

# Nepali meal cooking training



## Introduction

[Nepali meal cooking training](#) is a practical cooking teaching to the foreigners who would like to cook typical [Nepali meal](#) at their home or apartment. Cooking teacher, Ms. Kalpana is been cooking Nepali meal for more than 20 years. Her authentic Nepali food have been approved ([Tripadvisor](#)). The best of her cooking is MOMO, [Dal Bhat set](#), Pickle, Rice Pudding, Thukpa, Sel Roti, Masala tea and etc. **Nepali meal cooking training** school is located to the south west of Thamel (10 km) at Kirtipur. We will pick (7:30 approx) you up in the morning from hotel and welcome to the school. Welcome you with Nepali Masala tea. The next start preparing main course and cooking. Enjoy your meal and after a break, teach you another recipe. We offer also a home stay experience with cooking course.

## Trip Facts

Best Season	All season
Transportation	Private car/ van

## Itinerary Details

## Day : Cooking details

### Nepali meal cooking training

You can take only one course in one day. If you would like to try few more course either you stay over night at our home stay or can take 2 day course.

#### *Option no 01 (Non Veg)*

**Nepali Masala tea:** Welcome with Nepali Masala tea cooking and drink for refreshment.

**Nepali Dab Bhat:** Start from preparation (chopping, grinding, peeling, cooking) This menu will includes a set Nepali set meal (Rice, Dal soup, Chicken, seasonal vegetable, Spinach, pickle, green salad and tea or coffee)

**MOMO:** After a bit rest, starting preparing momos. This is a dumpling which has meat inside and stem cooked.

#### *Option no 02 (Veg)*

**Nepali Masala tea:** Welcome with Nepali Masala tea cooking and drink for refreshment.

**Veg Nepali Dal Bhat:** This menu will includes a set of Nepali meal (Rice, Dal soup, Palak Paneer, seasonal vegetable, Spinach, pickle, green salad and tea or coffee)

**Rice Pudding:** Rice pudding will be cooked in milk.

#### *Option no 03 (Veg/ Non veg)*

**Nepali Masala tea:** Welcome with Nepali Masala tea cooking and drink for refreshment.

**Noodles:** This can be friend noodles (chowmin) , soup noodles (thukpa) or quick noodle soup.

**Fried Rice:** This can be veg, egg or non veg.

**Sel Roti:** Celebration bread which will be made from rice flour and steer fried in oil.

**Pakoda:** mixed vegetable will be chopping in small slices and make a small ball in beson floor and stir fry in oil.

**Chapatti:** This is a dry oven (Tawa) bread from wheat floor.

**Halua:** This dish is made from rice flour after stir fried in oil and put water to make semi liquid.

**Malpuwa:** Make a semi liquid from wheat floor and stir fry in oil.

**a) Bhat (Rice):** Bhat is a rice which is the main course in Nepali food. There are some different quality rice for Bhat.

**b) Dal (Soup):** It is a lentil soup which is used to mix with Bhat and eat. Dal can have different varieties with different beans as well as.

**c) Tarkari:** It is a vegetable. There are many ingredients to make seasonally.

**d) Achar (Chatni):** Achar can be made from various ingredients as well as and they put vinegar and chilly as per their taste.

**e) Masu (Meat):** Generally Nepalese eat goat, chicken and buff meat. It can be made gravy or fried.

**f) Dahi (Yogurt):** Yogurt made from yak or buffalo milk.

**g)** making rice and boiling as well as.

**h) Salad:** With seasonal fruits.

## Cost Includes :

- Pick you up and drop to from your hotel/ guest house (Thamel and around)
- Cooking materials as per agreed menu
- Breakfast and lunch which you will make when learning.

### **Cost Excludes :**

- All the expenses in the city
- Tipping and gratitude
- If you like to stay at our home stay