# Takari- Nepalese Vegetable Curry

**Ingredients:**

4 cups mixed vegetables ie pumpkin, eggplant, broccoli, mushrooms

2 tblsp oil

2 onions finely chopped

1tblsp Ginger

1 tblsp garlic

1 tsp cumin

1 tsp turmeric

4 chopped tomatoes

1 tsp red chilli flakes

1. Chop all vegetables into small cubes and set aside
2. Heat oil in a pan over medium heat, add chopped onions and cook until lightly brown
3. Add potatoes and cook for 5 minutes
4. Add other vegetables except tomato and cook for 5 minutes
5. Add ginger, garlic, tomato, cumin, turmeric, chilli
6. Stir and cover the pan with a lid, cook for 10 minutes, stirring occasionally
7. Add ½ cup of water partway through cooking if needed

# A bowl of soup and pizza  Description automatically generatedLentil Dal

½ litre water

1 cup lentils

½ tsp turmeric

½ tsp salt

2 tsp sunflower oil

½ tsp cumin dried

**Oil fry toppings**

1 tsp cumin seeds

2 tsp dried chillies

1 tbsp garlic paste

2 tbsp sunflower oil

1. Add water, lentils, cumin powder, turmeric, oil and salt to a saucepan
2. Cook on medium heat for 30 minutes stirring regularly
3. Add water if the mixture starts to get dry

**Oil fry topping**

1. Heat oil and cumin seeds until the seeds turn brown
2. Take the oil off the heat and add chillies and garlic
3. Fry until the mix goes brown

Add the oil mixture to the top of the dal for serving

# Alu Dum- Fried Potatoes



500g potato

½ cup Green peas

1 diced onion

2 tsp cumin seeds

1 tsp turmeric

1 tsp chilli flakes

1 tsp ginger

2 tsp garlic

2 tblsp oil

Spring onion chopped

1. Heat oil in a pan over a medium heat, add cumin seeds
2. When they turn golden, add onion and fry until brown
3. Add potatoes and turmeric, mix in peas, cover and cook for 5 minutes
4. Add in remaining ingredients and cook for 5 minutes until potato is tender



# Kiri (rice pudding)

Ingredients:

 - Milk (2 litres)

- Rice (1 cup of round rice)

- Cashews or coconut chopped (2 table spoons)

- Butter 2 table spoons

- Sugar (2 tablespoons or according to your taste)

- 5 Cloves crushed

- 5 Cardamom pods

Method:

1. Wash the rice and keep aside. Chop nuts and crush cloves and cardamom using a mortar and pestle.
2. Heat the milk in a heavy bottomed pan.
3. When the milk starts boiling, add the rice, nuts, crushed spices and sugar. Boil for 10-15 mins.
4. When the milk reduces to 3/4, reduce flame to low, stir the rice occasionally so it does stick to the pan. Cook for 25-30 mins till the rice is cooked and the milk is reduced to half. As the milk reduces the dish will become thick in texture.

**Place in a serving dish and garnish with chopped nuts and raisins. You can serve it hot or cold.**