

Mixed Vegetables Achar

(Spicy Salad)



It is a punchy flavour achar of seasonal mixed vegetables (soaked beans and seeds can add as to your taste). Hot and vibrant taste totally elevate the texture of starter meal. It sits happily alongside of any types of drink.

Ingredients for 10 people

1 bunch	Celery	500g	Radish
200g	Beetroot	2	Onions
1 tbsp	Ginger paste	1 tbsp	Garlic paste
4	Green chillies	1 cup	Sesame seed powder (optional)
1 tbsp	Cooking salt	3 tbsp	Tomato puree
½ cup	Cooking oil	2 tbsp	Lemon juice

Wash and clean radish, celery, beetroot, green chillies and onions, then chop into small pieces. Put separately in separate bowls.

Heat a large pan on medium heat, pour oil, then fry chopped onions until light brown.

Mix the ginger and garlic paste, salt, tomato puree, lemon juice, sesame seed powder and green chillies together and stir well for 1 minute.

Mix all ingredients together very well for 2 minutes. Transfer the mixed achar to a serving bowl.

Aludam

(Spicy Potato)



This is an exotic flavour spicy soulful starter meal designed to restore and nourish after your long day.

Ingredients for 10 people

10	Potatoes (boiled)	2 tbsp	Cooking oil
1 tbsp	Ginger paste	1 tbsp	Garlic paste
1 tsp	Salt	2	Onions
1 tbsp	Lemon juice	5	Green chillies
1 can	Passata	1 tbsp	Tomato puree
½ tsp	Ground Turmeric	1 cup	Sesame seed powder (optional)
Coriander leaves or any herb of your choice for garnish			

Peel the potatoes, onions and chop thinly. Cut chillies into small pieces.

Heat a frying pan in a medium heat, put the oil into it. Fry the onions, ginger and garlic until light golden colour and add tomato sauce, tomato puree, salt, lemon juice, green chillies, turmeric and sesame seed powder. Add the potato and stir well for 3 minutes or until piping hot.

Mo Mo

(Dumplings)



It is a rocketing flavour tasty starter to boost our tired and peckish moment.
Mo Mo with hot tomato sauce can really freshens up anyone.

Ingredients for 10 people

500g	Pork Mince	2 large	Onions
1 tbsp	Ginger paste	1 tbsp	Garlic paste
1 tsp	Salt	1 tbsp	Coriander paste
500g	Fine white flour	2tbsp	Olive oil

Peel and grate onions and mix with the pork mince in a bowl. Season with coriander, garlic, ginger, salt and olive oil, then cover the bowl for around 15 minutes.

Make dough with the flour (not very soft dough) and divide into 50 balls. Roll ball flat round 2 inches circle on a lightly floured surface.

Lay a circle on your palm and put a tbsp seasoned mince in the middle. Fold the front side of circle into five folding and tuck carefully the mince in around the edge.

Grease a steamer bowl with oil; place the Mo Mo in it leaving space between them to cook properly.

Steam for 20 minutes for a steamer bowl. Take out carefully and serve with hot tomato sauce.

Bara or Batuk Roti and Sel Roti

(Beans' Bread and Round Bread)



These breads go well with mixed achar, beans' achar, aludam and fill us deliciously and nutritiously. They are typical Nepalese occasional breads to start feeding a big number of people.

Ingredients for Bean's Bread (Bara)

500g	Chickpea flour	1 tbsp	Salt
2 tbsp	Ginger paste	500ml	Oil

Make a hard dough of flour, ginger and salt mixing together in a bowl. Separate the dough into 12 pieces and make 1 inch round thick. Heat the oil in the highest heat. Pick each circle of dough, poke in the middle and make a hole, then let it fry on the oil. Turn over when it looks golden colour.

Ingredients for Round Bread (Sel roti)

1kg	Broken rice	250g	Ghee (fat)
250g	Brown sugar	1 ltr	Sunflower oil

Soak rice with 1 litre water for 3 hours. Drain soaked rice, blend using an electric blender together with ghee, sugar and 1 cup of water into as fine sauce

Transfer into a large bowl and keep mixing with a metal spoon.

Heat a cooking pan in the highest heat. Pour oil in and let heat to very hot.

Fill a metal cylinder with the rice flour sauce and put your pointing finger on the hole of the cylinder. When you are ready, bring your cylinder above the hot oil pan, take your finger out, let the liquid making a 4 inches circle shape smoothly on the hot oil. Turn over using a wooden stick when it looks golden colour.

Spicy Boiled Eggs



It is a beautiful looking very easy and quick, time saver starter dish can fill us aromatically.

Ingredients for 10 people

10	Eggs (boiled)	1 tbsp	Oil
¼ tbsp	Turmeric	½ tbsp	Salt
½ tbsp	Ground cumin		

Peel and clean the egg shell of boiled eggs. Heat a fry pan in a medium heat, pour oil, add turmeric, salt and cumin powder. Fry for 30 seconds, then add peeled boiled eggs into the hot pan. Keep turning the eggs until they get brown colour, then turn the heat off. Serve as your starter.

Plain Rice and Fried Rice



Ingredients for 10 people

5 cups	Basmati rice	½ cup	Cooking oil
1	Onion	½ cup	Chopped carrot
½ cup	Green peas	½ tsp	Turmeric

Boil the rice with 5 cups water in a cooking bowl or an electric rice cooker until soft and tender.

Heat a frying pan and pour the oil. Fry the chopped onion until lightly browned. Add turmeric powder, carrot and green peas, then stir for 2 minutes. Add half amount of plain boiled rice to the fry pan and mix together all the ingredients.

Dal

(Lentil Soup)



Dal is a highly protein fragrant soup that sits happily alongside any Nepalese meal and adds the most delicate touch of flavour to a main meal.

Ingredients for 10 people

4 cups	Red lentils (soaked)	1 tsp	Garlic paste
1 tbsp	Salt	¼ tsp	Turmeric
1 tbsp	Cooking oil	1 tbsp	Lemon juice

Pour 4 cups of hot water and the soaked lentils into a heavy cooking pan.

Cook on a low heat for 30 minutes. Mix the salt, lemon juice and turmeric during the cooking. Mash with a metal spoon and add hot water to make enough for 10 people. Cover the pan and put away. Heat a small fry pan, pour oil and fry garlic until brown, then pour into the cooked Dal and cover for fragrant smell.

Lamb Curry



Meat curry is one of the fingers licking dish of main meal. You can choose from range of meat variety, especially pork or chicken instead of lamb to cook a meat curry. Spices and coriander leaves totally elevate a taste of meat.

Ingredients for 10 people

2 kg	Lamb meat	2 large	Onions
1 tbsp	Lemon juice	1 cup	Cooking oil
2 tbsp	Tomato puree	5 large	Tomatoes
1 tbsp	Salt	1 tbsp	Ginger paste
1 tbsp	Garlic paster	1 tbsp	Ground black pepper
1 tsp	Ground cinnamon	1 tbsp	Ground cumin
1 tsp	Ground turmeric	2 tbsp	Tomato puree
4	Green chillies		Fresh coriander to sprinkle

Chop the meat in small cubes, peel and cut onions and wash tomatoes, chillies and coriander leaves, then cut into pieces.

Heat a large and deep cooking pan on a medium heat. Pour the cooking oil, fry onions until golden brown. Transfer the meat, salt, turmeric, lemon juice and chopped tomatoes in the pan. Mix well, then cover and cook for 30 minutes, turning in every 5 minutes.

When juice starts to dry, add ginger, garlic, cinnamon, cumin, tomato puree, black pepper and cut chillies using scissors. Keep turning and toasting in low heat. When meat looks dry and brown, turn the heat off and sprinkle the fresh coriander or your favourite herbs over the curry.

Fried Fish Curry



Ingredients for 10 people

5	Salmon fillets	1 large	Onion
1 tbsp	Lemon juice	1 tbsp	Garlic paste
250g	Tomato	4	Green chillies
1 tsp	Turmeric	1 tbsp	Salt
1 tbsp	Ground cumin	1 cup	Cooking oil
1 tbsp	Tomato puree		Fresh coriander leaf to sprinkle

Season the fish fillets with $\frac{1}{2}$ tbsp salt, 1 tbsp lemon juice and leave aside.

Peel and dice onion. Clean the tomatoes and chillies and chop into small pieces. Wash fresh coriander and chop into pieces.

Heat a fry pan in the highest heat, pour oil and let it to heat.

Halve the seasoned fish fillets and fry in the hot pan, turning both side until golden brown.

Transfer the fillets to other plate separately. Lower the heat and fry onions, cumin and turmeric until golden brown, then add tomato pieces, lemon juice, salt and chillies, then cook until it bubbles to form a gravy. Add the fried fish pieces and mix with gravy. Turn the heat off and sprinkle coriander leaves.

Fruits in Yoghurt



It is a very healthy desert after a heavy meal to cheer up and taste great with the meal.

Ingredients

2	Apples	300g	Grapes
2	Bananas	500g	Yoghurt
100g	Brown sugar		

Dice apples and bananas into small pieces. Cut in half the grapes.

Pour yoghurt in a serving bowl and mix with apple, banana, grapes and brown sugar together.

Rice Pudding (Khir)



A great dessert after a heavy, spicy meal with a milky flavour taste.

Ingredients for 10 people

2 cups	Rice	16 cups	Whole milk
2 cups	Brown sugar	1 cup	Dried coconut pieces
1 cup	Cashew nut pieces	1 tbsp	Ground cardamom

Pour the milk in a heavy cooking pot and boil, add rice, sugar, coconut, cashew nut, cardamom and cook in a low heat slowly turning with a metal spoon for half an hour. Make sure there is no over boiling and no spillage over the pot. Do not cover and leave the pot unattended. When it becomes thick and looks like sauce, turn the heat off and cover. Cool down, transfer into small bowls and serve for dessert.