

# Nepali Food Festival 2009

HeNN-Sweden

**Momo:** It is a type of Nepalese dish adapted from Tibetan Dumpling enjoyed all over South Asia. It is similar to Mongolian buuz, Chinese Jiaozi, Or Central Asian Manti, Closely related to Russian pelmeni, Germantown Maultaschen or Italian ravioli.



Momo are made with simple flour-and-water dough, white flour is generally preferred-and sometimes a little baking soda is added to give a more 'doughy' texture to the finished product. The filling may be several mixtures such as meat, vegetables.

**Pakauda:** It is nice eating like a snack with a drink, soft or hard. It is brown colored deep fried snacks prepared by mixing boiled potato, onion and vegetables with gram flour and other spices.



**Dal Bhat:** It is a traditional South Asian and Staple dish Which is essentially boiled rice (Bhat) and Lentil soup (dal). This is a common dish in South Asian countries, especially Nepal.

**Tarkari:** It is also known as "Sabzi", are a spicy vegetable curry, which is very popular in Nepal and India. It is always served with Dal Bhat



**Malpua:** It is a very popular pancake eaten during Holi, the Festival of Colors, celebrated all over Nepal. It is prepared by adding water or milk in wheat flour along with aniseed, pepper and small pieces of coconut and sugar. The paste is poured on the heated oil until it becomes red without flipping it around.

