

## Regional Specials – Gurkhas’ January 2019

### APPETISERS

#### Kukhura Momo - £6.50

Steamed chicken dumplings flavoured with ginger, coriander, chillies and spices served with a roast tomato and Szechwan pepper chutney

#### Malekahu ko Machha - £6.50

White Bait, crisp fried with ginger, garlic, carom seeds, chillies and gram flour batter served with a mustard and coriander chutney

### MAINS

#### Bhuteko Masu - £13

Kid goat shoulder braised with freshly ground chillies, ginger, garlic, spring onion and toasted spices

#### Timur Jhaneko Kukhura - £11.50

Homestyle dish - diced chicken leg simmered in an aromatic sauce flavoured with freshly ground Timur spice, coriander and chillies

#### Masoor Dal - £7

Red lentils tempered with cumin, turmeric and garlic

### DESSERT

#### Kheer - £5

Basmati rice and milk pudding with green cardamom, sliced coconut, cashew nuts and pistachio

All prices include VAT and exclude an optional service charge of 10%  
All dishes may contain traces of nuts

## The Cuisine of The Gurkhas’

The Gurkhas’ are soldiers from Nepal. Historically, the terms "Gurkha" and "Gorkhali" were synonymous with "Nepali," and derived from the hill town and district of Gorkha from which the Kingdom of Nepal expanded. The name may be traced to the medieval Hindu warrior-saint Guru Gorakhnath, who has a historic shrine in Gorkha.

The former Indian Army Chief of Staff Field Marshal Sam Manekshaw, once stated that "If a man says he is not afraid of dying, he is either lying or is a Gurkha." Set against the backdrop of the Himalayas, the people of Nepal have many different backgrounds and ethnicities, and this multitude of influences is reflected within the country’s cuisine.

Nepalese dishes are generally healthier than most other South Asian gastronomies, as they rely less on the extensive use of fats and more on chunky vegetables, lean meats, pickled dishes and salads. Whilst Nepal does take heavy influences from its closest geographical companions such as India, China and Tibet, this mountainous paradise only opened up its borders to outsiders in the 1950s. It is for this reason, in addition to problems with exports and imports caused by Nepal’s geographical setting, that there is a particular focus on using locally grown produce.



Dal-rice-vegetable is the standard meal eaten twice daily. However, with land suitable for irrigated rice paddies in short supply, other grains supplement or even dominate. Wheat becomes unleavened flatbread (*roti* or *chapati*). Typically, yogurt (*dahi*) and curried meat (*masu*) or fish (*machha*) or chicken (*kukhura*) are served as side dishes.