Globalizing Nepal Heritage Cuisine



Nepali Heritage Cook Book

Acknowledgement

Every effort has been made to ensure that the information in this book is accurate at the time of publication, i.e. May 2018. Error of any kind is regretted. Please report errors at info@ntb.org.np and changes will be made in the subsequent issues.

The recipes in the book were curated with initiative of passionate professionals in the field of food and hospitality. Photographs were collected during different phases of food preparation and tasting.

The recipe booklet is published with intention of Globalizing Nepal's Heritage Cuisines. The book has no exclusive copyright. Nepalis in different parts of the world and Friends of Nepal are encouraged to use and share the recipes and promote them as much as possible using the authentic Nepali names provided in the book.

Published in Nepal by Nepal Tourism Board,
in arrangement with Hotel Association of Nepal (HAN),
Chefs Association of Nepal (CAN) and
Restaurant and Bar Association of Nepal (REBAN)
2018

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MESSAGE

It is my honor to invite you to participate in the promotion of Nepal Heritage Cuisines in the world food market. In addition to natural and cultural treasures, Nepal is also rich in its variety of delicious cuisines. As of today, there are thousands of individuals and organizations engaged in the food business around the world. This campaign of 'Globalization of Nepal Heritage Cuisine' provides an ideal platform for our food industry to sell our authentic cuisine, network and create numerous business opportunities, which we hope will provide significant returns and value addition to the country's economy. I invite the concerned community to support the culinary and cultural events under its tourism promotional banner - Experience Nepal - Cuisine and Culture.

As Minister of Tourism, I am heartened and particularly proud by this initiative taken by the social entrepreneurs and private sector network for pioneering gastronomy tourism in Nepal and almost redefining this sector. Let us each commit in playing a part in helping our heritage food be recognized and appreciated both inside and outside Nepal. This season, we expect to see a record number of cuisine visitors and let us welcome them and ensure that their time spent with us is memorable. It is important that we continue to review our products and see how we can develop niche markets to attract guests who are looking for more than mountains. We must keep our service standards of safety, friendliness, authenticity and efficiency in this business to maintain viability and competitiveness.

All my support and best wishes for the success of this venture in all respects.

Rabindra Adhikari
Minister



INTRODUCTION

Decades ago when eminent personalities like Mallory, Hillary, Tenzing, Herzog scaled the summits of the Himalaya and when David Snellgrove, Toni Hagan enshrined Nepal as Shangri-La, many Asian countries had not even appeared in the world map of tourism. Sad but true, while the Korean, Thai, Malaysian, Vietnamese, Laotian, Sri Lankan foods are a craving craze in international food market, the Nepali food remains eclipsed under the Indian cuisine.

Food is all about emotions and sentiments that give a breath of fresh air in the tourism industry. Nepal could be a Haven for Gastronomic Tourism with her wealth of indigenous delicacies. The multi-ethnic and multi-cultural ingenuity of Nepal offers unlimited choice of cuisines based on region, religion, ethnicity, culture, festivals, environment and diverse climatic conditions. The ethnic Nepali food is arguably classified as:

- Madhesi comprising of Maithili, Bhojpuri, Awadhi
- Janajati cuisine in the middle hills
- Urbanized Newari cuisine from Kathmandu Valley
- Thakali, the Himalayan lowland transitional cuisine and
- Himalayan cuisine, culturally close to trans Himalayan and Tibetan ethnic groups

Presently the Nepali diaspora has grown very large. Among the millions living abroad, thousands are working as chefs and many operate their own Nepali restaurants. With such opportunities in hand, the time has come to familiarize Nepali food in international gourmet market. With this aspiration, the Globalization of Nepal Heritage Cuisine campaign was launched six months ago. The main objective of this mission is to improve and improvise the flavor, texture and feature of Nepali food according to the international standards while maintaining the authenticity and richness of Nepali heritage food.



For this purpose, a consortium of dedicated personalities from the key tourism associations was formed. A technical committee, including chefs and nutrition experts, was also formed to select signature Heritage Cuisines with caloric and nutrition mapping. The technical committee has adopted a criteria to select authentic ethnic flavors, colors, spices, ingredients, seasonings and sauces. After a series of meetings, experiments, and various exercises in preparing, presenting, showcasing and exhibiting the signature dishes in the presence of food connoisseurs, hotel and F&B managers, chefs and foreign dignitaries, the recipes of the Heritage Cuisines were finalized, documented, photographed and video recorded.

During the official inauguration, the cook book with audio visuals will be distributed. The recipes will also be made available online via official websites and social media. We sincerely hope that all chefs and restaurant owners will emphatically support and popularize the Taste of Nepal worldwide.

Finally, I would like to thank Mr. Binayak Shah, project coordinator, Mr. Govinda Narshingh K.C., coordinator of the technical committee, Mr. Deepak Raj Joshi, CEO of NTB, and participating members of the committee Mr. Pramod Jaiswal, and Ms. Sharada Jnawali, without whose passionate cooperation this campaign would not have materialized. Thank you.

Karna Sakya
Convener
Globalization of Nepal Heritage Cuisine



FOREWORD

The initiative of Globalization of Nepal Heritage Cuisine emerged as the idea of promoting Nepali heritage dishes, which is not only a living culture as a more popular reason for tourism, but also an opportunity for recognizing ethnic diversity as a strength in the country. In fact, there are some exciting times, in a way resonates to the history of Nepal's tourism! This booklet is a product of such stirring moment that resulted into a good practice of institutional partnership for a genuine cause of sustainable development process. This experience sets an example of public-private partnership, where the campaign directly responds to the Nepal Government's slogan for tourism as "Experience Nepal-Cuisine and Culture". The initiative has brought together the shared ability and skills, a most welcomed approach that applies in the state building context. The idea of combining food with tourism itself is a holistic approach of preservation and respect for traditional culture and values, promotion of authenticity, sustainability of the concerned industries, socio-economic development and entirely an entertaining experience.

Out of several varieties of food items practiced by regional ethnic groups in the country, this booklet carries selected recipes, to support our primary concept. These dishes are all very popular in the local households and restaurants, have been given intimate touch in preparation, kitchen tested and complimented by highly experienced restaurant keepers and food or

diet experts. This booklet provides information on ingredients of all the selected recipes and step-by-step cooking method. Effort has been made in suggesting simple and easy to find raw materials. The recipes are also chosen based on the idea of promoting the seven spices or seasonings, commonly used in the Nepali cooking: they are timmur, jimbu, jwanu, chuk, chhyapi, methi and hing. The chefs are welcome to add or reduce the suggested amount of ingredients on the basis of the country's practice and preference they work in.

As the restaurant owners around the world will test these, we will continue to engage with them in reviewing the recipes over time to make it more effective, allowing flexibility in making changes. The initiative plans to create a database of Nepali restaurants abroad and bringing them together in an interactive social media and e-mail groups will also be prioritized after the launching of the Heritage Cuisine recipes. The group interactions will be focused on sharing resources, recipes, know-how and new concepts in the food world. This will also provide necessary guidance to serve authentic Nepali dishes in their restaurant. We will continue to organize food tasting events and food shows to promote Nepali dishes. The Nepali restaurants abroad will access printed and digital tourism promotional materials for display in restaurants, in coordination with the respective Embassies. Customized training videos will be provided to enhance the restaurant staff skill.



We are thankful to Mr. Karna Sakya, the renowned tourism promoter in Nepal, for his genuine leadership and untiring effort in making this product happen. We are thankful to the well-trained team of chefs led by Mr. Govinda Narshingh K.C., food experts, the restaurant owners and space providers for their effort in recipe preparation, careful selection of items and recommendations in the finalization process. Assistance of Ms. Sharada Jnawali, the author of "Nepali Home Cooking for Healthy Living" in drafting this booklet, contributing in recipes and all other necessary technical assistance are valued and appreciated.



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Soup

QUANTI

(made of nine varieties of sprouted beans)

Ingredients

• Mixed beans	100 gms
• Water	as required
• Ghee	1 tbsp
• Bay leaf	2
• Jwanu	1 tsp
• Onion - finely chopped	1 small
• Ginger garlic paste	1 tsp
• Garam masala	1 tsp
• Turmeric powder	½ tsp
• Cumin powder	1 tsp
• Coriander powder	½ tsp
• Chili powder	½ tsp
• Tomato - chopped	3 tbsp
• Salt	to taste
• Coriander leaves - chopped	to garnish

Preparation Method

1. Remove any extra foreign particles from the beans and wash well
2. Put in a bowl and fill required fresh water to soak beans overnight
3. Pressure cook until soft and tender
4. Heat the ghee in a soup pot and temper jwanu and bay leaves
5. Add onion and sauté till light brown
6. Add ginger and garlic paste, turmeric, cumin, chili and coriander powder, and cook till aroma comes from the spices but not burnt
7. Add chopped tomato and mix well
8. Pour water and add cooked beans, and stir well
9. Bring it to boil and reduce the heat, simmer for 15 to 20 minutes
10. Add salt to taste
11. Serve hot and garnish it with coriander leaves



Note: The sprouted beans are rich in vitamins and proteins. Soaking it 3 days in advance and allowing it to germinate adds value to the dish. Quanti also symbolizes specific festival in Nepal, e.g. Janai Purnima (full-moon festival during the month of August).

Energy (KCal/100gms) **71.02** Protein % **6.66**

SISNE JHOL

(prepared with combination of nettle green and okra)

Ingredients

• Sisno - fresh or powdered	300 gms
• Okra	40 gms
• Timmur powder	1 tsp
• Chhyapi - crushed	2 cloves
• Oil or butter	2 tbsp
• Stock or water	1 ½ liter
• Salt	to taste
• Water	for blanching

Preparation Method

1. Blanch the sisno and okra in boiled and salted water
2. Remove from the water and refresh it in iced cold water
3. Drain the excess water, put it in a blender to make the fine puree and keep aside
4. Melt the butter in a sauce pan, add crushed garlic and fry until slightly brown
5. Add nettle and okra puree in the pot
6. Cook for few minutes
7. Gradually pour the stock or water and stir well
8. Season with salt, timmur and chhyapi
9. Bring it to boil and reduce the heat, simmer for 15 minutes
10. Pass it through a medium strainer and transfer in a clean pot and re heat
11. Serve hot

Note: Shallot is known as chhyapi in Nepali. Nettle known as sisno in Nepali, is a rich source of Vitamins A and C and dietary fiber. It is commonly cooked by the hill-area population as a soup or combined with the staples to make a thick broth.

Energy (KCal/100gms) **23.99** Protein % **3.91**



PHANDO

(made of liquidated fresh corn)

Ingredients

• Fresh corn	2 cobs
• Oil	1 tbsp
• Capsicum	1 medium
• Cumin seed	1 tsp
• Hing	a pinch
• Salt	to taste
• Water	3 cups
• Coriander leaf	1 tbsp

Preparation Method

1. Remove kernel from the cob
2. Puree kernel in a blender until smooth
3. Pour the paste through a sieve or muslin pressing with spoon
4. Heat oil in a sauce pan
5. Use hing and cumin seed for tempering
6. Add chopped capsicum and sauté
7. Add corn liquid and stir well, not letting it burn at the bottom
8. Cook for 5-7 minutes in low flame until the soup thickens
9. Garnish with coriander and serve hot in a warm soup bowl

Note: Asafetida is known as hing in Nepali. Canned sweet corn can be used as a substitute for this recipe. Fresh corn soup is seasonal and full of benefits in managing diabetes, lowering blood pressure and maintaining heart health. Rich source of dietary fiber and Vitamins A, B and C, corn metabolizes better than rice in the body.

Energy (KCal/100gms) **39.94** Protein % **2.63**



---------- SOUP ----------

JWANUKO JHOL

(containing jwanu spice as main ingredient of the soup)

Ingredients

• Jwanu	2 tbsp
• Ginger garlic paste	1 tbsp
• Rice flour or rice paste	2 tbsp
• Water	3 cups
• Oil or ghee	1 tsp
• Turmeric - prefer fresh	¼ tsp
• Timmur	a pinch
• Salt	to taste

Preparation Method

1. Heat oil or ghee in a soup pot
2. Temper jwanu
3. Add ginger garlic paste and turmeric, and fry in a low flame until aromatic flavor
4. Pour water and boil in a high flame
5. Add rice flour or rice paste and stir well
6. Add salt and timmur powder and cook until rice flour is cooked
7. Serve hot in a warm bowl as a soup

Note: Wild pepper is known as timmur in Nepali. It is also popular as Sechuan pepper. Jwanu is fully loaded with vital minerals, in particular calcium. Jwanu is also traditionally used for healing upset stomach, cough and cold.



Energy (KCal/100gms) **47.63** Protein % **2.60**

PANCHA KWA

(contains five ingredients-black eye beans, potato, meat, bamboo shoot, onion)

Ingredients

• Black eyed bean - boiled	1 cup
• Potato - boiled and diced	1 cup
• Onion - diced	1 medium
• Bamboo shoot - fermented and diced	60 gms
• Chicken or mutton - boneless	100 gms
• Cooking oil	2 tbsp
• Stock or water	1 liter
• Bay leaf	3 leaves
• Ginger garlic paste	1 tbsp
• Cumin powder	1 tsp
• Turmeric powder	½ tsp
• Chili powder	½ tsp
• Nutmeg powder	a pinch
• Salt	to taste
• Tomato (chopped)	4-5 tbsp
• Coriander leaf	to decorate

Preparation Method

1. Heat the oil in a soup pot
2. Temper bay leaves until light brown
3. Add onion and meat and sauté until transparent and soft
4. Add ginger garlic paste, turmeric, cumin, and chili powder
5. Stir well till aroma is felt from spices and make sure it is not burnt
6. Put potatoes, bamboo shoot, and black eye beans and mix well
7. Pour the stock or water and chopped tomatoes and bring it to boil



8. Add salt to taste
9. Reduce the heat and simmer for about 20 minutes
10. Season with nut meg
11. Serve hot in a warm soup bowl and garnish with coriander leaves

Note: Pancha Kwa can be prepared veg or non-veg. The name Pancha Kwa originates from the ethnic Newari dishes, more popular in Kathmandu Valley.

Energy (KCal/100gms) **48.28** Protein % **2.57**

Appetizer



---------- APPETIZER ----------

CHUKAR-KHANDA

(sweet potato with sour/spicy dip)

Ingredients

• Sweet potato	600 gms
• Chuk or balsamic vinegar	2 tbsp
• Oil	4 tbsp
• Cumin powder	½ tsp
• Chili powder	½ tsp
• Salt	to taste

Preparation Method

1. Wash sweet potato well
2. Boil it until well cooked or oven roast
3. Drain the water and leave it to cool
4. Peel it when fully cold
5. Cut it into ½ inch thick round slices
6. Arrange it in a serving plate
7. Mix the remaining ingredients in a small bowl
8. Drizzle it over the sweet potato and serve as an appetizer

Note: Sweet potato is a source of dietary fiber, several minerals, Vitamins A and C. It helps stabilize blood sugar, is an antioxidant, enhances brain functions and helps in weight management. It is commonly consumed during fasting period, considering its purity.



Energy (KCal/100gms) **116.75** Protein % **2.94**

KARESA BARI

(varieties of fresh vegetables tossed)

Ingredients

• Mixed lettuce	50 gms
• Onion - shredded	40 gms
• Carrot - julienne	40 gms
• Cucumber - julienne	40 gms
• Radish - julienne	40 gms
• Tomato - wedges	2 medium
• Beet root - wedges - grilled or steamed	2 small

For Dressing

• Chuk or balsamic	1 tbsp
• Vegetable oil	3 tbsp
• Salt and pepper	to taste
• Mustard powder	½ tsp
• Roasted flax or sesame seed	1 tsp

Preparation Method

1. Put all the ingredients of dressing in a bowl
2. Stir all together and keep aside
3. Collect all the prepared greens in a bowl and toss well
4. Arrange in a serving plate or salad bowl
5. Drizzle the dressing over the Karesa Baari salad or serve separate
6. Sprinkle some roasted sesame or flax seeds on the salad
7. Serve cold

Note: Karesa Bari connotes kitchen garden or backyard where fresh vegetables or kitchen herbs are grown for daily cooking. They are always fresh and organic. .



Energy (KCal/100gms) **44.94** Protein % **7.82**

CHUKAUNI

(potato dressed with sour yogurt)

Ingredients

• Potato - boiled and cubed	400 gms
• Onion - chopped	3 tbsp
• Green chili - chopped	2
• Lemon - juiced	2
• Plain yogurt	200 ml
• Sesame seeds - roasted and powdered	1 tbsp
• Cumin powder	1 tsp
• Chili powder	½ tsp
• Salt	to taste
• Mustard oil	2 tbsp
• Fenugreek seeds	1 tsp
• Turmeric	½ tsp
• Asafetida	a pinch
• Dry red chili	2 pcs

Preparation Method

1. Add potato, onion, sesame seed powder, yogurt, green and powered chili and cumin in a bowl
2. Combine all the ingredients together and set aside
3. Heat the oil in a small frying pan
4. Pop fenugreek seeds in the oil until cracked, add dry chili, turmeric and asafetida
5. Garnish it over the potato mixture and stir well
6. Serve cold as an appetizer

Note: Chukauni is a popular preparation from Western Nepal, in particular Palpa and the districts around. Addition of onion is optional since it is equally flavored without it. Addition of yogurt in potato makes it a wholesome recipe, the pro biotic in yogurt helps process carbohydrate from the potato.

Energy (KCal/100gms) **92.56** Protein % **7.31**



---------- APPETIZER ----------

TIMMURE ALU

(potato made tangy with timmur)

Ingredients

• Potato - boiled	600 gms
• Oil	4 tbsp
• Onion - chopped	1 medium
• Ginger garlic paste	1 tbsp
• Timmur powder	1 tbsp
• Turmeric powder	½ tsp
• Cumin powder	1 tsp
• Chili powder	½ tsp
• Dry chili	2 pcs
• Salt	to taste
• Coriander leaves for garnish	1 tbsp

Preparation Method

1. Peel boiled potato, cut into cube and set aside
2. Heat the oil in a fry pan
3. Temper dry chili and reduce the heat
4. Add onion, ginger and garlic paste, turmeric, cumin, and chili powder, and sauté for few seconds until aroma comes from the spices
5. Put potato in the spice and stir
6. Season it with salt and timmur and mix well
7. Garnish with coriander leaves and serve hot

Note: Timmure Alu is more popular in the high-altitude food recipes, where both timmur and potatoes are grown of better quality and taste. As an important part of the spice combination in Nepal, timmur not only provides special taste, but also supplies loads of health benefits when combined with main food. It also serves as home remedies for analgesic purposes and for improving immune system.

Energy (KCal/100gms) **170.53** Protein % **11.60**



---------- APPETIZER ----------

PHULAURA

(deep fried lentil ball)

Ingredients

• Black lentil split	300 gms
• Oil	for deep frying
• Chutney or sauce	as a dip

Preparation Method

1. Soak lentil for few hours or use lentil flour alternatively
2. Make paste of it using a blender
3. Heat oil in a frying pan
4. Spoon out the lentil paste
5. Deep fry it until golden brown
6. Remove from the oil and put on absorbent paper to soak extra oil
7. Serve hot with Badame Dhaniya sauce

Note: Phulaura is one of the delicacies in Nepali kitchen, cooked as snack or appetizer. It can also be prepared with buckwheat flour, more popular in Himalayan region where buckwheat is grown more than other grains. It is also prepared during festivals or certain rituals.



Energy (KCal/100gms) **209.37** Protein % **13.71**



Main Dish

---------- MAIN DISH ----------

SEKUWA

(yogurt and spice marinated meat)

Ingredients

- Chicken - boneless 600 gms
- Mustard oil 50 ml
- Hung yogurt 100 gms
- Garam masala 1 tsp
- Turmeric powder ½ tsp
- Cumin powder 1 tsp
- Coriander powder ½ tsp
- Chili powder 1 tsp
- Ginger and garlic paste 1 tbsp
- Lemon - juiced ½
- Salt to taste
- 6 - inch bamboo sticks for skewer chicken - soaked in water

Preparation Method

1. Remove any excess fat and skin from the chicken
2. Cut into 1 inch cubes and put in a mixing bowl
3. Add all the remaining ingredients and add to the chicken
4. Keep in the refrigerator for about 2 hours to marinate
5. Skewer in the bamboo stick 5 to 6 pieces of chicken a stick
6. Directly grill it on charcoal fire
7. Baste with oil on the chicken during cooking process to prevent from drying
8. Serve hot two sticks per portion with salad and other suitable snacks like rice, puffed rice, or beaten rice etc.



Note: Sekuwa can be made of chicken, ostrich, mutton or buff applying the same ingredients and method. Not an everyday dish, Sekuwa eating is more popular in the outdoors due to its smoke producing nature.

Energy (KCal/100gms) **144.36** Protein % **25.06**

TARUWA

(meat or vegetables deep fried with batter)

Ingredients

- Chicken - boneless and skinless 500 gms
- Lemon juice 2 tbsp
- Cumin powder 1 tsp
- Turmeric powder ½ tsp
- Chili powder ½ tsp
- Coriander powder ½ tsp
- Nutmeg powder ½ tsp
- Jwanu Ginger garlic paste 1 tbsp
- Salt to taste
- Egg 1 egg
- Flour 70 gms
- Oil to deep fry

Preparation Method

1. Remove any fat from the chicken and clean properly
2. Cut the chicken into cubes or strip bite size
3. Put it in a mixing bowl
4. Add all the ingredients and mix well
5. Keep it in refrigerator for 1 hour to marinate
6. Heat oil and deep fry all the chicken
7. Remove from the oil and put on the absorbent paper to soak extra oil
8. Alternatively, drain extra oil in a sieve
9. Serve hot with Badame Dhaniya sauce

Note: Taruwa can be prepared with fish and different types of vegetables like squash, onion, eggplant, cauliflower, gourd, yam, green chili etc. For vegetables, the batter is made of chickpea flour or/and rice flour instead of egg or regular flour. The term Taruwa is more popular in the South Eastern region of Nepal and is taken as a delicacy for ceremonies and guest servings.



PAKUWA

(meat cooked on low fire till dry for longer use)

Ingredients

• Mutton - boneless	800 gms
• Mustard oil	4 tbsp
• Onion - sliced	1 medium
• Ginger garlic paste	1 tbsp
• Turmeric powder	1 tsp
• Cumin powder	1 tsp
• Coriander powder	1 tsp
• Chili powder	1 tsp
• Garam masala	1 tsp
• Salt	to taste
• Coriander leaves	for garnishing

Preparation Method

1. Cut mutton into 1 inch even cubes
2. Put in a clean medium mixing bowl
3. Marinate meat with all the remaining ingredients
4. Refrigerate for 2 to 4 hours
5. Heat thick bottomed karai or wok and add the marinated mutton
6. Cook on slow fire with lid on
7. Open the lid and stir occasionally until meat is tender
8. Garnish with coriander leaves and serve

Note: Pakuwa is one of the traditional systems of cooking, mainly from mutton. However, chicken and buff can also be prepared from the same method. It can be saved for longer days due to its dry nature. In old days, when there was no refrigerator, the practice of adding substantial amount of ghee to the dish with the purpose of preserving it for longer was common.



Energy (KCal/100gms) **203.88** Protein % **27.33**

USINEKO

(boiled boar in flavored brine water)

Ingredients

• Boar	1 kg
• Turmeric powder	1 tsp
• Timmur corn	½ tsp
• Bay leaf	3 leaves
• Water	to boil
• Salt, cumin powder, chili powder, and timmur powder mixed	1 tbsp

Preparation Method

1. Fill a pot with water to cover the pork
2. Add bay leaves, timmur corn and turmeric powder
3. Bring it to boil
4. Lid on the pot until pork is well cooked
5. Remove pork from water and keep it to cool
6. Cut into thin slices to serve single-bite size
7. Serve in the plate with green vegetables and spices
8. Sprinkle some salt mixture on the pork and serve hot or cold

Note: Usineko recipes also apply for chicken, mutton, fish or buff. The boiled meats are usually served with spicy dips or sauces. The boiled meat variety is common across all climatic regions and ethnicity.



Energy (KCal/100gms) **336.71** Protein % **25.53**

CHHOYELA

(dressed with oil and spice orthodox Nepali style meat)

Ingredients

• Buff (lean meat)	600 gms
• Bay leaf	2
• Ginger garlic paste	1 tbsp
• Cumin powder	2 tsp
• Chili powder	1 tsp
• Timmur corn	½ tsp
• Mustard oil	5 tbsp
• Water	for boiling
• Spring garlic - chopped	50 gms

Garnish

• Mustard oil	2 tbsp
• Fenugreek seed	1 tsp
• Dry chili	4
• Turmeric powder	½ tsp

Preparation Method

1. Collect meat, bay leaf and timmur corn in a pot
2. Fill it with water and salt and bring it to boil
3. Cook until meat is tender
4. Remove meat from the water and keep aside to cool
5. Cut meat into cubes and bite size
6. Put it in a medium mixing bowl
7. Add ginger and garlic paste, cumin powder, chili powder, mustard oil and salt
8. Mix all ingredients well using your hand
9. Heat mustard oil in a pan
10. Add fenugreek seeds and fry until dark brown
11. Reduce the flame and add chili and turmeric powder
12. Pour it immediately over the meat
13. Serve cold



Note: The name Chhoyela came from the Newari language, however, the same is known amongst other ethnic groups, though more prepared in Kathmandu Valley. Due to increased communication and mobility, other parts of the country have been adapting the preparation in recent days.

Energy (KCal/100gms) **203.25** Protein % **20.28**

---------- MAIN DISH ----------

SANDHEKO

(shredded chicken prepared spicy)

Ingredients

• Chicken - boneless boiled	500 gms
• Lemon - juiced	1
• Mustard oil	3 tbsp
• Cumin powder	1 tsp
• Chili powder	½ tsp
• Sesame powder	2 tsp
• Salt	to taste
• Turmeric powder	½ tsp
• Spring onion	2 tbsp
• Lettuce leaf	a few

Preparation Method

1. Boil and shred the chicken and put in a mixing bowl
2. Add all the ingredients to the chicken
3. Mix well all the ingredients
4. Set a bed of lettuce in a serving plate and lay the ingredients over it
5. Serve cold

Note: Sandheko items can also be prepared from vegetarian items, e.g. potato, soybean, and peanuts. However, spice used in these variations may be different depending on the ethnic practices, local availability and specific taste selections. For instance, the Himalayan region prepares this dish out of fermented soybean (kinema), a very popular delicacy in the region and gradually expanding to other communities.



Energy (KCal/100gms) **171.21** Protein % **20.94**

MOMO

(dumpling made veg or non-veg)

Ingredients

• All-purpose flour	1 kg
• Water - for dough	4 cups
• Minced meat	1 kg
• Shallot/spring onion - finely chopped	1 tbsp
• Onion - finely chopped	½ cup
• Ginger garlic paste	1 tbsp
• Oil	2 tbsp
• Cumin powder	1 tsp
• Garam masala	1 tsp
• Salt	to taste

Preparation Method

1. Prepare dough with water and set aside
2. Mix all the other ingredients well using fingers
3. Make small balls from the dough and flatten them with hand or roller-pin
4. Stuff the mixture in the flattened rapper and roll it creating little dumplings
5. Boil water in the momo steamer
6. Grease the momo layers of steamer with oil to ease removal of momos
7. Steam momos for 10-15 minutes
8. Serve it with Timmure Golbhenda or Badame Dhaniya sauce

Note: One of the 'must eat' as a Nepali dish, is said to be originated from Tibet, which the Newari traders brought to Nepal. They can be prepared from minced chicken, mutton or buff. The meat can be substituted by use of grated paneer or cheese or vegetables for variation in taste. While they are mainly steamed, they are also fried, dropped in soups called jhol momos, or prepared as momo chats — variations created as they grow more popular.



---------- MAIN DISH ----------

CHATAMARI

(prepared as pancake of rice flour)

Ingredients

- Rice flour 500 gms
- Warm water as needed
- Cooking oil for greasing the pan

Preparation Method

1. Mix rice flour and water in a bowl to make a smooth batter
2. Heat iron pan on the stove
3. Pour approximately 60-70 ml batter on the pan and spread it
4. Cover with lid and cook 4-5 minutes until well done
5. Serve with curry-based meat or vegetable and Teelko Chhop

Note: Variation can be made by topping Chatamari with egg, cheese, meat or vegetables. The name came from Newari language, though popular amongst all communities. In old days they were cooked in earthen pots covering with the similar lid, generating a typical earthy aroma that made Chatamari more special due to method of preparation.



Energy (KCal/100gms) **137.77** Protein % **7.95**

DHUNGRE ROTI

(burrito Nepali style)

Ingredients for Roti

• Buckwheat flour	600 gms
• Eggs	2 pcs
• Ghee or oil	3 tbsp
• Salt	a little
• Water	for making dough

Ingredients for Fillings

• Oil	2 tbsp
• Garlic - chopped	2 cloves
• Onion - shredded	1 medium
• Carrot - julienne	1 medium
• Capsicum - cut to strip	1 medium
• Cottage cheese - grated	200 gms
• Turmeric, cumin, coriander, chili powder	½ tsp each
• Coriander leaves - chopped	2 tbsp
• Salt	to taste

Preparation Method - Roti

1. Put buckwheat flour in a large mixing bowl
2. Add salt, oil, eggs and water then whisk all together
3. Make batter same as in pancake
4. Cover with tea cloth and give it rest for 20 minutes to improve the batter
5. Heat the 10-inch non-stick frying pan
6. Apply some oil to prevent sticking
7. Pour prepared batter and make same as a thin pancake



Preparation Method - Filling

1. Heat a little oil in a frying pan
2. Add chopped garlic and fry for few seconds
3. Add all the vegetables and cottage cheese and stir well
4. Season with salt and other dry masalas
5. Cook until mixture is just dry
6. Fill on the prepared buckwheat pancake and roll properly
7. Cut into diagonal shape and serve hot with Dhaniya Sada sauce

Note: The buckwheat pancake is more common in the Himalayan region, with Thakali community in particular, probably due to accessibility of the raw materials in the region. Traditionally, buckwheat pancake is prepared plain and served with some spicy dip made of timmur, garlic, chili and salt. The Dhungre Roti is improved to give a wholesome and more nutritious meal in a plate by adding vegetables and cheese. Buckwheat dishes are more popular during fasting period due to perception of its purity.



Energy (KCal/100gms) **161.70** Protein % **8.32**

---------- MAIN DISH ----------

OW

(lentil pan cake Nepali style)

Ingredients

• Split black lentil flour	500 gms
• Ginger juice or paste	1 tbsp
• Asafetida	½ tsp
• Salt	to taste
• Warm water	as needed
• Mustard oil	to oil the pan

Preparation Method

1. Put the lentil flour in a large mixing bowl
2. Add ginger juice, salt and asafetida then mix well
3. Pour warm water gradually over the lentil flour and knead by hand
4. Make dough not too thin or thick
5. Cover with wet tea cloth for 1 hour
6. Heat the iron pan and apply some mustard oil to prevent sticking
7. Scoop out approximately 60 grams of lentil mixture on your wet palm and make 1 cm thick 3 - inch circle patties
8. Grill on hot pan on both sides of patties until golden brown
9. Serve hot with Timmure Golbhenda sauce

Note: Ow or Bara is prepared across various ethnicity in Nepal either during festivals, rituals or as a common snack food. There are also variations in cooking method, e.g. either shallow or deep fried. The name Ow comes from Newari cuisine while Bara is used more in hilly region. Ow tastes better if the lentil is soaked for few hours and made coarse paste instead of using flour.



Energy (KCal/100gms) **184.04** Protein % **13.83**

JOGI BHAT

(prepared with mixed vegetables and lentil)

Ingredients

• Rice - cleaned and washed	300 gms
• Lentil - red or black	50 gms
• Potato - diced	100 gms
• Spinach - cleaned	100 gms
• Green peas	50 gms
• Carrot - diced	50 gms
• Ghee	50 gms
• Onion - chopped	1 medium
• Ginger garlic paste	1 tsp
• Turmeric powder	½ tsp
• Warm water	400 ml
• Salt	to taste

Preparation Method

1. Heat ghee in a pot and temper cumin seeds
2. Add onion and sauté until slightly brown
3. Add soaked lentil and stir fry for two minutes
4. Add turmeric, ginger garlic paste, potato and rice
5. Cook for three minutes and pour water
6. Add spinach and stir well
7. Bring it to boil and add salt
8. Cook on low heat until rice is cooked well
9. Serve hot with Lasune Golbhenda sauce

Note: The name Jogi Bhat is given after the term jogi or the sage, who goes around collecting edible ingredients in one sack. The mixed ingredients are then cooked together to make one meal, which is called Jogi Bhat. Similar concept is used for Jogi Tarkari (mixed vegetables), which makes a common Nepali cooking. This traditional practice of cooking adds value to the preparation by complementing colors, combining nutritious elements and enhancing taste.

Energy (KCal/100gms) **124.39** Protein % **8.68**



---------- MAIN DISH ----------

DAL BHAT

(a set of Nepali dishes with staples)

Ingredients for Bhat

- Rice — 2 cups
- Water — 4 cups

Preparation Method

1. Clean and rinse rice in a bowl and drain water
2. Soak it in fresh water for an hour
3. Put the rice in a saucepan and bring it to boil in high flame for 5 minutes
4. Simmer flame, cover saucepan and cook for 10 minutes
5. Check if the rice is well cooked
6. Serve hot in a warm plate

Ingredients for Dal

- Dal or lentils — 1 ½ cup
- Water — 4 cups
- Salt — to taste
- Turmeric — ½ tsp
- Ghee — 1 tsp
- Asafetida — a pinch
- Cumin seed — ½ tsp
- Garlic - chopped — ½ tsp

Preparation Method

1. Put Dal or lentils, water, salt and turmeric in a pressure cooker
2. Cook for 10 -15 minutes
3. Let the pressure cooker cool down
4. Take the lid out and slightly blend the Dal with spoon



5. Heat ghee in a pan
6. Temper asafetida, cumin and garlic in the ghee
7. Garnish the Dal, ready to serve

Ingredients for Tarkari

• Cauliflower - chopped	1 medium
• Potato - cubed	2 medium
• Tomato - chopped	1 cup
• Green garlic - chopped	½ cup
• Cumin and coriander powder	2 tbsp
• Red chili powder	½ tsp
• Salt	to taste
• Turmeric	½ tsp
• Oil	½ cup
• Black pepper	¼ tsp
• Fenugreek seed	¼ tsp

Preparation Method

1. Heat oil in a wok or saucepan on high flame
2. Simmer and crack the fenugreek seed
3. Add turmeric powder; add potato and cook on medium flame for 5 minutes
4. Add cauliflower and salt and cook for 10 minutes covering the pan with lid
5. Add cumin, coriander and chili powder and cook for 5 minutes
6. Add tomatoes and cook for a few minutes
7. Simmer the flame and cook for two minutes
8. Check if the vegetable leaves oil at the bottom of the pan
9. Add garlic and black pepper, stir and cover for 2 minutes
10. Ready to serve



Note: Dal Bhat is the common term for the staple Nepali meal consisting of simply lentils, rice, vegetables, Achar (sauce or dip) combined with yogurt or buttermilk. While there are several varieties of rice available in the country, the use depends on taste, cost and availability. Dal may represent black, red, yellow, green or mixed lentils depending on the season and the traditional habit or taste. Vegetables contain green leafy and/or any seasonal items, also depending on the geographic location, climatic conditions and family preferences. Each item in the Dal Bhat set is garnished or dressed with specific spice or herb to add value to the taste as well as health benefits. However, the preparations are generally mild, less oily and tasty and at the same time providing protein, carbohydrate, vitamins and minerals, together making a balanced diet.

---------- MAIN DISH ----------

HIMALI DHIDO

(meal prepared of millet, corn, barley or buckwheat)

Ingredients

- Corn flour 2 cups
- Water 4 cups
- Ghee 1 tsp

Preparation Method

1. Boil water in a thick wok or deep pan
2. Pour flour little by little breaking the knot gradually
3. Cook it by stirring constantly using a wooden spoon
4. Add ghee and stir fast
5. Check the Dhido is separated from bottom of the pan
6. Serve it with Dal, Gundrukko Jhol, green vegetables, dip, sauce and yogurt of buttermilk

Note: Dhido is one of the most popular indigenous meals in the Himalayan community. It is an excellent source of energy and rich in minerals and vitamins. Easy to metabolize quality helps manage blood sugar in the body. It is traditionally served with Gundrukko Jhol, which is a typical soup prepared with fermented and dried green leafy vegetables and popular across regions and ethnicity. Note that fermented vegetables provide pro-biotic to the body, aiding in digestion and metabolism and is a rich source of a number of vitamins and minerals.





Dessert

YOMARI

(molasses based rice dumplings or rice cakes)

Ingredients for Dough

• Rice flour	600 gms
• Boiled water	1 cup
• Oil	1 tsp

Ingredients for Fillings

• Blackstrap molasses	100 gms
• Sesame seeds - roasted	2 tbsp
• Coconut - grated	1 tbsp
• Khuwa	100 gms
• Water	to melt the molasses

Preparation Method

1. Boil molasses in a pan with little water
2. Add crushed sesame seeds and coconut and mix well
3. Make as a medium thick consistency and keep aside
4. Put the rice flour in a mixing bowl
5. Add oil and boiled water and knead it well
6. Cover with dry tea cloth for about 5 minutes
7. Take half a handful of dough
8. Make oval shape and start making shapes of Yomari
9. Try it several times until you make a cone-like shape
10. Fill molasses mixture in the cone and slowly close it in the shape of Yomari i.e. conch shape with pointed end
11. Arrange in a perforated container and steam with tightly fitting lid on
12. Steam approximately 15-20 minutes or until well cooked
13. Serve hot or cold

Note: Yomari is cooked as a delicacy in Newari cuisine, usually prepared during festivals. The sweetmeat is especially cooked and eaten during the Yomari Punhi, a full-moon day in mid December. Combination of rice flour, molasses and sesame makes it a wholesome, delicious and healthy dessert for snacks.

Energy (KCal/100gms) **247.48** Protein % **6.8**



SIKARNI

(yogurt combined with dry fruits and aromatic nuts)

Ingredients

• Plain yogurt	½ liter
• Fresh cream	3 tbsp
• Cinnamon powder	1 tsp
• Cardamom powder	½ tsp
• Icing sugar	60 gm
• Glace cherry	4 pcs to decorate
• Mint leaf	to decorate
• Pistachio nut - chopped	few to sprinkle
• Rolled cinnamon bark - like cigar	to garnish

Preparation Method

1. Place the yogurt in a tea cloth and tightly knot it
2. Hang on suitable place and allow to drain excess water for about 3 to 4 hours
3. Remove yogurt from the cloth and place it in a mixing bowl
4. Add icing sugar, cinnamon powder, cardamom powder and cream
5. Whisk all together until fluffy and light
6. Pour into serving cup/glass bowl
7. Sprinkle some chopped pistachios over the yogurt
8. Decorate with mint leaf, cherry and cinnamon bark
9. Serve chilled

Note: Sikarni is usually cooked in the house during special food preparations while it is common in restaurants as a dessert. The spiced yogurt combined with nuts makes it a complete protein and slow digesting carbohydrate and calcium, in addition to its delicious taste and appealing texture.



Energy (KCal/100gms) **123.39** Protein % **12.31**

DAHI PHAL

(yogurt combined with varieties of fruits)

Ingredients

• Hung yogurt	300 gms
• Cinnamon powder	1 tsp
• Icing sugar	50 gms
• Fresh cream	3 tbsp
• Seasonal fruit - diced	50 gms each
• Cherries - few	for garnishing
• Mint leaf - few	for garnishing

Preparation Method

1. Mix yogurt and fresh cream in a medium mixing bowl
2. Add cinnamon powder and icing sugar
3. Whisk until fluffy and light consistency
4. Add dices of mixed fresh fruits with the yogurt
5. Mix slightly
6. Pour in a serving cup or glass bowl
7. Sprinkle some fruits over the yogurt
8. Decorate with cherries and finish with mint leaf
9. Serve chilled

Note: Fruits with excellent source of antioxidants and prebiotic fibers help promote digestive health, whereas yogurt is full of nutrients, and is also a good source of dairy protein and essential minerals including pro-biotic qualities that aid in absorption and digestion. Combination of the two makes a complete diet.



Energy (KCal/100gms) **80.60** Protein % **7.61**

KHEER

(rice cooked in milk to make as pudding)

Ingredients

• Rice	1 cup
• Milk	2 liters
• Sugar	½ cup
• Almond	½ cup
• Cardamom, cinnamon, black pepper powder	1 tsp
• Nutmeg	1 pinch
• Saffron	few strands

Preparation Method

1. Bring the milk to boil in a saucepan
2. Reduce the flame and continue boiling it for 5 minutes while stirring
3. Add rice and stir for a while to prevent from sticking of the rice
4. Cook rice until it becomes soft and smooth
5. Add sugar, saffron and almond when it starts thickening
6. Add nutmeg, cardamom and black pepper powder
7. Ready to serve hot or cold

Note: Kheer is a very common sweet preparation in Nepal across all cultures and ethnicity. The same method can be used to cook kheer out of wheat or corn grit, for variation and gaining different sources of nutrition.



THEKUWA

(a type of cookie, popular in mid Terai region of Nepal)

Ingredients

• Wheat flour	2 cups
• Crude sugar	½ cup
• Nuts - cardamom, raisins, coconut	¼ cup
• Banana to make hard dough	4 pcs
• Ghee to make dough and to fry	1 cup
• Milk	2 tbsp

Preparation Method

1. Sieve flour to let the air pass through and lighten
2. Mix flour with two tbsp of ghee and all sugar by rubbing it between the palms
3. Add banana and mash well to the dough using hands
4. Add nuts and mix well
5. Mix milk if the dough is too hard
6. Leave for sometime for melting of the sugar and to improve
7. Make small ball and shape it in a cookie making mold of any shape and size
8. Heat oil in a pan, simmer and deep fry it turning two sides until brown
9. Remove Thekuwa and let it cool to turn into crispy cookies
10. Alternatively bake it instead of frying to reduce the use of fat

Note: Thekuwa is a special ceremonial preparation cooked during the Chhat festival. The Chhat festival is celebrated as a culture of worshipping the Sun God, by keeping fast, taking holy bath in rivers and offering Thekuwa to the Sun God and praying for their deep wishes.





Sauce

---------- SAUCE ----------

TIMMURE GOLBHENDA

(tangy tomato sauce with timmur)

Ingredients

• Tomato	250 gms
• Green chili	2 small
• Timmur powder	¼ tsp
• Turmeric powder	a pinch
• Garlic	3 - 4 cloves
• Salt	to taste
• Mustard oil	1 tbsp

Preparation Method

1. Grill tomatoes and green chili on cooking gas or charcoal
2. Blend tomato, green chili and garlic in a blender to make a fine paste
3. Add timmur and turmeric powder, salt and stir well
4. Add uncooked mustard oil
5. Ready to serve

Note: This timmur based tomato sauce tastes better by pasting in stone mortar.



LASUNE GOLBHENDA

(mild tomato sauce with garlic)

Ingredients

• Tomato	250 gms
• Garlic	1 small
• Onion	1 small
• Chili powder	½ tsp
• Timmur powder	¼ tsp
• Salt	to taste
• Mustard oil	2 tbsp
• Fenugreek seeds	1 tsp
• Turmeric powder	¼ tsp

Preparation Method

1. Boil tomato and peel them
2. Boil onion
3. Blend tomato and onion together
4. Add chili powder, salt and timmur powder, and stir well
5. Heat oil in a frying pan
6. Pop fenugreek seeds until dark
7. Add turmeric powder and fry garlic
8. Garnish the tomato paste
9. Ready to serve

Note: This garlic-based tomato sauce can also be cooked with the same ingredients instead of boiling.



DHANIYA SADA

(Plain coriander sauce)

Ingredients

• Coriander leaf - chopped	2 cups
• Green chili	1 small
• Garlic	2-3 cloves
• Timmur	¼ tsp
• Lemon juice	2 tbsp
• Turmeric powder	a pinch
• Salt	to taste

Preparation Method

1. Dip coriander leaf in salt or baking soda water for 10 minutes to clean it
2. Chop the leaf and blend it finely
3. Add garlic paste, timmur, salt and turmeric powder
4. Ready to serve

Note: Green coriander leaf is called dhaniya in Nepali. It is full of health benefits including treating skin disorders, lowering cholesterol, regulating blood pressure and aiding bone health. Green coriander leaves are also good for balancing effects of pesticides and protecting from salmonella.



---------- SAUCE ----------

BADAME DHANIYA

(Coriander sauce with peanut)

Ingredients

• Coriander leaf - chopped	2 cups
• Green chili	2 small
• Garlic	3-4 cloves
• Peanuts - powdered	½ cup
• Timmur pepper powder	¼ tsp
• Lemon juice	2 tbsp
• Salt	to taste
• Mustard oil	2 tbsp
• Fenugreek seeds	½ tsp
• Turmeric powder	¼ tsp

Preparation Method

1. Dip coriander leaf in salt or baking soda water for ten minutes for cleaning
2. Blend coriander leaf, green chili, garlic, salt, timmur powder and lemon juice together to make a fine paste
3. Roast and grind peanuts and mix it with the coriander paste
4. Heat oil in a frying pan, pop fenugreek and turmeric powder
5. Garnish the sauce
6. Ready to serve

Note: Variation in the peanut based dhaniya sauce can be prepared by using sesame, flax seed or silam.



TILKO CHHOP

(Sesame dip with dry and wet options)

Ingredients

• Sesame seeds	100 gms
• Water	1 cup
• Timmur powder	½ tsp
• Salt	to taste
• Chuk	2 tbsp
• Chili powder	½ tsp
• Mustard oil	2 tbsp
• Capsicum	1 medium
• Fenugreek seeds	½ tsp
• Turmeric powder	a pinch

Preparation Method

1. Roast and grind sesame seeds
2. Add water to make thick paste
3. Add salt, chili powder, chuk and timmur
4. Heat oil, pop fenugreek seeds, turmeric powder and add chopped capsicum
5. Garnish the sauce and mix well
6. Ready to serve

Note: Tilko Chhop can be dry and used for sprinkling in salad or any other form of dressings.



The Seven Spices

Jwanu (ajwain/carom seed)

Said to be first cultivated in India, jwanu is one of the most popular spices in all geographic conditions and cultural practices in Nepal. Jwanu contains many health benefits including digestive, antibacterial, antiseptic and antifungal properties. It is rich in dietary fiber, essential minerals and vitamins. Using powdered jwanu in any sauce, soup or salad or just drinking water with some seeds helps in supplying calcium in the body. Garnishing beans with jwanu helps balance any gas content in the beans. Using it in green leafy vegetable enhances absorption of vitamins of the greens. Its common use in home remedies are for treating asthma, cold, cough and stomach disorders.



Jimbu (Himalayan herb)

Herb belonging to the onion family, grown and used extensively in Nepal and in some central Himalayan states of India. It is a seasonal herb, harvested between June and September and stored as dried for rest of the seasons. A wild plant, jimbu taste and flavor is enhanced when garnished in ghee or oil. Popular usage of jimbu is garnishing black lentil, beans, vegetables and achar, chatani or sauce. Traditionally used as one of the important cooking aids, jimbu tea is also used as a remedy for common ailments as stomach disorders, cold and sore throats.



Methi (fenugreek seed)

Methi is one of the most common spices in Nepali cuisine, popularly used in garnishing pickles and vegetables. Other uses include methi jaulo, sprouted methi salad, methi kheer or methi haluwa. Green methi leaves, both fresh and dried, are also cooked as curry. It helps improve indigestion, sluggish liver, dysentery, diarrhea, skin disorders and mouth sores. Rich in several vitamins and minerals, it helps in healing joint problems, reduces mental stress, prevents blood sugar, reduces post delivery weaknesses and weight management.



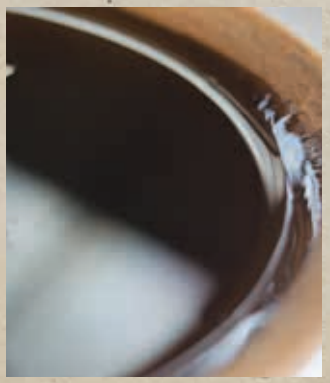
Timmur (wild pepper or sechuan pepper)

A unique Himalayan herb, timmur is one of the popular items in Nepali cuisine. Timmur in Himalayan region bears distinct taste and aroma, making the Nepali cooking special in many ways. The most common use of timmur in the Nepali food is in chatani, sauce, pickles, salad and vegetables. Pungent and spicy taste of timmur produces enzymes in the mouth that facilitates digestive process and controls gas in the stomach. It is antiseptic, antispasmodic and stimulant. It is also used for treating toothache, It is a good source of Vitamin A, carotene, and thiamin and contains minerals like copper, potassium, iron, manganese, selenium and zinc. Due to its antifungal and antibacterial properties, it can be used as food preservatives and in cupboards or book shelves to protect from moths and fungi attacks.



Chuk (concentrated citrus)

Chuk is a processed form of acid lime (kagati) and hill lemon (nibuwa). It is prepared by cooking citrus juice on high flame to give a concentrated form of souring agent, called as chuk. These citrus fruits are grown more extensively throughout the mid hill areas of Nepal. Citrus is a good source of nutrition and also a post harvest processing in the form of chuk makes it a common income generating enterprise for the farming community in hilly areas. Formation of chuk as a souring agent, has been one of the common traditions in Nepali cuisine.



Hing (asafetida)

A bitter tasting spice, hing gives flavor when cooked. It is mainly used in garnishing black lentil, pickles, sauces, beans and vegetables. Various home remedies of the hing include treatment of breathing problems, bronchitis, asthma and hoarse throat. Hing helps in lowering LDL and triglycerides, controls gas, works as an appetizer, acts as an active agent for curing irritable bowel syndrome and improving metabolism. Drinking boiled water with black salt and asafetida aids in liver cleansing.



Chhyapi (shallot)

Chhyapi is normally considered a variety of onion but also closely related to garlic. There are slight variations in color depending on the seed variety and nature of soil. Chhyapi is native to South East Asia and moved from there into the Indian sub-continent. It is helpful for improved circulation, aiding in heart health, fighting obesity, treating allergies, maintaining bone health, controlling blood sugar and many other benefits. It also acts as insect repellent.



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