



Leo Cook Book

**A Joint Venture of
Leo Club of Kathmandu Kohinoor, 325 H, Nepal
and
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CHICKEN CHOILA

Ingredients:

- Boneless Chicken or meat of your choice- 500 gm
- Chilly powder or chilly flakes- 1 teaspoon
- Ginger & Garlic paste- 2 teaspoon
- Tomatoes- 4
- Salt as per the taste
- Szechuan pepper powder- ½ teaspoon
- Cumin Powder- 1 teaspoon
- Coriander Powder- 1 teaspoon
- Mustard Oil- 6-7 tablespoon
- Garlic leaves- 1 cup (optional)

Procedure:

1. Boil the chicken until cooked
2. Grill the chicken in a gas flame for sometime and cut it in small cubes and put it in a bowl
3. Grill the tomatoes and grind
4. Add all the spices, ginger-garlic paste and tomatoes in the chicken
5. Add mustard oil
6. Add garlic leaves (optional)
7. Mix all the ingredients
8. Serve it. Enjoy!

-Best serve with beaten rice

Ingredients

- 3 tablespoons vegetable oil, divided
- 4 eggs, beaten
- 1 red onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon minced ginger
- 5 small carrots, cut into matchstick-size pieces
- 1 cup chopped cabbage
- 4 scallions, sliced into 1/2-inch pieces
- 2 teaspoons soy sauce, divided
- ¼ cup curry powder, divided
- 2 tablespoons chili powder, divided
- 3 cups chopped paratha (Indian flatbread)
- salt and ground black pepper to taste

Procedure

- Heat 1 tablespoon vegetable oil in a non-stick skillet over medium heat. Add eggs; cook and stir until scrambled and dry, about 5 minutes. Remove from heat.
- Heat remaining 2 tablespoons vegetable oil in a deep skillet over medium heat. Stir in onion, garlic, and ginger; cook and stir frequently until onions are nearly translucent, about 5 minutes. Add carrots; cook and stir until carrots are nearly tender but still crunchy, 7 to 8 minutes.
- Stir cabbage and scallions into the skillet; add 1 teaspoon soy sauce. Sprinkle 2 tablespoons curry powder and 1 tablespoon chili powder over the vegetable mixture; stir until coated. Turn stove top temperature to low.
- Mix eggs and paratha into the vegetable mixture. Stir in remaining soy sauce, curry powder, and chili powder; stir until coated. Cook until flavors combine, about 3 minutes. Season with salt and pepper.

Vegetable Kottu





W O : / B A R A

Ingredients:

- Black Lentils- 500 gm
- Ginger Paste- 1 teaspoon
- Hing (Asafoetida)- 1 pinch
- Salt- 1/2 teaspoon
- Vegetable Oil
- Water

Procedure:

1. Soak the black lentils overnight
2. Rub the lentils between your palms to loosen the black outer cover
3. Drain and wash the lentils couple of time until most of the outer cover is removed.
4. Add the washed lentils in a blender to make it a smooth paste. Blend it until it gets smooth (not too thick not too thin)
5. Add little water if necessary
6. Place the batter into a bowl and add salt, hing and ginger paste and mixed it well.
7. Now heat a pan for a while, add 1 table spoon of oil in a pan and spread around the pan
8. After the oil is heated, put on a bit of water in your palm and add the batter to the pan
9. Gently with help of water, give it a nice round shape
10. After 2-3 minutes, flip the dish to cook the other side.
11. After it is fully cooked, it is ready to eat.



MILK RICE (KIRI BATH)

Ingredients:

- 2 cups of glutinous rice or jasmine rice(for two adults 1/2, a cup of rice or a little more would do depending on their serving size.
- 2 cups of water(depending on the type of rice you use, you might need to increase the amount of water by an extra cup of water)
- 1 cup of thick coconut milk
- 1/2 teaspoon or more salt to taste

Procedure:

1. Rinse the rice thrice or until water runs clear.
2. Transfer rice to a large enough pan.
3. As the rice cooks, the quantity doubles so make sure the pan you use is adequate.
4. For the milk rice, you will be purposely be overcooking the rice, making it a little soft and mushy.
5. Pour in the water(2 cups but depending on the variety of rice you use, increase the amount of water.1/2 to 1 cup extra).
6. Cook on medium heat, and the water will reduce gradually.
7. Pour in the coconut milk and add sufficient salt to taste.
8. Once you add the salt, taste and check if the salt seasoning is adequate.
9. Pay close attention to the rice as you let the rice cook in the coconut milk.
10. Maintain low-medium heat to avoid the rice sticking to the pan.
11. Stir in the coconut milk with the rice and leave it to cook on low heat for 10 minutes or until the rice has a soft creamy, porridge-like consistency.
12. Take the pan off the heat and leave it to cool for a few minutes(2-3 minutes).
13. Then gently even out and flatten the rice to take the shape of the pan.
14. Smooth out the surface of the milk rice with the back of a flat spoon.
15. Once the dish is cool, turn it upside-down over a plate and let the moulded Kiribath slide gently to the plate.



Yomari (Rice Flour Dumpling)

Ingredients

- Rice flour - 500gm
- Chaku (Molasses) - 100 grams
- Brown Sesame seeds - 50 grams
- Shredded Coconut - 50 grams
- Jaggery - 50 grams (Optional)

Procedure

1. Roast the brown sesame seeds in low heat until it pops out.
2. Chop the Molasses and jaggery into small pieces.
3. Melt the molasses and jaggery in saucepan on low flame.
4. Stir it continuously to avoid burning.
5. Once it melts down, add shredded coconut and roasted sesame seeds in it.
6. For making a Yomari dough put some hot boiling water into the rice flour to knead and make a dough. (The dough should not be too soft nor too firm).
7. Cover the dough all over with thick cotton cloth for 30 minutes.
8. Roast the brown sesame seeds
9. Take a small portion of dough knead, Firstly make a round shape and later give it a cone shape.
10. Grease your palm and finger, make a whole in center and press to make a hallow space.
11. Make the wall of yomari thin by pressing and rolling.
12. Put the filling inside and close mouth of yomari, once closed give a horn shape.
13. Grease the steamer with oil and put yomaris, also peirce a hole with needles or toothpick to avoid crack.
14. Steam it for 15 minutes. If your finger doesnt stick, it means it is cooked perfectly.



POL ROTTI

Ingredients:

- 9 ounces all-purpose flour
- 1 teaspoon sea salt
- 1/2 medium red onion, finely chopped
- 1 green chile, finely chopped (seeds removed if you prefer it less spicy)
- 8-10 curry leaves, finely chopped
- 1 tablespoon coconut oil
- 3 1/2 ounces fresh or frozen grated coconut
- warm water, as needed

Procedure:

1. Mix all the ingredients together in a large mixing bowl and add a little water at a time as required to bring together into a cohesive dough that is soft but does not stick to your hands. The dough should have the consistency of soft modeling clay and be fairly firm but shouldn't feel dry or have any pockets of dry flour in it. Knead for about 5 minutes by hand; there's no need to use a stand mixer for this.
2. Leave to rest at room temperature, covered with cling film (plastic wrap), for about 30 minutes.
3. Divide the dough into 8 to 9 balls and roll out into 6-inch discs, about 1/4-inch thick. I prefer a slightly rough, natural look rather than perfect circles.
4. Heat a dry nonstick pan or well-seasoned cast-iron pan over a high heat and then reduce the heat to medium and cook the rotis for 3 to 4 minutes, flipping halfway through. The key is not to use oil or fat when cooking the rotis and to cook them on a hot dry pan, so they roast as opposed to fry.
5. Top with a drizzle of coconut oil or dollop of butter and a spoonful of freshly grated coconut before serving. If making these ahead, store them in a box wrapped in a clean paper towel. If you need to reheat them, flip them in a hot pan for 30 seconds to 1 minute.

Ingredients

For the dough

- All purpose flour

For Achar

- Tomato; half kg
- Red chilly : according to your spice tolerance
- Sichuan pepper

For the Fillings

- Chicken minced meat- 1kg
- Onion- 1/2 kg
- Green onion- 50gm
- Green Coriander ; 50 grams
- Ginger paste : 1/2 tablespoon
- Soy sauce: 1/2 table spoon
- Salt: As per the taste

Procedure

For dough

- Take a large bowl and add flour and water and kneed it in a smooth perfect dough

For the fillings

- Finely chop onions, green onions and coriander .
- Take a mixing bowl , add the minced chicken and all the chopped vegetables
- Add salt, ginger paste and soy sauce
- Mix them all together well,
- Now take the prepared dough and roll out small balls out of it ,
- Using a rolling pin, flatten the balls in a circle shape and add right amount of fillings in the Centre
- Then wrap the fillings in shape of momo.
- Repeat this step with the remaining balls and fillings.
- Transfer the momo to a steamer and steam for 20 min or until they turn soft and tender.
- Serve the hot momos with your choice of achar or dip.

For Achar

- Boil the tomatoes and dry red chilies and let hem cool,
- Grind them in a mixture along with salt and two cloves of garlic
and sichuan pepper



Momo (Dumpling)

Ingredients:

Pani pol

- 250 ml (1 cup) palm treacle
- 2 cardamom pods, bruised
- 2 cloves
- ½ stick cinnamon
- 100 g (1 cup) freshly grated coconut, or frozen fresh
grated coconut
- 1 vanilla bean, halved and seeds scraped
- 50 g (¼ cup firmly-packed) grated palm sugar
- Resting time 30 minutes

Pancake mix

- 2 eggs
- 75 g (½ cup) plain flour
- 300 ml milk
- 60 ml (¼ cup) vegetable oil
- pinch of ground turmeric

POL PANI PANCAKES



Procedure

1. To make the pancakes, place all the ingredients in a bowl and use a hand-held whisk to beat until smooth. The mixture should be thick enough to coat the back of a spoon, if necessary adjust with a little extra flour or milk. Strain through a fine sieve into a jug, then cover and set aside for 30 minutes to rest.
2. Meanwhile, to make the pani pol, place the palm treacle, palm sugar and all the spices in a saucepan and stir over medium heat for 5 minutes or until all the sugar has dissolved. Don't cook it too long or the treacle will caramelise and it will set too hard. Add the vanilla and coconut and stir till all the coconut is coated with the treacle mix and the coconut is warm
3. Heat a 20 cm non-stick or cured cast iron frying pan over medium heat. Lightly wipe the base with a piece of paper towel dipped in vegetable oil. Holding the pan with one hand and tilting while you pour, add just enough batter to the pan to cover the base. Cook for about 2 minutes or until just set but not coloured, then turn and cook for another 30 seconds. Slide onto a plate and repeat with the remaining batter, stacking the pancakes as you go.
4. To assemble, place 1 tablespoon of pani pol onto the centre of each pancake, removing any whole spices you can see. Fold the bottom over the filling, then roll up, folding in the sides as you go. Serve warm or cold with coconut or vanilla ice-cream.

Ingredients

- Taichin
Rice(Glutinous sticky local rice of Nepal) - 1 kg
- Sugar - 100 gram
- Ghee - 3 table spoon
- Sunflower Oil- 1 litre



Sel Roti

Procedure

- To begin making the Sel Roti recipe, wash and soak the rice overnight.
- Next day, drain the excess water from the rice. Take drained rice in a mixer jar and blend to a fine paste.
- Take the paste in a bowl and add sugar and ghee.
- Gradually add about 1-2 tablespoon water to it and whisk well till sugar dissolves completely. Batter should be of a thick consistency and keep aside for 2 hours.
- Heat oil in a wide pan. Using a ladle, pour the batter in a circle shape into the hot oil.
- Reduce the flame to medium and let it cook on one side. Flip it to the other side using a tong. Fry till it gets light golden brown from both sides.
- Remove and drain on an absorbent paper. Store them in an air tight container once they cool down completely.



Kola Kanda

Ingredients

- 3-4 cups gotu kola, leaves only picked
- 1/2 cup of rice (I used a combination of red and white) rinsed
- 3 cloves of garlic sliced
- 1 tbsp. pepper corns
- salt to taste
- 1/2 cup coconut milk
- palm sugar to serve

Procedure

- In a medium saucepan add the rice, garlic and peppercorns and 2 cups of water. Pop the lid on and cook until the rice is cooked, but not too soft, we're going for al dente.
- Meanwhile, blend the gotu kola with just enough water to make a lovely green puree. I ended up with just under a litre of liquid.
- Pass the gotu kola puree through a sieve into the cooked rice and spices and mix.
- Add the coconut milk and season to taste. When the mixture is warmed through, take off the heat and serve hot with plenty of palm sugar or jaggery.