

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 include thyme seeds, cardamom (black and green pods), cinnamon, bay leaves, mustard seeds, asafoetida, and black pepper, etc.

Namaste Curry House Menu:

https://www.namastecurryhouse.us/rs/index_home.action?pageType=D

Yelp rating: 4.1/5 (101 reviews)

<https://www.yelp.com/biz/namaste-curry-house-and-grocery-fairfield-3>

Jhaneko Dal - red lentils with onion, garlic, ginger, and aromatic spices

Paneer - cheese

Paneer makhani - popular Punjabi dish made with paneer, tomatoes, cashews, spices, and 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 with mushrooms

Sekuwa - meat roasted in natural wood fire

Thukpa - Tibetan noodle soup

MOMO- dumpling filled with meat or vegetables

Jhol momo - dumplings served in tomato and peanut chutney or 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, including beans, lentils, or peas

Dal Tadka - lentils finished with ghee

Kadhai - wok used to cook onions, sauteed vegetables, 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 vegetable dish with fried potato balls.

Raita

Side dish made with curd, vegetables, spices, and herbs.

Gobi Manchurian

Popular Indo-Chinese appetizer made with cauliflower, corn flour, soya sauce, vinegar, chilli sauce, ginger, and garlic.

Bhindi Masala

Okra blended with fresh tomatoes, sliced onions, and a blend of spices.