



*Sacred Arts Tour 2011 Chapel Hill, NC  
May 22<sup>nd</sup> to June 4<sup>th</sup> 2011*

## **Tibetan Meat Momos – Steamed Dumplings**

Serves 4 or 5 preparation and cooking time: 40 minutes

### Ingredients:

- Finely chopped green onions – about 1 cup
- 2 tablespoons of cooking oil
- 1 tablespoon of salt
- 1 teaspoon of sesame oil
- 2 pounds of beef minced
- 3 cups of plain flour
- ½ teaspoon of ground cumin
- 2 tablespoons of soy sauce
- 3 tablespoons of hot water
- 3 cups of self-rising flour
- cold water

### Preparation:

- combine the two flours and add the cold water a little at a time.
- knead the dough for about 4-5 minutes
- leave the dough to stand for a while at room temperature

### Directions:

- add the hot water, chopped onion, oil, salt, and spice to the minced beef and mix well
- roll out the dough as thin as possible on a well-floured surface and cut it into 4 inch rounds.
- start boiling the water in the bottom of the steamer
- put a teaspoon of the meat mixture on the round and fold it in half, pinch the edges tightly.
- coat the steamers with oil and dip each momo in the oil
- put the momo in the steamer, making sure they don't touch each other
- cover the steamer with a tight lid and steam for about 15-20 minutes

## **Tsel Momos (veggie)**

Same directions as for meat momos but in place of meat, use vegetables: bok choy and potatoes



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## **Thugpa (Noodle Soup)**

Serves 4

### Ingredients

- 2 pounds of beef
- 2 oz plain flour
- 1/4 C. butter
- 1 1/2 Tbsp. fresh ginger root, minced
- 1 1/2 Tbsp. fresh garlic, minced
- 1 c. red onions, diced (or green onions\_
- 1 tsp. turmeric
- 1 tsp. curry powder
- 1 tsp. chili powder
- 1 tsp. Kopan masala
- 1 c. potato, parboiled and cubed
- 1 c. fresh tomatoes, chopped
- 4-5 c. water
- 1/2 c. fresh spinach (other vegetables such as bok choy may be used), chopped
- 1-2 Tbsp. soy sauce
- 1 tsp. salt
- 1/4 tsp. ground black pepper

### Preparation:

- knead the plain flour into a dough using only cold water. Cover and leave for a while
- prepare the potatoes and tomatoes and onions and wash and cut up the other vegetables
- cut the meat into strips and slice thinly

### Cooking Method

- Melt butter in a saucepan over medium heat.
- Add ginger, garlic, and onions. Stir-fry over medium to medium-high heat for 1 minute.
- Add the meat and stir well.
- Add turmeric, curry powder, chili powder, and masala. Mix well and stir fry for 1/2 a minute.
- Add potatoes and tomatoes. Stir-fry 1 more minute.

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- Add water and bring to a boil.
- While the water is boiling, take the dough and roll it into a large chapti-like shape
- Cut the dough into long strips 2 inches wide.
- Take the strips and tear them into small pieces. Throw the pieces straight into the boiling water
- Cook for 5 minutes
- Add the other vegetables and boil for another 1-2 minutes. If soup is too thick, add more water.
- Season with soy sauce. Salt and pepper to taste.
- Remove from heat and serve hot.

## **Kopan Masala**

A sweet aromatic mixture of dried spices used in many dishes at Kopan Monastery. A commercial masala called "Garam Masala" is available in some stores.

### Ingredients

Makes 1/2 cup

- 1/3 c. coriander seeds
- 1/4 c. cumin seeds
- 10 black cardamom pods, peeled
- 15 pale green cardamom pods, peeled
- 25 cloves
- 2 cinnamon sticks, broken up
- 1 tsp. black peppercorns
- 1/4 tsp. fresh nutmeg, ground

### Cooking Method

- Mix together and grind finely, but not to powder, with a coffee grinder, spice grinder, mortar and pestle, rolling pin, or food processor.
- Stir in an air-tight jar.

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## Sha-Balé- Meat Pastry

Serves: 4 or 5 Preparation and Cooking time: 30 minutes

Ingredients 3 finely chopped medium Onions

2 tablespoons of Cooking Oil

1 tablespoon of Cooking Salt

1 teaspoon of Sesame Oil

2lb Minced Beef

Cold Water

1 tablespoon of freshly ground Ginger  
and Garlic

1/2 teaspoon Ground Cumin

2 tablespoons of Soya Sauce

2 tablespoons of Hot Water

6 cups of Self-Raising Flour

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