



Mridula *Recipe Card*

Steamed pork balls

Serves 4

This recipe is based on a traditional Tibetan recipe known as Momo. I have created this recipe using lean pork and omitted the covering made of plain flour, in order to make it suitable for those with a wheat allergy/intolerance. Small balls (koftas) are made with the minced pork and steamed. It has ravishing flavours.

Method

Put the mince in a mixing bowl and add the remaining ingredients. Mix well and chill for 30 minutes. Shape the mixture into small balls (koftas) about the size of a walnut. You should have about 8 balls. Dip your hands in cold water from time to time to stop the meat paste sticking to your fingers.

Put the meatballs into a steamer and cook for 15-20 minutes. If you do not have a steamer, put the meatballs on a plate and place on a rack. Cover the pan and steam as above. Remove from the heat and serve hot or cold with a fresh tomato or tamarind chutney.

Ingredients

- 450g/1lb lean minced pork
- 5cm/2" cube of root ginger, peeled and finely grated
- 2-3 green chillies, finely chopped (deseeded if wished)
- 1 tsp salt or to taste
- 15g coriander leaves and stalks, finely chopped
- 2 spring onions, finely chopped
- 1 egg, beaten