



**Flavour of Alaichi,  
Taste of Nepal**

**RECIPE BOOK**



## CHEF'S MESSAGE

First of all, I would like to thank the Government of Nepal, Federation of Large Cardamom Entrepreneurs of Nepal (FLCEN), Hotel Association Nepal (HAN), and the Swiss Agency for Development and Cooperation (SDC) for making the Wah Alaichi campaign possible, and inviting me to be a part of it.

Wah Alaichi was more than just a campaign for me; it was an opportunity to revisit my roots and to work closely with the people at the grassroots. Did you know that Nepal is the largest producer of alaichi (black cardmom) in the world-responsible for producing more than 50% of alaichi worldwide? I must admit, even I was unaware of this staggering fact before. I was approached to be a part of this campaign. I was eager to undertake the campaign to understand alaichi in depth-its potential and versatility, the challenges faced by alaichi farmers, and the scenario of alaichi production and the Nepali market.

As a part of the campaign, we organised an alaichi-themed culinary contest 'Cooking Competition Amongst Apprentices,' in which a large number of enthusiastic participants demonstrated their culinary talents with innovative dishes. One of the main criteria was that alaichi had to be used in every dish. I also travelled with Team Wah Alaichi to Ilam and Jhapa for 'Alaichi and Food Exploration' where I got to explore the alaichi farms. I interacted with the farmers, who shared their unique stories, challenges, and perceptions. I learnt that the lack of trade opportunities and minimal domestic consumption have left the alaichi farmers disquieted. We also visited local food vendors and restaurants who graciously accommodated our requests to experiment with alaichi in different local dishes.

We hope to increase the domestic use of alaichi by establishing it as a key ingredient in the Nepali kitchen. As a first step, we are excited to present this recipe book containing specially curated recipes inspired by the participants' dishes during the 'Cooking Competition Amongst Apprentices' and from our 'Alaichi and Food Exploration' in Ilam and Jhapa.

We hope you enjoy them. Wah Alaichi!



**Chef Santosh Shah**



## MESSAGE FROM FEDERATION OF LARGE CARDAMOM ENTREPRENEURS OF NEPAL (FLCEN)

Nepal is the largest producer of high-quality alaichi in the world; it produces 5,000 metric tons per year, of which 95% is exported to the international market (around 5% is consumed in the domestic market). The FLCEN has been conducting various activities through the Wah Alaichi campaign in coordination with internationally renowned Master Chef Santosh Shah.

The main objective of the Wah Alaichi campaign is to boost consumption of Nepali alaichi in the country and to promote Nepali alaichi in the global market. This campaign is also aimed at boosting economic activity in addition to encouraging the use of alaichi as a key component in Nepali cuisine beyond its traditional value and use.

As part of the Wah Alaichi campaign, this book contains more than 40 recipes; the aim of which is for the Nepal's share of its alaichi consumption to grow. We believe, with the help of recipes in this book, people will be well informed about the unique flavour of alaichi which is expected to encourage its consumption.

The FLCEN is an organisation working in the areas of production, quality improvement, and marketing of alaichi. We express our best wishes and hope the recipe book will be a milestone in promoting the domestic consumption of alaichi.

Best Regards,

**Mr. Nirmal Bhattarai**  
President

## MESSAGE FROM HOTEL ASSOCIATION NEPAL (HAN)

Dear reader,  
Namaskar

We are immensely pleased to be a part of the Wah Alaichi campaign. We take this opportunity to thank the Swiss Agency for Development and Cooperation (SDC) and its partner agencies for their support, excellent coordination and hard work in ensuring the materialisation of this campaign.

Similarly, we owe our gratitude to globally renowned Master Chef Santosh Shah, brand ambassador of the Wah Alaichi campaign, for his dedication in enabling this effort and taking Nepali delicacies from farm to fork all over the world. We would also like to extend our appreciation to the FLCEN for producing, promoting, and popularising alaichi locally, nationally, and internationally.

This book serves as a first-hand guidebook in the preparation of signature dishes in the form of sample recipes which will undoubtedly introduce and popularise the use of alaichi both at home and abroad.

Food is always at the heart of the hospitality industry and is thus pivotal for the tourism industry. The HAN has always been a key advocate of food tourism in Nepal. This is a notable moment in HAN's campaign to promote all things Nepali to the world, and we take immense pride in promoting unique recipes and distinctive alaichi products through this campaign. We believe that this book will not only promote authenticity and originality of Nepali food but will also directly contribute to Nepali agro-tourism and rural tourism.

I hope this book encourages culinary enthusiasts and beginners alike to maximise the use of alaichi in their kitchens, explore new recipes, and meticulously curate the presentation of the authentic taste of Nepal.

*Use Alaichi! Promote Nepali Alaichi! Globalise Alaichi!*

Best Regards,

**Mrs. Shreejana Rana**  
President

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## RECIPES FROM MASTERCHEF SANTOSH SHAH

### KARELA BHAREKO (STUFFED BITTER GOURD)

Bitter gourd stuffed with mango and spices in a curry sauce, ideal as a snack or starter.



1 HOUR



4 PORTIONS

#### INGREDIENTS

Yellow mustard seeds (Rayo ko dana)  
(soaked overnight, see method) 5gm  
Bitter gourds (Karela) medium 8 nos.  
Vegetable oil 50ml

#### FOR THE STUFFING

Ginger, finely chopped 15gm  
Garlic clove, chopped 5gm  
Fresh mango flesh, chopped/  
Mango powder (Amchur) 30gm/15gm  
Raisins 30gm  
Green coriander (Dhaniya),  
chopped 10gm  
Green chili, chopped 10gm  
Alaichi powder 3gm  
Ground turmeric 3gm  
Ground cumin (Jeera) 3gm  
Sesame (Til) seeds, roasted 30gm  
Salt 3gm

#### FOR THE SAUCE

Mustard oil (Tori ko Tel) 15ml  
Cumin (Jeera) seeds 5gm  
Ginger, finely chopped 8gm  
Garlic, finely chopped 8gm  
Red onion, finely chopped 50gm  
Tomatoes, chopped 50gm  
Green chili 5gm  
Alaichi powder 2gm  
Kashmiri chili powder 3gm  
Cumin (Jeera) powder 3gm  
Coriander (Dhaniya) powder 3gm  
Tarkari masala  
(see page no. 82) 3gm  
Salt 3gm  
Green coriander (Dhaniya),  
chopped 5gm

#### METHOD

Put the mustard seeds in a small bowl, with 15 ml of water and soak overnight. The next day, the seeds will have absorbed the water.

Grind the soaked mustard seeds into a paste and set aside.

Using a sharp knife, make a deep slit lengthwise in each bitter gourd. Make a pocket but do not pierce them all the way through. Using a teaspoon, scoop out and discard the seeds and white flesh. Set aside.

Place all the ingredients for the stuffing in a food processor and pulse a few times until the mixture is chunky but not too fine. Adjust the seasoning to taste. Fill each bitter gourd with some of the stuffing mixture. Tie kitchen string around each bitter gourd in a few places to ensure the stuffing does not come out during cooking.

Heat some oil in a frying pan. Add the stuffed gourds and cook them covered over low heat for 20 minutes turning them every 4–5 minutes.

Add a little water if needed. Alternatively, brush the stuffed uncooked gourds lightly with oil and bake at 180°C (160°C fan/ 350°F/Gas 4) for 25 minutes.

While the gourds are cooking, prepare the curry sauce. Place a non-stick frying pan over medium heat and add some oil. Add the cumin seeds and let them crackle. Add finely chopped ginger and garlic and cook for 1 minute until slightly golden brown. Add finely chopped onion and cook for about 5 minutes, until lightly caramelised.

Stir in chopped tomatoes, green chili, and all the ground spices. Cook for 6–8 minutes, until the tomatoes have softened completely. Add salt, chopped coriander and mustard seed paste and allow it to cook for a couple of minutes. Using a hand blender or a food processor, blend the sauce until smooth. Adjust the seasoning to taste. Add the sauce to the gourds and cook for another 3–4 minutes.

Serve hot with rice or bread (roti).

## SUKUTI (DRIED MEAT)

Dried meat with a smokey, salty flavour served best as starter or snacks.



1 HOUR



4 PORTIONS

### INGREDIENTS

Dried buffalo/ goat/ lamb meat (Soaked)	400gm
Vegetable oil	30ml
Fenugreek (Methi) seeds	1gm
Dried red chili	1 no.
Red onion, halved and cut into thin wedges	40gm
Ground turmeric	2gm
Ginger, chopped	10gm
Garlic, chopped	10gm
Salt	To taste
Alaichi powder	3gm
Ground cumin (Jeera)	3gm
Meat masala (see page no. 87)	2gm

### METHOD

Put the dried meat in a heat-proof bowl, cover with hot water and leave to soak for 20–30 minutes. When the meat has softened, squeeze dry. Cut the dried meat into small pieces and set aside. Discard the water.

Heat the oil in a non-stick frying pan. Once the oil is hot add the fenugreek seeds and fry until dark brown. Add the dried red chili and half of the onion wedges. Cook for 2–3 minutes until the onion softens. Add turmeric powder and stir-fry the mixture for a few seconds.

To this, add the chopped ginger, garlic, and salt and stir-fry for a minute. Add the soaked meat and stir-fry for a couple of minutes.

Add the ground spices. Stir-fry for 1 minute, then add chopped tomatoes, remaining onion wedges, ginger strips, and green coriander. Season with salt. Serve warm or cold with puffed rice.





**COOKING COMPETITION  
AMONGST APPRENTICES**

## Winning Team

**Chef Bikesh Manandhar  
Apprentice Amrita Awal  
Apprentice Sudin Thapa**

**Global Institute of Hotel Management &  
Technical Tourism Center  
Madhyapur, Thimi**

# WINNING RECIPES

## MUTTON HYAKULA WITH ANADI RICE

### MUTTON HYAKULA

Hyakula means a particular cut of meat from the neck of a lamb/goat/buffalo. Mutton hyakula made with Nepali spices goes best with any rice or bread (roti).



90 MINUTES



4 PORTIONS

#### INGREDIENTS

Mutton hyakula	500gm
Red dry chili	5gm
Cumin (Jeera) whole	2gm
Alaichi whole	5 nos.
Nutmeg (Jaiphal)	1gm
Turmeric powder	3gm
Peppercorn	
(Kalo Marich) whole	2gm
Mustard oil (Tori ko Tel)	30ml
Fenugreek (Methi) seed	3gm
Onion thinly sliced	80gm

#### METHOD

Adding a little water make a spice paste of cumin, 3 alaichi, nutmeg powder, red dry chili, and peppercorn.

Heat mustard oil in a saucepan. Once oil is hot, crackle fenugreek seeds. Add 2 alaichi and sliced onions and cook for 4-5 minutes on a medium flame or until it becomes light brown. Stir in mutton hyakula cut into bite size pieces and cook for 5-6 minutes on a medium flame.

Add spice paste prepared earlier and cook for 3-4 minutes.

Add water until the meat is covered and simmer for 40-50 minutes or until the meat becomes tender.

Serve with rice or bread (roti)

### ANADI RICE

Anadi rice is a glutinous sticky rice native to Western Nepal.



90 MINUTES



4 PORTIONS

#### INGREDIENTS

Anadi rice	400gm
Water	700ml
Ghee	30gm
Salt	10gm
Alaichi whole	2 nos.

#### METHOD

Heat some ghee in a pressure cooker.

Add alaichi and let them crackle

Add washed rice, water, and salt.

Cook until 2 whistles and let it rest.

Serve hot with mutton hyakula



## CHYAKULA WITH BARA

### CHYAKULA

Pan-seared buffalo meat cooked with buffalo brains that goes well with bara.



45 MINUTES



4 PORTIONS

#### INGREDIENTS

Buffalo meat, boneless	200gm
Ginger paste	5gm
Garlic paste	5gm
Cumin (Jeera) powder	2gm
Salt	To taste
Chili powder	3gm
Roasted Mustard oil (Tori ko Tel)	15ml
Fenugreek (Methi) seed	2gm
Buff brain puree	50gm
Alaichi powder	1 pinch
Turmeric	1 pinch

#### METHOD

Season the buff meat with salt and pan-sear it.  
Cut pan-seared buff into bite-sized pieces.  
Add ginger garlic paste, alaichi powder, cumin powder, chili powder, and salt.  
Heat mustard oil in a pan.  
Crackle fenugreek seed and add turmeric.  
Temper the mixture.  
Add buff brain puree.  
Combine well.  
Check the seasoning and serve with bara.

### BARA

Bara are traditional lentil patties of the Newar community that can be eaten as snacks or appetizers.



1 HR, 35 MINS



4 PORTIONS

#### INGREDIENTS

Black lentils (Mass ko Daal)	200gm
Salt	To taste
Asafoetida (Hing)	2gm
Cumin (Jeera) powder	5gm
Ginger paste	20gm
Garlic paste	10gm
Oil for shallow fry	

#### METHOD

Soak black lentils (Maas) for 5-6 hrs. Separate lentil skin by rubbing the soaked lentil between the hands and pour off the skin.  
Blend it and make a smooth paste  
Add salt, cumin powder, asafoetida, ginger, garlic paste, and mix it well.  
Make a round shape of the mixture and shallow fry until golden brown on both sides  
Serve hot with chyakula.



## KURAUNI ROLL

A sweet and creamy dessert made of boiled milk solids.



45 MINUTES



4 PORTIONS

### INGREDIENTS

Milk solids (Khuwa)	60gm
Milk	100ml
Alaichi whole	2 nos.
White bread	4 slice
Mixed nuts of choice, chopped	20gm
Alaichi powder	2gm
Whipped cream	20gm
Butter	15gm
Sugar	10gm

### METHOD

Heat milk in a saucepan.  
 Add the whole alaichi.  
 Boil and simmer for a few minutes to infuse the flavor.  
 Remove alaichi from milk.  
 Add milk solids (khuwa) and sugar.  
 Add chopped nuts.  
 Cook until it becomes thick.  
 Rest the mixture to let it cold.  
 Roll the bread slices into thin sheets and cut the sides  
 Add kurauni mixture and roll it like a cigar.  
 Heat up the frying pan and add butter.  
 Add bread roll and pan-sear it for 3-4 minutes on a medium flame until golden brown.  
 Serve it with alaichi powder, whipped cream and fruits, berries, or ice-cream.





NON VEG RECIPES

## DUDHILO CHICKEN (CREAMED CHICKEN)

Chicken cooked in milk and spices, easy to make and ideal for a busy weeknight meal.



45 MINUTES



3 PORTIONS

### INGREDIENTS

Boneless chicken (or with bone)	500gm
Milk	1000ml
Bay leaf (Tejpat)	3 nos.
Onion, chopped	70gm
Ginger, chopped	30gm
White pepper powder (Seto Marich)	3gm
Alaichi (crushed)	5gm
Green chili, chopped	10gm
Salt	To taste
Green coriander (Dhaniya) for garnish	

### METHOD

Remove the skin off the chicken and cut it into equal cubes and keep aside.

Heat up the thick bottomed pot.

Pour the milk slowly and add bay leaves, onion, ginger, chili, white pepper and alaichi.

Bring to a boil, stir well with a wooden spatula to prevent burning, and simmer to a thick consistency.

Add the chicken pieces and bring to a boil.

Reduce the heat and simmer for 20 minutes or till the chicken is cooked.

Season with salt to taste.

Sprinkle some alaichi powder and coriander leaves on top and serve hot.



## LEKALI CHICKEN (HIMALAYAN PAN SEARED CHICKEN)

Pan seared chicken, marinated with Himalayan spices, served as a starter or a snack with tomato or mint chutney.



1 HOUR



4 PORTIONS

### INGREDIENTS

Boneless chicken	500gm
Salt	To taste
Alaichi powder	3gm
Turmeric powder	3gm
Cumin (Jeera), crushed	3gm
Black peppercorn, crushed	3gm
Lemon juice	15ml
Red chili paste	5gm
Mustard oil (Tori ko Tel)	15ml
Mustard paste	5gm
Ginger garlic paste	15gm
Green coriander (Dhaniya) to garnish	

### METHOD

Remove the skin off the chicken and cut it into equal cubes.

Add salt, alaichi and turmeric powder, crushed cumin (jeera) and black peppercorn, lemon juice and chili, mustard and ginger garlic paste and marinate well.

Keep in the refrigerator for 2-4 hours.

Heat the tawa/ thick bottomed pan/ griddle, add little mustard oil.

Grill the chicken over moderate heat until well cooked.

Garnish with chopped green coriander.

Serve with alaichi tomato chutney. (see page no. 64)



## DAMEKO KUKHURA (GRILLED CHICKEN)

Grilled chicken flavoured with Nepali spices served with rice, buckwheat/millet/corn mush(dhido), and alaichi ko jhol.



1 HOUR



4 PORTIONS

### INGREDIENTS

Chicken thigh (boneless)	4 nos.
Mustard oil (Tori ko Tel)	4tbsp
Alaichi powder	1tsp
Turmeric powder	½tsp
Cumin (Jeera) powder	1tsp
Chili powder	1tsp
Lemon juice	1tsp
Salt	To taste
Garlic paste	1tsp

### METHOD

Debone the chicken thighs and trim excess fat from the chicken.

Arrange the chicken in a tray and marinate with salt, lemon juice, oil, garlic paste, turmeric, cumin, chili, and alaichi powder.

Keep in a refrigerator for 2 hours.

Heat the grill bar or pan and grease with little oil.

Grill the chicken thighs skin side down.

Turn and cook both sides over moderate heat till cooked.

Serve with alaichi ko jhol. (see page no. 30)



## ALAICHI KO JHOL (ALAICHI BOUILLON)

Bouillon or broth made out of chicken, alaichi, and vegetables, ideal to accompany grilled chicken.



### INGREDIENTS

Alaichi whole crushed	6 nos.
Cumin (Jeera) powder	2gm
Turmeric powder	2gm
Ghee	25gm
Chicken bone	200gm
Carrot	50gm
Onion	50gm
Tomato	20gm
Salt	To taste
Garlic crushed	2 cloves
Water	1000ml

### METHOD

Clean, peel, and cut the carrot into rough cubes.

Peel and dice the onion.

Cut the chicken bone into bite size pieces.

Heat ghee in a medium sized saucepan. And crackle alaichi pods.

Add chicken bones, garlic, carrot, and onion.

Cook until light brown.

Add turmeric, cumin powder, and cook for a minute.

Pour the water and bring to a boil, skim the scum and fat.

Reduce the heat and simmer for an hour.

Strain through a conical strainer and then through a muslin cloth. Transfer the broth to a saucepan.

Re-boil and adjust the seasoning to taste.





## GOL MACHHA (FISH BALL)

Fried fish balls accompanied by alash ko chhop (flax pickle) and served as a snack.



45 MINUTES



4 PORTIONS

### INGREDIENTS

Fish fillet, minced	400gm
Onion, finely chopped	80gm
Green chili, chopped	2 nos.
Garlic and ginger paste	10gm
Alaichi powder	6gm
Cumin (Jeera) powder	4gm
Turmeric powder	3gm
Chili powder	5gm
Green coriander (Dhaniya), chopped	20gm
Lemon juice	20ml
Salt	To taste
Potatoes, boiled and mashed	80gm
Cornflour	20gm

### FOR CRUMBING

Flour	100gm
Egg, beaten	3 pcs
Breadcrumb	200gm
Soyabean oil for deep frying	

### METHOD

Mix all the ingredients (except for crumbing) and keep in the refrigerator for 30 minutes.

Scoop out approximately 15gm of the mix on greased palms.

Make round balls.

Coat the fish balls in flour and then in the egg mixture and lastly in breadcrumbs.

Heat the oil to 170 -190 degree Celsius and deep fry until golden brown.

Remove the fish balls and put on a paper napkin to absorb the excess oil.

Serve hot with alash ko chhop. (see page no. 76)

## HAAS KO CHHOILA (CHAR GRILLED DUCK)

Char-grilled marinated duck, flavoured with Nepali spices, served chilled as an appetizer or a snack usually accompanied by beaten rice.



1 HOUR



4 PORTIONS

### INGREDIENTS

Duck (breast) or with bone	500gm
Red chili powder	5gm
Ginger and garlic paste	20gm
Cumin (Jeera) powder	5gm
Sichuan pepper (Timmur) powder	3gm
Alaichi powder	5gm
Lemon juice	15ml
Spring garlic (Hariyo Lasun) leaves	50gm
Salt	To Taste
Mustard oil (Tori ko Tel)	50ml
Dry red chili	20gm
Green coriander (Dhaniya), chopped	10gm for garnish
Roasted tomato (medium size)	100gm

### METHOD

Rub duck breast with oil and grill over an open fire on all sides until cooked, cover and set aside to cool.

Remove the skin from the roasted tomatoes and mash them.

Cut the duck breast into bite size cubes and place in a clean mixing bowl.

Add the mashed tomatoes, 50ml mustard oil, ginger garlic paste, cumin, chili, timmur, alaichi powder, dry red chili paste, salt, and spring garlic leaves.

Mix well all the ingredients.

Garnish with chopped green coriander and serve chilled with beaten rice.





## DAMEKO MACHHA (GRILLED FISH)

Local fish flavoured with Nepali spices and grilled in mustard oil, served with bread (roti) or chamre as a main course



30 MINUTES



3 PORTIONS

### INGREDIENTS

Fish fillet (Skinless)	800gm
Garlic and ginger paste	5gm
Alaichi powder	5gm
Cumin (Jeera) powder	3gm
Turmeric powder	3gm
Chili powder	5gm
Lemon juice	15ml
Salt	To taste
Mustard oil (Tori ko Tel)	30ml for grilling
Micro greens, lemon wedges, grilled tomato	for garnish

### METHOD

Pat dry the fish fillet with a clean towel or tissue paper.

Arrange in a tray and marinate with lemon juice, ginger and garlic paste, salt, chili, turmeric, cumin, and alaichi powder.

Heat the griddle or tawa.

Grease with mustard oil.

Grill the fish fillet on the heated tawa or griddle on both sides until well cooked.

Arrange in a plate and garnish with micro greens, grilled tomato, and lemon wedges.

Serve with alaichi tomato chutney. (see page no. 64)

## KHASI KO LEDO BEDO (MUTTON CURRY)

Local mutton curry flavoured with Nepali spices, served with rice, bread (roti), or buckwheat/millet/corn mush (dhido).



30 MINUTES



4 PORTIONS

### INGREDIENTS

Mutton	600gm
Tomato, chopped	160gm
Onion, sliced	100gm
Ginger paste	15gm
Garlic paste	15gm
Alaichi powder	5gm
Coriander (Dhaniya) powder	5gm
Cumin (Jeera) powder	5gm
Turmeric powder	3gm
Mustard oil (Tori ko Tel)	50ml
Chili powder	10gm
Green coriander (Dhaniya), chopped	For garnish
Bay leaf (Tejpat)	2 leaves
Salt	To taste

### METHOD

Cut the mutton into even pieces.

Heat the mustard oil in a thick bottomed pot.

Temper bay leaf in the oil.

Add sliced onions and cook till light brown in colour.

Add the mutton pieces and cook till dark brown.

Add ginger garlic paste, salt, and powder spices except alaichi. Cook for 5-6 minutes.

Add water if required and cover with a tight-fitting lid and cook over low heat till water is absorbed by the meat.

Add tomato and cook for 30-40 minutes or until the meat is tender. Adjust the seasoning.

Sprinkle alaichi powder and stir well.

Serve hot, garnished with chopped green coriander (Dhaniya).





## KUKHURA KO JHOL (CHICKEN CURRY)

A stew prepared from local Nepali chicken served with rice, bread (roti), or buckwheat/millet/corn mush (dhido).



1 HOUR



4 PORTIONS

### INGREDIENTS

Local chicken	500gm
Onion, sliced	80gm
Tomato, chopped	120gm
Ginger/ garlic paste	15gm
Alaichi whole	4 nos.
Bay leaf (Tejpat)	2 leaves
Dry red chili	3 nos.
Cumin (Jeera) seeds	2gm
Salt	To taste
Cumin (Jeera) powder	3gm
Coriander (Dhaniya) powder	3gm
Turmeric powder	3gm
Chili powder	5gm
Alaichi powder	3gm
Mustard oil (Tori ko Tel)	50ml
Green coriander (Dhaniya) chopped	For garnish
Water as required	

### METHOD

Cut the local chicken into even pieces and keep aside.

Heat the mustard oil in a thick bottomed pan.

Temper alaichi, cumin seeds, bay leaves, and red chilis in the oil.

Add onions and cook until light brown.

Add chicken, cook for 10-15 minutes and then add ginger garlic paste, cumin, turmeric, and coriander powder.

Add chopped tomatoes, stir well and cook for 4-5 minutes. Add enough water to cover the meat season with salt.

Cover with a tight fitting lid and cook until tender.

Adjust the seasoning and consistency.

Sprinkle chopped fresh green coriander (Dhaniya) and alaichi powder.

Serve hot.

## PORK SEKUWA (GRILLED PORK)

Pork meat marinated in spices and barbequed over an open flame.



1 HOUR



4 PORTIONS

### INGREDIENTS

Pork	1kg
Sekuwa masala (see page no. 86)	20gm
Mustard oil (Tori ko Tel)	15ml
Chili powder	5gm
Ginger garlic paste	15gm
Lemon juice	10ml
Salt	To taste

### METHOD

Dice the pork into equal sizes.

Marinate with the rest of the ingredients.

Grill on grill bar or griddle until well cooked.

Serve as snacks or with buckwheat/millet/corn mush (dhido) or bread (roti) and alaichi tomato chutney. (See page no. 64)





## MUTTON KWATI (MUTTON AND BEAN SOUP)

A traditional soup made out of mutton and nine different kinds of beans.



### INGREDIENTS

Mutton shank (Khutti)	300gm
Mixed beans (Kwati), soaked	250gm
Mustard oil (Tori ko Tel)	40ml
Alaichi whole	4 nos.
Ginger chopped	20gm
Garlic chopped	20gm
Carom (Juano) seeds	3gm
Green chili	5gm
Lemon juice	5ml
Bay leaf (Tejpat)	1 no.
Turmeric powder	3gm
Barha masala (see page no. 83)	2gm
Salt	To taste
Water	2 ltr
Ghee	30ml
Coriander (Dhaniya) leaf and spring onion (Hariyo Pyaj)	for garnish

### METHOD

Heat mustard oil in a pressure cooker.

Crackle alaichi and add chopped ginger and garlic.

Once lightly brown, add mutton and cook for 5-6 minutes till light brown.

Add turmeric powder, alaichi barha masala, bay leaf, green chili, and cook for another 2 minutes.

Add water and salt then close the lid and let the pressure cooker whistle 8 times.

Release the pressure and then add kwati. Whistle another 8 times or until both meat and kwati is cooked.

Once ready, heat the ghee in a separate pan and crackle carom seeds.

Temper the kwati with carom seeds and check the seasoning.

Add lemon juice. Serve hot garnished with coriander or spring onion.

## HAAS SANDEKO (MARINATED DUCK)

Grilled duck meat marinated with Nepali spices and mustard oil.



90 MINUTES



4 PORTIONS

### INGREDIENTS

Duck breast or with bone	500gm
Garlic, julienne	20gm
Medium tomato, julienne	50gm
Onion, sliced	30gm
Ginger, julienne	20gm
Spring garlic (Hariyo Lasun), sliced	10gm
Mustard oil (Tori ko Tel)	60ml
Fenugreek (Methi) seed	3gm
Green chili sliced	10gm
Turmeric powder	3gm
Alaichi powder	3gm
Sichuan pepper (Timmur) powder	(Optional)
Lime juice	10ml
Roasted chili flakes	5gm
Salt (to taste)	To taste

### METHOD

Cut the duck breast into bite size pieces.

Season with salt and grill on fire or griddle.

Once cooked, mix with all of the above ingredients except fenugreek & mustard oil.

Heat the mustard oil, add fenugreek and crackle till dark brown.

Temper the mixture of duck and mix well.

Serve as a snack or appetizer.





## MUTTON TAAS (SLICED AND GRILLED MUTTON)

Boneless meat sliced and marinated in Nepali herbs and spices, then grilled, resulting in an assertively crispy texture.



1 HOUR



4 PORTIONS

### INGREDIENTS

Mutton, boneless cubes	450gm
Mustard oil (Tori ko Tel)	70ml
Garlic, crushed	50gm
Ginger, crushed	50gm
Green chili, roughly cut	2nos
Garam masala (Barha masala) (see page no. 83)	5gm
Alaichi powder	5gm
Roasted Coriander (Dhaniya) powder	10gm
Lemon juice	15ml
Salt	To taste

### METHOD

Mix all the ingredients with the meat to marinate with rest the marinated meat for at least 4-5 hours.

Grill the meat in a thick griddle pan (taawa).

Gradually start collecting them on the edge of the taawa at low heat.

Cook the grilled meat until crispy outside while maintaining the juiciness inside.

Serve with chutney or salad.

## MACHI JHOL (FISH STEW)

Labeo rohita (Rohu fish), pan-fried and then cooked into a stew, ideal as a main course, served with rice or bread (roti).



45 MINUTES



4 PORTIONS

### INGREDIENTS

Labeo rohita (Rohu Fish)	500gm
Turmeric powder	3gm
Cumin (Jeera) powder	5gm
Coriander (Dhaniya) powder	5gm
Red chili powder	5gm
Garlic paste	10gm
Ginger paste	10gm
Mustard oil (Tori ko Tel)	20ml
Lemon juice	15ml
Salt	To taste

### FOR JHOL

Yellow mustard (Rayo) (Soaked/paste)	50gm
Turmeric powder	5gm
Cumin (Jeera) powder	5gm
Coriander (Dhaniya) powder	5gm
Garlic paste	10gm
Ginger paste	10gm
Tomatoes fine chopped	80gm
Onion paste	40gm
Alaichi whole	4 nos.
Bay leaf (Tejpat)	2 leaves
Fresh chilis	3pcs
Mustard oil (Tori ko Tel)	70ml
Lemon juice	15ml
Water	1ltr
Salt	To taste
Green coriander (Dhaniya)	For garnish

### METHOD

Wash the fish, fillet it, and marinate with the mentioned ingredients.

Heat mustard oil in a wok (karai) and crackle alaichi and bay leaves until light brown.

Add onion paste, fresh green/red chilis, garlic and ginger paste, and cook until light brown.

Add chopped tomatoes, ground mustard paste, turmeric, and salt according to taste.

Cook the tomatoes until they are soft.

Add cumin, coriander, and water to make jhol (curry).

Meanwhile, pan fry the marinated fish in a tawa until just cooked.

Squeeze lemon juice and add the fish pieces gently to the curry.

Simmer the curry for 5-6 minutes on low heat with the lid on.

Once ready, garnish with green coriander. Serve with rice or bread (roti).





## PAKKU (SPICY DRY MUTTON)

Dry, blackened, soft and spicy delicious mutton dish. Usually prepared during Dashain festival, served with rice or beaten rice.



90 MINUTES



4 PORTIONS

### INGREDIENTS

Mutton	800gm
Mustard oil (Tori ko Tel)	30ml
Ghee	50gm
Alaichi powder	5gm
Nutmeg (Jaiphal) powder	1gm
Cloves (Lwang)	4 nos.
Bay leaf (Tejpat)	2 leaves
Turmeric powder	3gm
Cumin (Jeera) powder	5gm
Coriander (Dhaniya) powder	5gm
Chili powder	5gm
Ginger garlic paste	15gm
Salt	To taste
Green coriander (Dhaniya), chopped	For garnish

### METHOD

Cut the mutton with bone and skin into bite size pieces.

Marinate with oil and spices including salt and ginger garlic paste.

Heat a thick bottomed pot and temper bay leaf and cloves in oil.

Add mutton and stir continuously.

Put the lid on and cook over a low flame.

Stir regularly. Add water if necessary and cook until tender.

Add ghee, mix well and keep in a cool place or in the refrigerator.

Heat before serving. Garnish with coriander leaves.



VEG RECIPES

## MAKAI KO CHYAKHLA (CORNMEAL)

Corn grits prepared from local maize served with curry and chutney.



30 MINUTES



2 PORTIONS

### INGREDIENTS

Cornmeal (Makai ko chyakhla)	2cups
Ghee	1tbsp
Alaichi	5gm
Cinnamon (Dalchini)	5gm
Clove (Lwang)	5gm
Salt	1pinch
Water	5cups

### METHOD

Put the cornmeal (makai ko chyakhla) in a bowl, add a cup of water and soak for 30 minutes.

Heat the ghee in a thick bottomed pot.

Temper the ghee with alaichi, cinnamon, and cloves.

Add water with salt and bring to a boil.

Add the soaked chyakhla and stir well.

Cover with a tight fitting lid and cook on a low flame for 20 to 25 minutes until chyakhla is tender and fluffy.

Serve hot.





## KERA RA MAKAI KO MO:MO (BANANA AND CORN DUMPLING)

Traditional Nepali dumplings with a banana and corn filling, ideal as a snack with alaichi tomato chutney.



1 HOUR



6 PORTIONS

### INGREDIENTS

Sweet corn	300gm
Raw banana	300gm
Onion	200gm
Alaichi powder	5gm
Ginger garlic paste	15gm
Tarkari masala (see page no. 82)	5gm
Coriander (Dhaniya) leaf	50gm
Spring onion (Hariyo Pyaj)	50gm
Salt	To taste
Butter	50gm

### FOR DOUGH

Flour	500gm
Water	220ml

### METHOD

Mix flour and water and make a stiff dough. Rest for a while.

Prepare filling by mixing all the ingredients.

Roll out the dough into small circles and place a small amount of filling inside. Close the dough with the filling by twisting the ends into a dumpling shape.

Apply oil in a steamer and steam for 5-6 minutes.

Serve hot with alaichi tomato chutney. (see page no. 64)

## GAVA KO TARKAARI (TARO LEAF CURRY)

A rich but healthy curry made out of taro leaves, served as a main course with rice or bread (roti).



30 MINUTES



6 PORTIONS

### INGREDIENTS

Taro (Gava) leaves	500gm
Garlic, chopped	50gm
Ginger, chopped	50gm
Salt	To taste
Lemon juice	10ml
Tarkari masala (see page no. 82)	5gm
Green chili, chopped	2 nos.
Corn flour	5gm
Ghee/ Oil	50ml
Cumin (Jeera) seeds	5gm
Sichuan pepper (Timmur)	5gm
Alaichi	2 nos.

### METHOD

Clean, peel, and cut the taro stem and leaves.

Heat the ghee or oil in a wok (karai).

Temper sichuan pepper, cumin seeds till light brown.

Add ginger, garlic, green chili, and cook till light brown.

Add taro leaves, season with tarkari masala and salt.

Cover with a lid. Cook for approx. 15 minutes over medium heat.

Add cold water to corn flour to make a diluted paste.

Add diluted corn flour and stir vigorously.

Add lemon juice and sprinkle alaichi powder on top.

Serve hot with rice, bread (roti), or buckwheat/millet/corn mush (dhido).





## OAL CURRY (ELEPHANT FOOT YAM CURRY)

Elephant foot yam curry is a healthy dish that tastes best when served with marsa (brown) rice.



45 MINUTES



6 PORTIONS

### INGREDIENTS

Elephant foot yam (Oal)	500gm
Mustard oil (Tori ko Tel)	50ml
Onion, chopped	70gm
Tomato, chopped	50gm
Ginger	20gm
Garlic	20gm
Cumin (Jeera) seed	3gm
Green chili, chopped	2 nos.
Lemon juice	5ml
Alaichi powder	5gm
Tarkari masala (see page no. 82)	3gm
Bay leaf (Tejpat)	1 leaf
Turmeric powder	5gm
Salt	To taste

### METHOD

Peel and dice the elephant foot yam and dip in cold water.

Heat the oil and temper with cumin seeds and bay leaf.

Add onions, cook till light brown, and add chopped green chilies.

Add elephant foot yam, sprinkle tarkari masala, alaichi powder, salt, and cook for 10-12 minutes with a lid on.

Add ginger and garlic paste and cook for 3-4 minutes.

Add tomato and water. Cook slowly over low heat until the oal is tender.

Adjust the seasoning.

Serve hot with marsa (brown) rice

## ALAICHI RA GOLVEDA KO ACHAAR (ALAICHI TOMATO CHUTNEY)

A healthy chutney made of alaichi and tomatoes, ideal as an accompaniment to any main course.



### INGREDIENTS

Cherry tomatoes, chopped	200gm
Garlic, chopped	20gm
Ginger, chopped	10gm
Cumin (Jeera) powder	3gm
Coriander (Dhaniya) powder	3gm
Green coriander (Dhaniya), chopped	5gm
Sichuan pepper (Timmur)	3gm
Mustard oil (Tori ko Tel)	20ml
Chili powder	5gm
Alaichi powder	5gm
Salt	To taste

### GARNISH

Fenugreek (Methi) seed	3gm
Garlic, sliced	5gm
Roasted dry red chili	5gm

### METHOD

Roast cherry tomatoes over a flame.  
Combine all the ingredients and blend then coarsely.  
Transfer into a large bowl.  
Heat some mustard oil in a pan. Add fenugreek until it crackles and turns dark.  
Add slices of garlic and roasted dry chilies and fry till light brown.  
Pour the oil mixture onto the tomatoes.  
Mix well and let it cool for at least 10 minutes.  
Serve chilled with snacks or any main course.





## ALAICHI METHI AALOO (ALAICHI MARINATED POTATO)

Potatoes sauteed with fenugreek leaves which impart a strong flavour and aroma, goes very well with bread (roti).



45 MINUTES



4 PORTIONS

### INGREDIENTS

Potatoes	500gm
Mustard oil (Tori ko Tel)	30ml
Ghee	20gm
Garlic, julienne	15gm
Ginger, Julienne	20gm
Alaichi powder	5gm
Fenugreek (Methi) seed	20gm
Cumin (Jeera) powder	10gm
Red chili powder	10gm
Dry red chili	2/3 nos.
Turmeric powder	5gm
Salt	To taste
Lemon juice	15ml
Green coriander (Dhaniya), chopped	15gm

### METHOD

In salted water, boil the potatoes with the skin.

Once cooked, peel and cut the potatoes into cubes.

Heat the oil in a frying pan, add fenugreek until it crackles and turns black, add dry chili and turmeric powder.

Add the finely julienned garlic and ginger.

Add potato cubes and toss for 2-3 minutes on high heat.

Add alaichi powder, cumin powder, and red chili powder.

Adjust the seasoning and add lemon juice.

Garnish with chopped coriander and serve.

## CHAMSOOR KO KHEER (GARDEN CRESS PUDDING)

Garden cress pudding is a sweet and creamy dessert that can be served either hot or cold.



1 HOUR



4 PORTIONS

### INGREDIENTS

Garden cress (Chamsoor) seeds	50gm
Milk	1.5 ltr
Sugar	150gm
Alaichi powder	3gm
Kheer masala (see page no. 84)	5gm
Almonds, sliced	50gm
Raisins	100gm
Ghee	50gm
Rose water	Few drops

### METHOD

Soak the garden cress seeds in water for 2-3 hours.

Boil the soaked seeds in water for about 5 minutes to until soft.

In a deep pan, boil milk and add sugar.

Reduce the milk to a thick consistency.

Add the boiled seeds, cook on low heat for 5 minutes then add alaichi powder, kheer masala, rose water and ghee and mix thoroughly.

Garnish with raisins and almonds. Serve hot or cold.





## MAAS KO BATUK (LENTILS FRITTERS)

Deep fried lentil fritters is usually prepared during festivals and holy rituals.



45 MINUTES



2 PORTIONS

### INGREDIENTS

Black lentils (Kalo maas)	200gm
Ginger, chopped	15gm
Turmeric powder	5gm
Alaichi powder	5gm
Green chili, chopped	2 nos.
Salt	To taste
Vegetable oil	For deep frying

### METHOD

Soak black lentils for 5–6 hours. Drain the lentils completely.

Grind the lentils into a medium-fine paste.

Transfer the paste to a large bowl. Add all the ingredients and mix them together.

Heat vegetable oil in a karai or deep pot. Check the oil by dropping a tiny amount of the paste; if it starts sizzling immediately then the oil is ready for frying.

Wet your hand, take a small handful of paste, make a doughnut or ring-shape with a small hole in the middle, and drop it into the oil carefully.

#### Tips:

The same mixture can be used to make fulaura by shaping the paste into small balls and frying until golden brown.

## LAPSI KO ACHAR (NEPALI HOG PLUM CHUTNEY)

Lapsi ko achar is a hot, spicy, and sweet pickle made from local Nepali hog plums that is sure to add flavour to any food.



1 HOUR



2 PORTIONS

### INGREDIENTS

Nepali hog plums (Lapsi)	1kg
Cumin (Jeera) seeds	5gm
Anise seed (Metha Saunf)	15gm
Chili flakes	15gm
Ginger crushed	200gm
Alaichi powder	20gm
Fenugreek (Methi) seed	3gm
Mustard oil (Tori ko Tel)	150ml
Sugar	500gm
Black salt	30gm
Salt	To taste
Water	500ml

### METHOD

Put lapsi in a pot and add enough water to cover the lapsi. Cook for 10 to 15 minutes.

Take out the lapsi from the pot and check to see if it is cooked well and if the skin comes off easily.

Peel off the skin and set aside. Put the peeled lapsi in a bowl.

In a big pan, heat oil and fry fenugreek seeds until they are dark brown in colour.

Then add anise seed, cumin, ginger, and chili flakes.

Fry for a few seconds. Add all the lapsi to the pan and stir well.

Add sugar black salt and salt and cook on low heat mixing well. Add water to make it to a desired consistency.

Once the mixture thickens, the achar is ready.

#### Tips:

Sweet mango achar can be made using the same process.





## TIL KO CHHOP (DRY SESAME CHUTNEY)

Til ko Chhop is a versatile powder that can be used as a chutney on its own or as an ingredient for other dishes.



20 MINUTES



2 PORTIONS

### INGREDIENTS

Roasted Sesame (Til) seeds	250gm
Roasted dry chili	100gm
Black salt	30gm
Salt	15gm
Lemon concentrate (Chuk)	100ml
Nepali hog plum (Lapsi) powder	100gm
Alaichi powder	30gm
Mustard oil (Tori ko Tel)	50ml

### METHOD

Mix roasted sesame seeds, dry chili, black salt, salt, alaichi powder, and grind together.

Add lemon concentrate and mustard oil.

Mix gently and keep in an airtight container.

#### Tips:

Chutney can be made following the above procedure with perilla seeds (silam), flax seeds (alas), and pumpkin seeds instead of sesame seeds.

## ALAS KO CHHOP (DRY FLAX CHUTNEY)

Alas ko chhop is a dry chutney that goes well with meat but can also be eaten on its own.



20 MINUTES



2 PORTIONS

### INGREDIENTS

Flax (Alas) seeds	300gm
Dry chili	50gm
Sichuan pepper (Timmur) powder	20gm
Black salt	50gm
Lemon concentrate (Chuk)	40ml
Mustard oil (Tori ko Tel)	60ml
Alaichi	20gm

### METHOD

Grind all the dry ingredients.  
Mix well with fresh mustard oil and lemon concentrate.  
Serve as an accompaniment to grilled or deep fried meats or fish.



## NIGALO KO TUSA KO JHOL (BAMBOO SHOOT CURRY)

Nigalo ko Tusa ko Jhol is a unique Nepali curry that is tangy in flavour and goes well with plain rice, bread (roti), or beaten rice.



45 MINUTES



4 PORTIONS

### INGREDIENTS

Bamboo shoot (Tusa peeled and cut into small pieces)	300gm
Sour butter milk (Moi)	300ml
Onion	30gm
Green chili, chopped	2 nos.
Garlic cloves, chopped	10gm
Ginger, chopped	10gm
Fenugreek (Methi) seeds	2gm
Cumin (Jeera) seeds	2gm
Red chili powder	5gm
Alaichi powder	2gm
Tarkari masala (see page no. 82)	5gm
Turmeric powder	3gm
Gram flour (Besan)	15gm
Ghee or Mustard oil (Tori ko Tel)	50ml
Salt	To taste

### METHOD

Heat mustard oil or ghee in a saucepan over medium heat.

When oil is hot enough, fry fenugreek, cumin, and mustard seeds.

Add chopped onions, green chili, ginger and garlic and fry until golden brown.

Add turmeric powder, gram flour (besan), salt, cumin, coriander powder, tarkari masala, alaichi powder, and red chili powder.

Give it a stir and add the tusa and butter milk. Put the lid on and cook for about 20-30 mins over medium heat.

Serve with rice or bread (roti).





SPICES

## TARKARI MASALA (VEGETABLE CURRY SPICES)

A traditional spice blend for preparing any kind of vegetable.



20 MINUTES

### INGREDIENTS

Alaichi	50gm
Coriander seeds (Dhaniya)	50gm
Cumin seeds (Jeera)	100gm
Cloves (Lwang)	50gm
Cinnamon (Dalchini)	30gm
Sichuan pepper (Timmur)	10gm
Turmeric	10gm

### METHOD

Grind all the spices and sieve. Use the spice mix (tarkari masala) to prepare dry or gravy vegetable curry.



## BARHA MASALA (TWELVE SPICES)

Barha Masala is a seasoning made of 12 spices used for marinating various meats. It adds a unique Nepali flavour to the dishes.



20 MINUTES

### INGREDIENTS

Alaichi	30gm
Coriander (Dhaniya) seeds	50gm
Cumin (Jeera) seeds	50gm
Cloves (Lwang)	20gm
Cinnamon (Dalchini)	30gm
Carom (Juano) seeds	20gm
Bay leaves (Tej Pat)	5 nos.
Mace (Javitri)	20gm
Nutmeg (Jaiphal)	10gm
Pepper corns (Kalo Marich)	10gm
Dry chili	20gm
Turmeric	10gm

### METHOD

Grind all the spices and sieve. Use the spice mix (barha masala) to prepare spicy Nepali curry dishes.



## KHEER MASALA (PUDDING SPICES)

A special Nepali spice blend used to make desserts, especially rice pudding.



20 MINUTES

### INGREDIENTS

Alaichi	100gm
Nutmeg (Jaiphal)	10gm
Cloves (Lwang)	20gm
Black pepper	10gm

### METHOD

Dry all the ingredients and grind them together.  
Sieve and use the spice mix (kheer masala) to flavor kheer or any pudding.



## TEA MASALA

An aromatic spice blend used to make Nepali masala tea.



20 MINUTES

### INGREDIENTS

Alaichi	100gm
Fennel (Saunf) seeds	80gm
Cloves (Lwang)	20gm
Dry ginger	15gm
Bay leaf (Tejpat)	Few leaves

### METHOD

Dry all the ingredients and grind them together,  
sieve and use the spice mix (kheer masala) to flavor kheer or any pudding.



## SEKUWA MASALA (BARBEQUE SPICES)

Sekuwa masala is a seasoning used for marinating various meats to make Nepali style barbeque. It adds a unique and authentic Nepali flavour to any meat.



20 MINUTES

### INGREDIENTS

Alaichi	50gm
Clove (Lwang)	50gm
Coriander (Dhaniya) seeds	100gm
Cumin (Jeera) seeds	100gm
Dry red chili	30gm
Yellow mustard (Rayo) seeds	20gm

### METHOD

Broil all the ingredients and grind them together.  
Sieve and use the spice mix (sekuwa masala) to marinate meat before roasting.  
Sprinkle some of the masala after removing from the charcoal fire.



## MEAT MASALA

A blend of natural spices that enhances the taste of any meat dish.



20 MINUTES

### INGREDIENTS

Cumin (Jeera) seeds	200gm
Coriander (Dhaniya) seeds	100gm
Alaichi	100gm
Cinnamon (Dalchini)	40gm
Cloves (Lwang)	50gm
Nutmeg (Jaiphal)	15gm
Dry red chili	40gm
Dry ginger	30gm
Bay leaf (Tejpat)	5gm
Turmeric powder	10gm

### METHOD

Dry all the ingredients and grind to a powder.  
Use the spice mix (meat masala) to flavour meat dishes.





DESSERTS



## SAKHARKHANDA KO KHEER (SWEET POTATO PUDDING)

A pudding prepared from sweet potatoes served as a dessert or as breakfast.



1 HOUR



6 PORTIONS

### INGREDIENTS

Sweet potato (Sakharkhanda)	500gm
Ghee	15gm
Milk	500ml
Sugar	50gm
Coconut powder	30gm
Alaichi powder	5gm
Cinnamon (Dalchini) powder	5gm
Cashew nuts, Raisins, Almonds	For garnish

### METHOD

Wash, peel and cut the sweet potatoes into even pieces.

Boil until tender.

Drain the water and mash well, while the potatoes are still warm.

Heat some ghee in a pan. Add the mashed sweet potatoes, milk, sugar, alaichi, and cinnamon powder.

Whisk continuously until the milk is reduced and the consistency thickens.

Add coconut powder and mix well.

Remove from heat and serve hot, garnished with chopped dry fruits and nuts.

## CHYAKHLA KO KHEER (CORNMEAL PUDDING)

A sweet pudding made out of corn meal that is best served hot as a dessert.



1 HOUR



6 PORTIONS

### INGREDIENTS

Cornmeal flour (Makai ko chyakhla)	200gm
Milk	1500ml
Ghee	80gm
Dry alaichi (cracked)	4 nos.
Sugar	120gm
Cashew nuts, Almond (flaked)	50gm
Black peppercorn (Kalo Marich) powder	5gm

### METHOD

Heat the ghee in a thick bottomed pot.

Fry the dry nuts until light brown and set aside.

In the same pot crackle alaichi.

Pour milk into the pot and bring it to a boil. Add sugar and chyakhla, stir continuously.

Cook slowly over medium heat till the consistency thickens.

Add fried nuts and combine well.

Serve hot.





## MAKHANA KHEER (FOX NUTS PUDDING)

A unique pudding made out of fox nuts that is as healthy as it is delicious.



45 MINUTES



4 PORTIONS

### INGREDIENTS

Fox nuts (Makhana)	200gm
Milk	1ltr
Alaichi powder	3gm
Sugar	100gm
Cashew nuts	50gm
White pepper (Seto Marich) crushed	3gm
Ghee	50gm

### METHOD

Heat the ghee in a thick bottomed pot.

Fry the dry nuts until light brown and set aside.

Pour milk in the same pan and bring to a boil.

Add fox nuts. Reduce the heat and cook slowly until the fox nut melts and become stender.

Add crushed pepper, alaichi powder, and sugar. Stir well till sugar is dissolved.

Serve hot with garnishes like chopped dry nuts and fruits.

## DHAKANI (SWEETENED BRAISED RICE)

A rice dish prepared with milk and sugar, usually served as breakfast or hi-tea.



45 MINUTES



6 PORTIONS

### INGREDIENTS

Rice (Basmati)	200gm
Ghee	100gm
Milk	1ltr
Alaichi	50gm
Jaggery (Gund)	100gm
Cashew nuts, Raisins, and Almonds	50gm

### METHOD

Wash and soak the rice for 30 minutes.

Heat the ghee in a thick bottomed pan.

Drain the rice and add it to the hot pan stirring continuously. Fry the rice for 2-3 minutes.

Add milk, cook over medium heat, and stir continuously until the milk is almost absorbed.

Add jaggery, stir continuously, and add alaichi powder. Cook till the mixture is stiff.

Garnish with dry fruits and nuts, serve hot as dessert or breakfast.





## ALAICHI DAHI (ALAICHI FLAVOURED YOGHURT)

Yoghurt infused with alaichi that is served best as a digestive, after meals.



30 MINUTES



4 PORTIONS

### INGREDIENTS

Plain curd	1ltr
Sugar (powdered)	60gm
Alaichi powder	10gm
Black salt	5gm
Lemon juice	10ml
Cashew nuts, raisins, and almonds	For garnish

### METHOD

Hang the curd in a muslin cloth for approximately 3 hours to strain the excess water.

Pour the hung curd into a clean mixing bowl.

Add sugar, black salt, lemon juice, and alaichi powder and whisk till all ingredients are mixed well.

Serve chilled with garnishes like chopped dry fruits and nuts.

## KAGUNO KO KHEER (FOXTAIL MILLET PUDDING)

A healthy pudding usually serves as a dessert.



45 MINUTES



6 PORTIONS

### INGREDIENTS

Foxtail millet (Kaguno)	200gm
Milk	1.5ltr
Alaichi	3 nos.
Sugar	80gm
Milk solids (Khuwa)	100gm
Alaichi powder	3gm
Cashew nuts	50gm
White pepper (Seto Marich) crushed	3gm

### METHOD

Wash and soak millet in fresh water for 4 hours and drain well.

Boil the milk with alaichi in a clean pot.

Add foxtail millet, cook over low heat until the foxtail millet is well cooked.

Add pepper, alaichi powder, milk solids (khuwa), and sugar.

Stir well until sugar dissolves.

Add chopped nuts and serve hot.





## ALAICHI JHAR ROTI

Deep-fried roti made out of rice flour that is usually prepared during festivals and lasts for a long time.



1 HOUR



4 PORTIONS

### INGREDIENTS

Rice	1kg
Sugar	50gm
Salt	3gm
Alaichi powder	15gm
Water	400ml
Oil	For deep frying

### METHOD

Wash and soak rice for 3-4 hours.

Strain all the water and dry it.

Grind the rice into flour.

Add salt, sugar, and alaichi powder.

Knead to a stiff dough.

Roll out in circle shapes and deep fry.

Serve hot with curry (tarkari) and alaichi methi aaloo.

(See page no. 67)

## SEL ROTI (NEPALI DOUGHNUT)

A Nepali deep-fried bread, usually doughnut shaped, prepared during festivals such as Dashain, Tihar, Maghe Sankranti etc.



1 HOUR



6 PORTIONS

### INGREDIENTS

Glutinous rice (Taichin)	500gm
Rice flour	250gm
Ghee	50gm
Sugar	150gm
Water	400ml
Alaichi powder	15gm
Oil	For deep frying

### METHOD

Soak the rice in clean water for 4 hours and drain well.

Coarse grind the rice with sugar

Pour in a mixing bowl and add rice flour, alaichi powder, and ghee.

Mix all the ingredients well using both hands.

Add water little by little to make a smooth batter.

Heat the oil in a thick bottomed frying pan at approx. 200 degree Celsius.

Take batter in the hand and drop over the oil in the shape of a doughnut.

Cook until golden brown on both sides.

Serve hot with prepared curry (tarkari) or alaichi methi aaloo. (See page no. 67)





## ALAICHI ARSA ROTI

A rice flour sweet bread flavoured with jaggery and eaten as a dessert or a snack with tea.



45 MINUTES



4 PORTIONS

### INGREDIENTS

Rice	500gm
Jaggery (Gund)	200gm
Water	180ml
Alaichi powder	5gm
Ghee	50gm

### METHOD

Soak and grind rice to a fine texture.  
 Mix water, jaggery, ghee, and alaichi powder in a pot and bring it to a boil.  
 Add rice flour and cook to a stiff dough.  
 Once ready, let it cool for 30 minutes.  
 Roll into a flat bread shape.  
 Deep fry at a temperature of 185 degree Celsius.  
 Serve hot as a breakfast or during hi-tea.

## ANARSA ROTI

A sweet bread flavoured with poppy seeds that are usually prepared during festivals like Laxmi Puja, Bhai Tika, and weddings.



45 MINUTES



4 PORTIONS

### INGREDIENTS

Rice	1kg
White Sugar	500gm
Alaichi powder	15gm
Ghee	100ml
Poppy (Khus) seeds	For garnish
Oil	For deep frying

### METHOD

Soak the rice overnight in cold water.

Drain and grind the rice roughly with sugar.

Add alaichi powder and ghee, knead to a stiff dough.

Roll into round shapes of equal sizes, sprinkle poppy seeds, and deep fry over low heat on only one side till cooked.

Serve with tea.



## ALAICHI KAGATI SHERBET

Alaichi Kagati Sherbet is a refreshing sweet-salty-tangy drink usually served to welcome guests during the summer.



20 MINUTES



4 PORTIONS

### INGREDIENTS

Cold water	2ltr
Alaichi powder	1tbsp
Lemon juice	20ml
Black salt	1tbsp
Sugar	150gm

### METHOD

Mix all the ingredients and chill before serving as a welcome drink.



## CREDITS

### COOKING COMPETITION AMONGST APPRENTICES PARTICIPANTS

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Monika Chaudhary  
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Arati Mahato  
Anjali Raut  
Puran Thapa  
Binod Budhathoki  
Arbind Mishra  
Pradip Thapa Magar  
Ghanashyam Gautam  
Milan Rana  
Nabin Rana  
Ramesh Shrestha  
Rojit Chhetri  
Rajendra Ghimire  
Manmaya Rai  
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Dhanman Giri  
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Rudra Thapa  
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Arati Khadka  
Sita Moktan  
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Basanta Rai  
Saroj Bishwakarma  
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Bikesh Manandher  
Amrita Awal  
Sudin Thapa  
Tul Bahadur Tamang  
Sudip Bhujel  
Alon Chitrakar  
Suraj Tamang  
Gopal Timsina  
Laxman Sinjali Magar  
Tek Bahadur Budathoki  
Kumar Khatri  
Bishal Basnet  
Olis Tamang

## **COMPETITION HOST VENUE**

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### **RECIPES DEVELOPMENT AND ENHANCEMENT**

Bhanche Laxman Bhandari

### **METHODS DEVELOPMENT AND ENHANCEMENT TEAM**

Chef Surya Kiran Shrestha  
Chef Shyam Bahadur Tamang  
Chef Subarna Man Karmacharya  
Chef Bishnu Maharjan  
Chef Surya Mahat

### **HELPING TEAM**

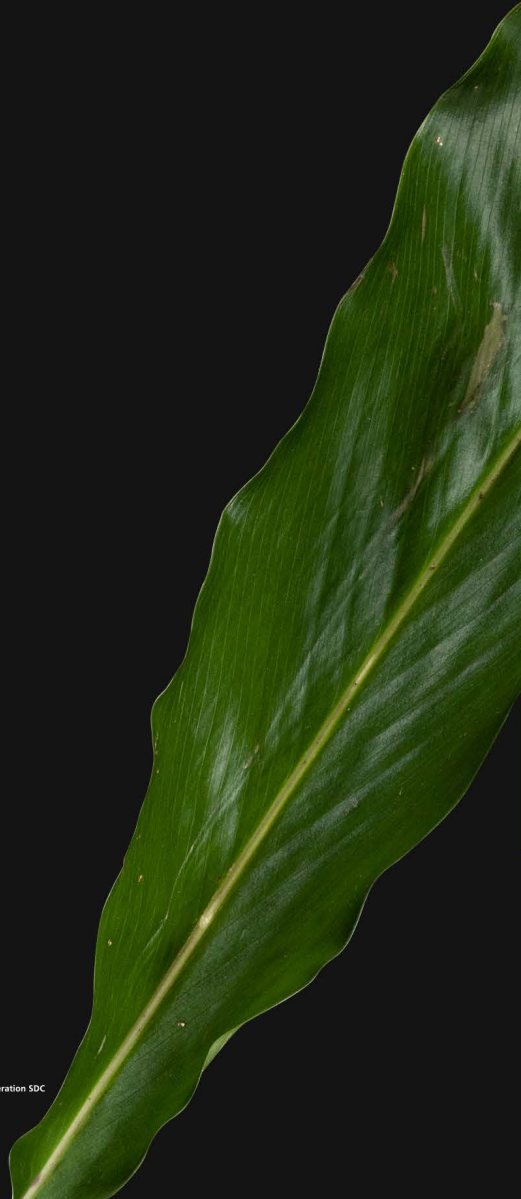
Chef Ratna Bahadur Thapa  
Chef Padam Ale Magar  
Chef Sunil Tamang  
Chef Mohan Gajurel

### **FOOD PHOTOGRAPHY TEAM**

Prashanna Maharjan (Photographer)  
Nidesh Shrestha (Asst. Photographer)

### **SPECIAL THANKS TO**

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