



# Corn Bhel

BY SUNIL KUMAR



## Ingredients for Dough:

3/4 cup All Purpose Flour (Maida) 1 teaspoon  
Oil Salt to taste



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## For Stuffing:

1 tablespoon Oil 3-4 cloves of Garlic, finely chopped 1 teaspoon finely  
chopped Ginger 1/2 cup finely chopped Carrot 1/2 cup sweet corn 1/2  
cup finely  
chopped Cabbage 1/4 cup finely chopped Capsicum 1/4 cup finely  
chopped Green  
French Beans (fanasi) 1/4 cup finely chopped Green Onion or Onion  
1/2-1 teaspoon  
Soy Sauce 1 teaspoon Chilli Sauce 1/2 teaspoon Black Pepper Powder  
Salt to  
taste



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## Method :

Finely

cut all vegetables as mentioned in the ingredients section.

Add 3/4 cup maida

(all purpose flour), 1 teaspoon oil and salt in a large bowl. Mix all ingredients well and prepare a soft pliable dough by adding water as needed. Cover the dough and keep it aside for 20-25 minutes.

Heat 1

tablespoon oil in a pan over medium flame. Add finely chopped ginger and garlic and sauté for 30 seconds. Add green onion and sauté for a minute. Add all chopped veggies (carrot, cabbage, capsicum and green beans) and salt.



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## Method :

Mix well

and sauté them for 4-5 minutes. Add 1 teaspoon chilli sauce.

Add 1/2

-1 teaspoon soy sauce.

Add 1/2 teaspoon black pepper

powder. Mix well and sauté for a minute. Stuffing for Veg Momos is ready.



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## Method :

Knead the dough again for a minute and divide it into 2-equal portions. Roll it from sides and keep the center portion little thick compared to sides. Heat 1-2 glass of water in a steamer or a deep vessel over medium flame. Place stand in the steamer and place momos plate over it. Cover the steamer/vessel with a lid and steam them for 6-7 minutes over medium flame or until they look little translucent and shiny. Transfer them to a serving plate. Serve hot Veg Momos with Momos Chutney Sauce.



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