



Greenmarket Recipe Series

DOLMA'S MOMOS

By Dolma, Samascott Orchards stand worker and momo expert!

Ingredients:

For the Dough:

- *2 cups all-purpose flour
- ¾ cups warm water

For the Filling:

- *Ground beef or DiPaola's sweet Italian turkey sausage (1lb makes ~50 momos)
- *1 red onion, diced

- *1 bunch cilantro, diced (include the stems!)
- *4 scallions, sliced
- *1 Tbsp ginger, diced
- *1 stalk celery, diced
- olive oil
- salt

**** Ingredients available seasonally at your neighborhood Greenmarket***

Instructions:

For the Dough:

- Pour flour into a medium sized bowl and make a well in the center. Pour water slowly into the well and then begin to incorporate it into the flour with your hands or a wooden spoon. Keep adding splashes of water and kneading until a firm dough forms.
- Knead dough on a flourey surface for about two minutes until dough is somewhat elastic then set aside in a covered container (a pot with a lid works well!) while you prepare your filling.

For the Filling:

- Dice the onion, celery, ginger, and cilantro and finely slice the scallions.
- Place the ground meat in a bowl then add in onion, celery, cilantro, ginger, and scallions.
- Ground beef, especially grassfed, tends to be drier than turkey. If you're making your momos with ground beef, you'll want to add more olive oil and salt to the mixture than if you're using turkey. Plus, DiPaola's sweet Italian turkey sausage already has a lot of flavor so if you're using that, you'll need less salt. For beef, add two tablespoons of olive oil and 1 Tbsp of salt (you can always cook a small piece of the filling before making the momos to make sure you got the salt content right!). For turkey, add 1 Tbsp of oil and 1 tsp of salt. Add 1 Tbsp of water to each and continue mixing.
- With your hands or a wooden spoon, mix everything together!

The Momos:

- Take your dough and shape it into a thin log then break off small chunks. Roll each chunk into a smooth ball then lightly flatten.
- With a rolling pin, roll out each dough ball out into a thin circular shape. You want the dough to be slightly thinner along the edges of the circle to prevent the final momo from being too doughy overall. With the rolling pin in one hand and the dough in the other, roll along the edges of the dough circle while constantly turning to uniformly thin out the sides. The final wrapper should be 4-5" across.

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- Take a wrapper in your hand and spoon a dollop (apprx. 3 tsp worth though use your own judgment and experiment!) of filling into its center. The homemade dough will have a lot more moisture than the store-bought wrappers so there is no need to wet along the edges for folding. **For a crescent-fold**, using the fingers of your free hand, pinch the ends of the dumpling closed. Then, with the pointer finger of the hand holding the dumpling, create small pleats in the dough. The fingers on your free hand squeeze the pleats together. Do this until the filling is sealed inside. Lightly go over the seal, squeezing gently to ensure there are no gaps while enforcing its crescent shape. **For a basket-fold**, use the same technique though, as you're pleating and pressing, keep turning the wrapper in your hand to create a more circular shape. Use your thumb to push any filling trying to escape back into the wrapper and keep pleating around and around until you have a knap-sack like shape.
- Place dumplings into a lightly-greased steamer being careful not to crowd them. Place steamer over a pot of boiling water, cover, and steam for 18 minutes.
- Once 18 minutes is up, jostle the steamer to unstick the dumplings from the bottom. Serve the dumplings with your sauce of choice or freeze them for later.

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