

# Momos

## Ingredients

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- 4 c Flour
- 1 1/2 c Water
- 2 Onions
- 1 Ginger (2-inch, grated)
- 4 clv Garlic (minced)
- 1 Cilantro (bunch)
- 1/2 lb Cabbage (chopped)
- 1/2 lb Ground Beef
- 2 T Soy Sauce
- 1 t Chicken Bouillon
- 1/2 t Salt

## Instructions

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- 1.Mix the flour and water very well by hand and keep adding water until you make a pretty smooth ball of dough. Then knead the dough very well until the dough is flexible. Leave your dough in a bowl with a lid.
- 2.In a large bowl add onions, ginger, garlic, cilantro, cabbage, and ground beef. Mix very well then add soy sauce and chicken bouillon. Mix again until all seasoning is well distributed.
- 3.Place the dough on a work surface. Pinch off a small ball of dough and roll each ball in your palms until you have a smooth ball. Use a rolling pin to flatten out the dough into a circle, making the edges more thin than the middle.
- 4.Put one circle of dough in your left hand, and add a tablespoonful of filling in the center of

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the dough. With your right hand, begin to pinch the edge of the dough together. You should continue pinching around the circle little by little, keeping your thumb in place, and continuing along the edge of the circle with your forefinger, grabbing the next little piece of dough, and folding and pinching it down into the original fold/pinch being held by your thumb. Continue folding and pinching all around the edge of the circle until you come back around to where you started and then close the hole with a final pinch. Make sure you close the hole on top of the momo.

5. Set a large steamer on burner and turn it on high. Spray the steamer surface with cooking spray before putting the momos in, then place as many as

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you can without touching each other.

6. Add the momos after the water is boiling. Steam the momos for about 10 minutes, then serve them hot, with soy sauce or hot sauce of your choice to dip them.