Indian Recipe

Tingmo (Tibetan bread)

INGREDIENTS

- 250 g Maida (all purpose flour)
- 5 g Salt
- 10 g Sugar
- 3 g Dry instant yeast
- 145 g Warm water
- 2 tbsp Vegetable oil (for greasing)

Tingmo or ting momo is one of those breads that is extremely satisfying to get right. The distinguishing feature of this steamed dumpling is its layered appearance. Once properly proofed and steamed, all the layers of the bun seem to open up like a flower. In this recipe, we show you how to knead, roll, and shape the dough in order to get a perfect tingmo.

METHOD

1. In a mixing bowl, combine the flour, salt, sugar, yeast, and water. See the note above to correctly activate your yeast. Once the ingredients have come together, transfer the dough to the work surface.
2. Knead the dough for 15 minutes, repeatedly folding the dough over itself to develop gluten. Round the dough by tucking all the edges at the bottom and return it to the mixing bowl, now greased with oil, to prevent the dough from sticking.
3. Cover and proof the dough in a warm place for 1 hour, until the dough doubles in size.
4. Dust the work surface with flour and transfer the dough to it. Flatten the dough into a rectangle with your palms. Using a rolling pin, roll the dough into a thin sheet, 40 cm by 45 cm in dimensions, maintaining its rectangular shape as much as possible.
5. Apply oil on the sheet and fold its longer side into thirds.
6. Use a knife to divide the folded dough into four equal parts. Divide each quarter further into 6 long strips.
7. Stack the strips in pairs of threes such that you now have four sets of strips.
8. Form the tingmo as shown in the video and place it on a greased steaming dish.
9. Once all the tingmos have been formed, cover the dish and allow them to proof for another 30 minutes before setting them over boiling water to steam.
10. These buns take no longer than 10 to 12 minutes to cook perfectly. Do not over-steam or the bread might become rubbery.
11. Serve immediately they are still warm.

EQUIPMENT

- Mixing bowl
- Rolling pin
- Steamer
Ema Datshi

INGREDIENTS

- 220 g jalapeños (quartered)
- 6 g green chillies (slit)
- 70 g onions (sliced)
- 15 g garlic (roughly chopped)
- 50 g tomatoes (diced)
- 75 g cheese (grated)
- 15 g butter
- 7 g vegetable oil
- 5 g salt
- 250 g water

Ema datshi is the national dish of Bhutan, and rightly so. All across the country, residents and travellers alike can be seen eating this hearty concoction of cheese and chillies. Apart from Bhutan, this preparation is also consumed in several parts of Northeast India and Nepal. ‘Ema’ and ‘datshi’ literally stand for ‘chillies’ and ‘cheese’, and as such can be made using one or more varieties of either ingredient. ‘Datshi’ is also used to refer to any cheese-based soup (the version with potatoes, for example, is called ‘kewa datshi’ where ‘kewa’ means potatoes).

This dish can be prepared using an assortment of chilli peppers for flavour. We’ve used jalapeños, but look for slightly large chillies such as those commonly used for achar or pickles. We’ve combined them with green chillies, which provide the heat. As for cheese, any good, locally available melting cheese. In a pinch, you can also use processed cheese. Avoid using a stringy cheese like mozzarella for this soup.

METHOD

1. Remove the stalks off the chilli peppers and cut them in quarters lengthwise. Also slit the green chillies, slice the onions, roughly chop the garlic, and dice the tomatoes.
2. Add all these ingredients to the pan along with the salt, oil, and 250 g water.
3. Turn on the heat and cover the pan with a lid. Allow everything to boil on medium heat for 15 minutes until the peppers have softened.
4. Turn off the heat and add the butter and grated cheese. Killing the heat before adding cheese will prevent it from curdling. Stir these in until the cheese has melted.
5. Check for salt, which will vary depending on how salty your cheese is. Serve hot.

Source: Bong eats
https://www.bongeats.com/recipe/ema-datshi#recipe-start

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