prepare the kopan masala, grinding in a mortar the following spices: black pepper, cumin seeds, cardamom seeds, coriander seeds, cinnamon, cloves, nutmeg. Add the veg to the wok and season with a teaspoon of the kopan masala, then add a dash of vinegar and reduce. Add the diced, boiled potatoes. Prepare the momo sauce by frying the ginger, red pepper, onion and garlic. Add the tomato passata, salt and season with plenty of sugar and cook for 30 minutes. Prepare the momos by rolling out the individual pieces of dough to form little circles. Place a pastry circle in the palm of your hand and fill with the spicy veg mixture. Turn over the pastry to form a half-moon pasty shape, using a particular movement of your hand to form the characteristic ripples. Steam the momos. Serve with the tomato sauce.

Tips

If you want to follow the authentic and traditional Tibetan method of making your momos, after steaming you should cook them in butter or on a hotplate.

Trivia

In fact, although momos are typically Tibetan, you can also find them in other countries nearby, where the Tibetan diaspora live, like Nepal or Bhutan.

Information

Preparation 60 minutes

Total Time 15 minutes

Serves X Serves 3 persons

Level of difficulty Difficult

la terra di Puglia



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Ingredients

Plain flour 300 grams

Tofu 100 grams

Carrots 70 grams

Cauliflower 70 grams

Onions 100 grams

Garlic 3 cloves

Peas 50 grams

Green beans 50 grams

Ginger 20 grams

Chilli 10 grams

Potatoes 150 grams

Tomato passata 400 millilitres

Kopan masala

Butter 50 grams

Soy sauce 40 millilitres

