DietCloud – Recipe

Recipe Name: Tandoori Chicken Momo Recipe
Diet Type: Non-Vegetarian
Course: Appetizer
Cuisine: Indo Chinese
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup All Purpose Flour (Maida) • Water - to knead • 100 grams Chicken breasts - cut into 1 cm cubes • 2 tablespoons Fresh cream • 1/2 teaspoon Tandoori masala - Everest brand • 1/2 teaspoon Garam masala powder • 1/2 teaspoon Cumin powder (Jeera) • 1/2 teaspoon Red Chilli powder • 1 teaspoon Chaat Masala Powder • Salt - to taste • 1/2 teaspoon Lemon juice • 2 teaspoons Tandoori masala • 2 tablespoons Red Chilli sauce	4

Preparation

• For the Momo doughIn a mixing bowl, add maida and add water slowly and knead to form a medium stiff dough.
• The dough should be non sticky, smooth and firm.

• To make the Chicken Momo FillingIn a mixing bowl.

• Set aside for 15 minutes.

• Ensuring that the chicken momo filling is cooked.

- Divide the momo dough into equal portions, of lemon sized balls.
- Take each ball and start rolling it out on a surface.
- Roll out the dough as thin so that the outer layer of the momo is thin and delicate.
- In every flatten dough leaf, add 1 tablespoon of the chicken momo filling, and fold the edges to semi circles and start pleating to give a nice characteristic pleats.
- Do the same with all the rest of the dough and filling.

- If using traditional steamer it has own boiler or if using bamboo steamer then boil water in a shallow pan and when water start boiling put momo filled bamboo steamer on it.

- The next step is to make the Tandoori Sauce.

- Add the steamed chicken momos into the tandoori sauce and gently toss it to get it well coated.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)