

Nepali cooking training



Introduction

Nepali cooking training ?????? ??????? ????????? is a cooking teaching school in Kathmandu. The main purpose of our teaching is to cook a typical [Nepali meal](#). Ms. Kalpana, our cooking teacher is been cooking Nepali meal for more than 20 years. Her authentic Nepali food has been approved ([Tripadvisor](#)) from previous learners. The best of her cooking is MOMO, [Dal Bhat set](#), Pickle, Rice Pudding, Thukpa, Sel Roti, Masala tea etc. Nepali meal has lots of different varieties and uses many different spices to make it tasty. The major meal is Dal Bhat in the hilly region and Roti tarkari in southern Nepal. The ingredients are mainly contaminated rice, wheat, lentil, potato, meet etc. The main cooking methods are deep fried, boiling, steaming, stewing and roasting. **Nepali 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 the hotel and welcome to our school. You will be Welcomed with Nepali Masala tea. The next start preparing the main course and cooking. Enjoy the meal which you have cooked and after a break, teach you another recipe. **Optional:** We have homestay facilities as well as. You can spend 1 night with us and explore more about Nepali culture, tradition and many more recipes. **How can we book?:** You can send an [email](#) to us with the details of your required date and no of person who would like to join in teaching or you can call (+977-9813670109) directly by telephone as well as. **How to get there?:** Please provide us with your hotel details when booking. We will pick you from your hotel (Thamel, Patan or around) and drop you off

after cooking finish. **Which food should we learn to cook:** There are many choices but the mostly learned recipes are Nepali Dal Bhat set and MOMO. **How to pay:** You can pay us after your arrival or send to us to our bank. **Vegetarian also ok?:** Yes, we will prepare a vegetarian set of the meal for you. Please mention your allergy or any dietary while booking. **Price:** Price starts from US\$50.

Trip Facts

Best Season	All season
Transportation	Private car/ van

Itinerary Details

Day : Cooking details

Nepali Meal Cooking Recipe

Nepali Tea (Masala Tea) making:

Ingredient: Milk, black tea, ginger powder, cinnamon powder, cardamom powder, black paper powder (you can buy it as readymade)

Procedure:

- light the stove and put a boiling pot in the stove
- Put a cup of milk in a pot (can major by cup) and boil it and add one cup water and boil again
- Add two table spoon back tea in it (add tea spices ¼ tea spoon.
- Now you can filter it to the put and serve a delicious Nepali tea. (the tea and milk can vary the taste).
- If you can eat sugar, you can add it while boiling.

Nepali Dal Bhat Set:

Plain Rice:

Ingredient: rice, water, butter (2 cup rice (for 2 people) to cook and add equal quantity of water)

Procedure:

- Turn on the stove (medium fire) and put the presser cooker in fire (you can wash the rice)
- Put the rice in a cooking pot (presser cooker) and wait for 2 or 3 whistle
- Let the rice cool down for 5 minute and now rice is ready.
- If you wish to make a butter rice, you can add two tea spoon butter in it while cooking.

Note: There are some other ways to cook rice without cooker presser as well as. you can sock the rice in

water for 10 minute before cook.

Dal (lentil) Soup: Dal grinded (black, brown or any color), butter 2 tea spoon, Salt, ginger, garlic, cumin seed, dried chilly, turmeric powder and cinnamon leaf.

Procedure:

- lit the fire (medium flame) and put the cooking pot (cooker presser).
- Put 2 spoon of butter and put 2 red chili and wait until it get brown
- put 3 cup of water. Put dal (lentil) half cup in it.
- Put turmeric powder half tea spoon, blended ginger 1 tea spoon and 2 cinnamon leaf and ½ table spoon of salt.
- Lock with the cover and wait for 10 whistle.
- Let it cool down.
- Put another pot in the stove and put 2 spoon of butter
- When it is heated add cumin seed (1 tea spoon) and wait until it gets dark brown or black. This is for flavor (you can also fry a garlic, onion or etc)
- Put it in cooked dal. Now delicious dal is ready to serve.

Mix Veg:

Ingredient: seasonal vegetable, spices (cumin seed, turmeric powder, garlic, ginger, green coriander, green chili, fenugreek seed), green garlic, onion, potato, tomato.

Procedure:

- Hit the oil in a cooking pot and put some fenugreek seed till it gets dark brown or black
- Put sliced onion and wait until it gets brown
- Put seasonal vegetable and roll it frequently by spoon
- Put masala (powder or paste) and keep rolling the veg by spoon.
- Put bit water so that it doesn't over fry
- After 10-15m, the mix vegetable will be ready.
- You can check if it is cooked.

Chicken curry: Chopped chicken, tomato, oil, onion, garlic, ginger, turmeric powder, green coriander, cumin powder, chilly, salt, green onion, cinnamon leaf, penogerik seed, meat masala and green coriander.

Procedure:

- Light the stove medium, put the pot in the stove
- Put 3 table spoon of vegetable oil and wait until heated
- Put chopped onion and wait until get golden brown
- Put turmeric powder ¼ table spoon and put chopped chicken and continue to stir fly
- Put garlic paste 1 table spoon and chilly 4 pcs, put salt, cumin powder ½ table spoon, continue stir fry
- Put half tea spoon of garam masala, after 15m cooking add chopped tomato and after stir fried 4m

- Put green coriander leaf. Now delicious chicken curry is ready to serve.

Chicken MO:MO:

Ingredient: chicken kima. Dough, chopped cabbage, chopped onion, oil, salt, Mo:Mo masala, tomato, garlic paste, green coriander, dough roller and Mo:Mo cooking put.

Procedure:

- Get a 1/4kg of flour and make a dough (make it not very hard and not very soft)
- Mix grounded chicken, sliced onion, sliced cabbage, mo:mo masala, salt, oil, garlic and ginger paste and mix it well.
- Make a small piece of dough and roll (you can use oil not stick a dough in a roller) it as thin possible
- Chop the dough in a circle (you may use a steel glass to chop in a circle and same size)
- Take one piece of chopped circle dough and put the kima (mixed ingredient) and close the dough from one side to the other end.
- Boil the water in a mo:mo cooking pot
- Rob oil in the pot so that the mo:mo will not stick in the pot
- Put mo:mo (you can have few layer as per your mo:mo pot set and quantity) in the pot and cover it and steam it for 15m
- feel the cooked mo:mo by hand and if it is not sticky, the mo:mo is ready to serve.

Pickle:

Ingredient: tomato, green chili, salt, turmeric powder, sesame seed, peanuts, (Optional: Lapsi, lemon, green coriander)

Procedure:

- light the stove and heat the fry pan
- Roast the sesame seed, after about 3 minute it start pop.
- Roast the peanuts
- heat the fry pan and add oil (3 table spoon) and put sliced onion, chopped tomato, cumin powder, salt, turmeric powder (coriander if you like) and half lemon.
- Cook for about 5 minute.
- Now you can put everything in a blender and blend it.
- Add 1/4th of tea cup water. Now pickle is ready to serve.

Green Spinach:

Ingredient: Chopped Spinach, oil, salt, turmeric powder, ginger, cumin seed, chilly,

Procedure:

- chop the spinach

- light the stove (medium) and put the pan in it.
- Put 3 table spoon vegetable oil.
- Once the oil heated, put cumin seed, chilly and wait until it gets dark brown.
- Put chopped spinach and stir.
- Put garlic and ginger paste, turmeric powder.
- After about 10m, the spinach will be ready.

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