

Common Nepali Spices:

Salt, ginger, garlic, Szechuan pepper (timmur), fenugreek seeds, turmeric, cumin, cilantro/coriander, and green chillies are widely used spices in Nepali kitchen today. Other spices like thyme seeds, cardamon (black and green pods), cinnamon, bay leaves, mustard seeds, asafoetida, black pepper etc.

Hot'N'Spicy Menu:

<https://www.restaurantji.com/oh/fairfield/hot-n-spicy-restaurant-and-bar-/>

<https://www.yelp.com/menu/hot-n-spicy-restaurant-and-bar-fairfield>

Jhaneko Dal – red lentils w/ onion/garlic/ginger/ aromatic spices

Paneer – cheese

Paneer makhani – popular punjabi dish made with paneer, tomatoes, cashews, spices & cream

Makhan – refers to butter

Tandoor – clay oven used to cook dishes.

Tikka – yogurt marinade

Murgh – Indian word for Chicken

Pomfret – type of fish

Chhoila – grilled meat w/ mushrooms

Sekuwa – meat roasted in natural wood fire.

Thukpa – Tibetan noodle soup, often spicy

MOMO – dumpling filled with meat or veggies

Jhol momo – dumplings served in tomato/peanut chutney/soup

Chana Masala - North Indian curried dish made with white **chickpeas**, onions, tomatoes, spices, and herbs.

Saag – cooked mustard greens and spinach (or other bitter greens)

Aloo – potato

Gobi – leafy cabbage

Dal – dried split pulse (beans/lentils/peas)

Dal Tadka – lentils finished with ghee

Kadhai – wok used to cook onions, sauteed veggies, and meat

Moglai korma - chicken, onions, cashews, almonds, ginger-garlic paste, spices, and curd/yogurt.

Rogan Josh - Indian lamb curry with a heady combination of intense spices in a creamy tomato curry sauce

Malai kofta – curried veggie dish with fried potato balls

Raita – side dish made with curd, veggies, spices & herbs

Gobi Manchurian – popular Indo Chinese appetizer made with cauliflower, corn flour, soya sauce, vinegar, chilli sauce, ginger & garlic.

Bhindi Masala – okra blended with fresh tomatoes, sliced onions, and a blend spice