



PREP TIME: 10 MINUTES
COOK TIME: 25 MINUTES
TOTAL TIME: 35 MINUTES
SERVINGS: 2 MOMOS

INGREDIENTS

- 1½ cup plain flour
- ½ tsp salt
- water for kneading
- oil for greasing

STUFFING INGREDIENTS

- 3 tsp oil
- 3 clove garlic (finely chopped)
- 1 inch ginger (finely chopped)
- 2 chilli (finely chopped)
- 4 tbsp spring onion
- 1 cup carrot (grated)
- 2 cup cabbage (shredded)
- ½ tsp pepper (crushed)
- ½ tsp salt



Vegetable MOMO

PREPARATION

1. Prepare stuffing by heating 3 tsp oil and saute 3 clove garlic, 1 inch ginger and 2 chilli.
2. Add 2 tbsp spring onion and saute on high flame.
3. Add 1 cup carrot and 2 cup cabbage. Stir fry on high flame.
4. Add ½ tsp pepper and ½ tsp salt.
5. Additionally, 2 tbsp spring onion and stuffing mixture is ready.
6. Pinch a small ball sized momos dough and flatten.
7. Dust with some maida and start to roll using a rolling pin.
8. Roll to almost medium thin circle around 4 – 5 inch in diameter. Make sure you roll from sides and keep the centre slightly thick.
9. Place a heaped tbsp of prepared stuffing in the centre.
10. Start pleating the edges slowly and gather everything.
11. Press in middle and seal the momos forming a bundle.
12. Heat a steamer and arrange the momos in the tray without touching each other.
13. Steam momos for 10-12 minutes or till shiny sheen appears over it.



NEW POND VILLAGE

A Benchmark Lifecare Community

Thank you very much for joining us on our “worldwide tour” at New Pond Village!

While enjoying the flavors of Mexico, Ireland and Japan, I hope you also got a hint of the flavor of life here in our community! If you spoke with any of our residents, you learned social gatherings like this are what make life here so enjoyable. You won't find a friendlier or more welcoming group of people than New Pond Village residents. We are fortunate to have them as ambassadors.

To learn more about everyday life at our community and additional details on how to become a resident please schedule a personal tour.

Our Director of Sales and Marketing, Patrick McShane, will be more than happy to accommodate you.

Patrick McShane
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Thank you again for visiting us today. If you submitted your completed passport, I wish you luck in winning the grand prize!



With warm appreciation,

Adam Manchester
Campus Executive Director



A Lifecare Community | Independent Living | Assisted Living | Memory Care