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## How To Cook Vegetarian Bhutan Momos At Home?

Cooking vegetarian Bhutanese momos at home is a rewarding experience that allows you to enjoy the rich flavors of Bhutanese cuisine. Here's a step-by-step guide to making these delicious dumplings:

### Ingredients:

#### For the Dough:

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- Water (as needed)

#### For the Filling:

- 1 cup finely chopped cabbage
- 1/2 cup finely chopped carrots

- 1/2 cup finely chopped onions
- 1/2 cup finely chopped spinach
- 2 cloves garlic, minced
- 1-inch piece of ginger, minced
- 1-2 green chilies, finely chopped (optional, for a spicier flavor)
- 1/2 cup grated Bhutanese cheese (datshi) or paneer (optional)
- 2 tablespoons oil
- Salt to taste
- 1/2 teaspoon black pepper
- 1 teaspoon soy sauce (optional)

#### **For the Dipping Sauce:**

- 2 medium tomatoes
- 2-3 dried red chilies (adjust to taste)
- 2 cloves garlic
- 1 tablespoon oil
- Salt to taste

## **Instructions:**

#### **Step 1: Prepare the Dough**

1. **Mix the flour and salt** in a large bowl.
2. Gradually add water while kneading the dough until it becomes smooth and elastic.
3. Cover the dough with a damp cloth and let it rest for about 30 minutes.

#### **Step 2: Prepare the Filling**

1. Heat oil in a pan over medium heat.
2. Add the minced garlic and ginger, and sauté until fragrant.

3. Add the chopped onions and sauté until they turn translucent.
4. Stir in the chopped cabbage, carrots, and spinach. Cook for about 5-7 minutes, until the vegetables are softened.
5. Add salt, black pepper, and soy sauce (if using). Cook for another 2-3 minutes, stirring occasionally.
6. If using Bhutanese cheese or paneer, add it at this stage and mix well.
7. Remove the filling from the heat and let it cool.

### **Step 3: Assemble the Momos**

1. Divide the dough into small, equal-sized balls.
2. Roll each ball into a thin circle, about 3-4 inches in diameter.
3. Place a spoonful of the filling in the center of each circle.
4. Fold the dough over the filling and pinch the edges together to seal. You can shape them into half-moons, round pouches, or pleated crescents, depending on your preference.
5. Repeat with the remaining dough and filling.

### **Step 4: Steam the Momos**

1. Prepare a steamer by filling the bottom with water and bringing it to a boil.
2. Lightly oil the steamer tray or line it with parchment paper to prevent the momos from sticking.
3. Place the momos in the steamer, making sure they don't touch each other.
4. Steam the momos for 10-12 minutes, or until the dough is cooked and slightly translucent.

### **Step 5: Prepare the Dipping Sauce**

1. Heat oil in a pan, and add the garlic and dried red chilies. Sauté until fragrant.
2. Add the chopped tomatoes and cook until they soften and break down into a sauce.
3. Season with salt and blend the mixture into a smooth sauce.

## Step 6: Serve

1. Serve the steamed momos hot, with the spicy tomato dipping sauce on the side.

## Tips:

- **Variation:** You can also fry the momos after steaming them for a crispier texture.
- **Sauce Variation:** Add Sichuan pepper or fresh herbs like cilantro to the dipping sauce for extra flavor.

Enjoy your homemade vegetarian Bhutanese momos as a tasty snack, appetizer, or main dish!