

The Momo is a central part of Nepalese cuisine and is included in every-one of my favourite memories. From my earliest birthdays to my first time in Australia, I have had Momo's with friends and family.

Momo's can be made with almost every type of filling, but I prefer the kima (which means a seasoned meat filling). The dough has to be readied first by kneading the flour or pitho muchne in Nepalese which means mixing the flour translated directly. The Kima is then prepared with momo masala (a type of masala that is only used in Momo's). This masala makes the dish special and unique as it enhances the flavour of the filling and adds a taste to the kima. Many other vegetables and seasonings are then added to the momo's and the dumplings are made and steamed. The tomato sauce which means tamater ko acchar in Nepalese is also made to enjoy with momo's. Momo's are mostly distinguished by the term khusiali which means joyful times as they are enjoyed during festivities.

Momo's relate to me and Nepal as it is a shakya (unique or important) food and has been embedded into the cultural cuisine in Nepal. Momo is to Nepal what a baguette is to France. It is the most popular and loved dish in Nepal. People of all age enjoy this delicacy all over Nepal so whenever I eat momo's I am reminded of the time I used to live in Nepal and my good memories.

VIDEO LINK-

<https://www.youtube.com/watch?v=mNHzHTwjNok>