

Garlic Naan

🕒 3 Hours

Ingredients

- 1 teaspoon active dry yeast
- 2 tablespoons sugar
- 1/4 cup room temperature water
- 4 cups all purpose flour, plus more for dusting
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 cup full fat plain yogurt
- 3/4 cup room temperature whole milk
- Cooking oil, for the bowl
- 3 tablespoons minced garlic
- 1 stick melted unsalted butter
- Kosher salt

Directions

- In a glass measuring cup, combine the yeast, sugar, and water and let sit for 10 minutes. In the meantime, mix the flour, baking soda, and baking powder in a large bowl.
- Whisk together the yeast mixture, yogurt, and milk and stir into the dry ingredients. Knead with your hands until the dough forms a smooth, soft ball, about 2 minutes.
- Place the dough in an oiled bowl and cover with plastic wrap. Leave at room temperature until doubled in size, about 2 hours.
- Remove the dough from the bowl and turn onto a well-floured surface. Knead it briefly and divide the dough into 12 equal portions. Roll it into 1/4-inch-thick ovals, approximately 6 inches wide.
- Heat a cast-iron skillet over moderately high heat. Sprinkle each portion with minced garlic and press it into the dough. Brush the dough with melted butter and place in skillet. Cook for about one minute, until the dough puffs up. Flip, cover the pan, and cook for one more minute. Remove from the pan, brush both sides with butter, and sprinkle with salt. Place in a towel-covered bowl until ready to serve.





Nepali Momo

🕒 30 Minutes

Directions

- Mix all ingredients in a large bowl.
- Hold wrapper on one palm, and put one tbsp of filling mixture in the centre. With the other hand bring all the edge together to the centre, making pleats.
- Pinch and twist the pleats to ensure the absolute closure of the stuffed dumpling. This holds the key to good tasting, juicy dumplings.
- Heat up steamer, oil the steamer rack well. This is critical because it will prevent dumplings from sticking.
- Arrange uncooked dumplings in the steamer.
- Close the lid, and allow steaming until the dumpling are cooked through, about ten minutes.
- Take the dumplings off the steamer and serve immediately.
- Serve with Tomato Achar.

Ingredients

- 1 lb lean ground meat (50 % lamb or chicken & pork works best)
- 1 cup red onion, finely chopped
- 1/2 cup green onion, finely chopped
- 1 cup tomatoes, finely chopped
- 3 tbsp cilantro, chopped
- 1 tbsp fresh garlic, minced
- 1 tbsp fresh ginger, minced
- 1/4 tsp nutmeg, freshly grated
- 1/2 tsp turmeric powder
- 1 tbsp curry powder
- 3 red chillies, minced
- 3 tbsp cooking oil
- salt and pepper, to taste
- dumpling wrappers

Coconut Milk Pulao

🕒 30 Minutes

Ingredients

- Whole Spices - 1 bay leaf, 2 green cardamoms, 3 cloves, 1 star anise, 1/2 cinnamon stick, 1/4 tsp crushed black pepper
- 2 cups basmati rice
- 2 cups canned coconut milk
- 2 cups water
- 4 tsp ghee or neutral oil
- 1 medium onion, diced
- 1/4 cup carrots, chopped
- 1/4 green pears, chopped
- 1/4 green beans, chopped
- 1/4 cup cauliflower, chopped
- 1/4 cup red pepper, chopped
- 1/4 cup sweet corn
- 1.5 to 2 tsp ginger garlic paste
- 1/4 cup mint leaves
- salt to taste



Directions

- Rinse rice well, three times. Soak for 15 minutes, drain and set aside.
- Heat ghee in a pot. Add spices and when they begin to sizzle add in the onions until golden brown.
- Stir in ginger garlic paste for one minute, then add in all chopped vegetables and mint, fry for a couple of minutes
- Pour in coconut milk, water, and salt. Stir and taste to check salt level, add more if needed.
- Bring to a rolling boil and add drained rice.
- Reduce heat to low heat and cover. Cook until coconut milk is absorbed, and rice is fully cooked but not mushy.
- Fluff the pulao with a fork, cover and rest for 5 minutes before serving. Enjoy with cucumber raita.



Sri Lankan Fish Buns

🕒 2 Hours

Ingredients | Filling

- 100 g tuna or mackerel
- 1 potato cut in quarters
- 1 tsp ginger, chopped
- 1 tsp garlic, chopped
- 2 tbsp red onion, chopped
- 1 tsp red chilli, chopped
- 1 tbsp lemon juice
- 5 curry leaves, chopped
- 1 tsp curry powder
- 1/4 tsp turmeric powder
- 1/2 tsp chilli powder
- salt and pepper to taste

Ingredients | Dough

- 220 g all-purpose Flour
- 1 tsp salt
- 50 ml milk
- 1 tbsp butter
- 1 egg
- 7g yeast
- 3 tbsp warm water
- 1 tsp white sugar

Sri Lankan Fish Buns

Part 2

Directions | Filling

- Place the potato in a pot of water and boil.
- Once the potato is boiled, take them out and mash them using a fork and set aside.
- Heat a pan with oil on medium heat. Add onion, garlic, ginger, chilli, and curry leaves. Cook until soft.
- Add potato and spices. Cook for 1 minute.
- Take the pan off the heat and add the lemon juice.

Directions | Dough

- Add the yeast, sugar, water in a small bowl. Mix well, and set aside for 10 minutes.
- Place the flour, salt, milk, butter, and egg into a bowl and mix.
- Once the yeast has bubbled, add yeast mixture into flour bowl and mix until fully incorporated.
- Apply flour to work surface and dough. Transfer dough onto the surface and knead for about 10-15 minutes.
- Shape into a log and portion into six equal pieces.
- Using your palm in a circular motion, make smooth balls by pressing it downwards rotating it in one place.
- Dust a tray with flour and place the dough balls on the tray leaving gaps between them.

- Cover with a damp cloth, let it rise in a warm area until doubled in size.
- Once doubled in size dust flour to the work surface and flatten the edges of the dough, don't flatten the middle.
- Add 2 tbsp of the filling inside, then flatten the dough and fold it to give a triangular-shaped bun.
- Dust flour onto a baking tray, and place the fish buns on a tray leaving enough space between buns.
- Cover with a damp cloth and let it rise a second time.
- After it has rise, egg wash top of fish buns.
- Preheat the oven at 200C.

- Bake it in the oven for 15-17 minutes until it has golden brown colour on the top.
- Once it comes out of the oven the top will be hard. Leave it out for 10 minutes until it softens.
- Enjoy immediately.