

Nepalese
inspired puddings
by Nicci Gurr

The Ultimate
Nepalese
Cook Book



Pemba Lama

Sample Chapter

This is a sample chapter from *The Ultimate Nepalese Cook Book*

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basic ingredients

Spices and herbs are the main ingredients in most Nepalese dishes and no kitchen would be complete without them.

As a healthy option most Nepalese households use dry spice seeds, rather than using readily available ground spices and for cooking small portions these spices are prepared fresh by grinding in a pestle and mortar.

In a typical Gurkha kitchen, oriental spices and sauces are commonly used by blending together hot spices from the Indian sub-continent and mild aromatic oriental spices from the Far East which are used either in marinating or in most stir fry dishes



The four essential requirements for Nepalese and Gurkha cooking

1 garam masala Approximately 200g

100g cumin seeds
100g coriander seeds
5 cardamom pods
whole
6 cloves
20g black peppercorns
1 3cm cinnamon stick
2 red chillies (dry)
3 bay leaves

Preheat the oven to 150°C.

Pick and wash the cumin and coriander seeds in several changes of water, drain and spread onto an oven tray. Place into the heated oven and roast until crisp but without colour.

Remove from the oven and allow to cool. Mix all remaining ingredients and crush – using either an electric grinder or pestle and mortar – into a fine powder.

note

The recipe is mild-hot in taste (suitable for all types of curry dishes) and the quantities listed may be altered to produce various strengths of curry according to taste.

This masala can last up to six months in an airtight container.

2 ta-za (fresh) masala

2 dry red chillies
50g cumin seeds
50g coriander seeds
3 cardamom seeds
3 cloves
1 small cinnamon stick

Wash all ingredients separately and soak in cold water for about 30 minutes.

Mix all ingredients together, drain and crush to a smooth paste by using a stone grinder /pestle and mortar or electric blender adding a little water as necessary.

note

This freshly ground masala is suitable for any type of meat or vegetable dish in traditional Gurkha and Nepalese cooking. It is best freshly made and used as soon as possible.

3 ginger and garlic paste

250g ginger
150g garlic
100ml oil olive oil or
vegetable oil

Wash, peel and rewash ginger. Slice and roughly chop.
Peel the garlic by splitting into halves.

Mix the ginger and garlic, add the oil and blend by to a fine paste using either a blender or food processor.

Put into a container or bottle. This will last several weeks in the fridge as it is preserved in oil. It can also be stored in the freezer.



4 gurkha curry sauce Approximately 500ml

500g onions
100g tomatoes
2tbsp garam masala
1tsp turmeric
1tsp chilli powder
100ml vegetable oil
1 small cinnamon stick
3 cardamom seeds
1tbsp ginger and garlic paste
2 bay leaves
1tbsp tomato purée
Salt to season

Peel and roughly chop the onion, wash and roughly chop the tomatoes.

Mix the garam masala, turmeric and chilli powder in a small bowl with a little water to make a thin paste.

Heat the oil in a heavy based saucepan, fry the cinnamon and cardamom, add chopped onion and cook until golden brown in colour. Add the ginger and garlic paste and cook further 1-2 minutes stirring constantly to prevent sticking to the bottom of the pan.

Add the masala paste and bay leaves and cook for a few seconds, add tomato purée and chopped tomatoes. Simmer gently for about 30-40 minutes.

A little water may be added at this point to get the right consistency. The sauce is now ready!





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