



## MOTORCYCLING THE HIMALAYAS

# ***MOTORCYCLING THE HIMALAYAS: FOOD – PART 8***

I'm a freakin vegetarian, well, that's not actually true, I love sushi so I do eat creatures with a face, Ok I'm a pesky pescatarian. Nothing grows at 16 thousand feet and I was a little freaked out about tales of Yak jerky, shredded Yak, Yak butter, Yakity, Yakity Yak! I was wrong.



**Nepalese Veggie Burger**

## **MOMOS FOR KOZMO**

Bordering both India and China there are numerous Nepalese vegetarian dishes and I sampled as many as possible. We all limited our diets for fear of Montezuma's revenge. My diarrhea free diet staple was veggie fried rice and veggie noodle soup. But when the opportunity arose to experiment I took full advantage.

## **YAKITY YAK!**

Yak steak or burgers, did not try but the carnivores in the group loved'em. Yak butter tea and Yak cheese, wonderful. I tried some Yak milk...Yuck!



**Yak Burger**





## THE MENU

MoMo – Dumplings, filled with everything from peanut butter and chocolate to pork ears

Daal Bhat – steamed rice and a cooked lentil soup called Dal.

Kheer – a very flavorful Basmati rice pudding made with coconut milk, raisins, cardamom, and toasted almonds and pistachios. This is really a desert dish.

Sel Roti – Nepali traditional homemade, sweet, ring-shaped rice bread/doughnut.

Gundruk Dhiro – basically a thick porridge or mush obtained from the fermentation of leafy vegetables, weirdish but supper filling.

Aloo Tama- classic Nepali soup prepared with black eyed beans, potatoes, bamboo shoots and spices

Was not so fond of.

HOT TIP: Belgian Triples and doubles like Chimay, Duvel and a 9.5% Westmalle Trappist Triple can be found at every local store for 3 to 4 dollars.

**Next Episode – Good Luck, Good Horn, Good Brakes**

**HOME COOKED TIBETIAN FOOD**