

Momo is what dumplings are called in Nepal. They were traditionally filled with minced buffalo meat, steamed, and consumed with ‘achaar,’ a spicy sauce. Nowadays, you can find a variety of shapes and fillings for momos, and they are quickly becoming a staple in Nepali culture.

Momos were initially popular among the Newar community and were brought to the Kathmandu Valley by Newar merchants travelling from Tibet.




This game is a brain-busting, visual tracking, logical thinking, patience, spatial perception skills type of game. It strengthens

- Cognitive skills development
- Analytical skills
- Interpersonal skills
- Intrapersonal skills




Set up

Dealer shuffles the cards and lays 12 face up on the table. Each card has four features, which can vary as follows:




Shape






Color



Number



Plate



Objective


The object of the game is to have the highest number of sets at the end of the game. Each set equals one point.


What is a set?

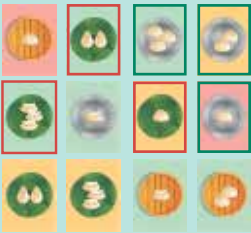
All 3 features are the same or all 3 features are different.

Set examples

1. Momo shape must be the same on all 3 cards, or all different.
2. Tablecloth color must be the same on all 3 cards, or all different.
3. Plate type must be the same on all 3 cards, or all different.
4. Number of momos must be either the same on all 3 cards, or all different.

 Set- 3 different cloth, 3 same shape, 3 same plate

 Not a set- 2 green table cloth and 1 orange cloth



Penalty

If a player yells ‘Momo’ and is not holding a set, the player must return 3 cards from their pile to bottom of the deck.

Game ends

The play continues until the deck is depleted or no set is found. The number of sets held by each player is then counted. The highest score wins.

It is not a set if 2 cards are the same and 1 card is different in any feature.

Set examples

All three cards have the same shape of momo, cloth color, number of momos and they all have different types of plates.



All three cards have different momo shapes, different cloth colors, and a different numbers of momos and they all have same serving plate.



All three cards have different shapes, different colors, and different numbers of momos and they all have different serving plates.



The play

Any player can identify a set by yelling ‘Momo’. Each set is checked and the dealer replaces the 3 cards from the deck. There are no turns, the first player to find a set picks the cards. If all players agree that there are no sets, 3 more cards are laid face up on the table. The 3 cards are not replaced when the next set is found.

Achar card: When you see this card discard all the face-up cards and lay a fresh set of 12 cards on the table. Add the discarded cards to the bottom of the deck.



About Alchi

At Alchi, we believe that culture is a bridge that connects people, fostering understanding, respect, and unity in our diverse world. Our mission is to promote cultural appreciation and awareness through engaging and immersive board games. We strive to create interactive experiences that celebrate the richness and beauty of various cultures, encouraging players to learn, connect, and celebrate our global heritage. We are dedicated to the belief that games have the power to bring families and communities together. Our vision includes providing an opportunity for families to gather around our games, sparking meaningful conversations, laughter, and shared memories. Through our creations, we aim to inspire a sense of curiosity, empathy, and a deeper understanding of the world’s cultural tapestry, ultimately fostering a more inclusive and harmonious society.



Momo recipie

Total: 2 hr. 40 min (includes resting time)

Yield: 40 to 45 momos (4 to 5 servings)

Wrapper ingredients

4 cups all-purpose flour

Filling ingredients

2 1/2 pounds ground chicken thighs

1 cup chopped fresh cilantro

1 cup chopped onions

4 tablespoons minced peeled ginger

2 tablespoons ground cumin

1 teaspoon chicken masala

salt and black pepper (to taste)

1 tablespoon ghee

2 teaspoon vegetable oil

oil to grease the steamer pan

Wrapper directions (skip if you are using ready-made dumpling wrappers)

Mix together the flour and 1 1/2 cups of water at room temperature in a bowl. Knead the dough well until it is medium-firm and flexible. Cover and let it rest for an hour.

First prepare the wrappers by breaking off 1/2 ounce of dough in a ball and roll it into a 3-inch round, 1mm thick roti/tortilla shape.

Filling directions

Mix together chicken, cilantro, onions, ginger, all the spices and ghee. Heat the oil and add it to the mixture and mix well.



Bringing it all together

Place half a tablespoon of the chicken filling in the middle of a wrapper and make a closed pouch-like momo that you are comfortable with. Nepali dumpling shapes are shown in the game.

Repeat the process with the remaining dough and filling.

Oil the steamer well so that the momos do not stick to the pan and place the momos in it.

Fill the bottom pan of the steamer halfway with water and bring to a boil. Set the steamer pan with the momos on top once the water starts boiling and close the lid.

Cook for 8/9 minutes until the momos starts to sweat oil.

Serve with momo sauce or a sauce of your choice. Enjoy!

Recipes by Susan Karmacharya

Momo sauce (Achar)

4 cloves peeled and chopped garlic

1/2 cup chopped onion

2 lbs of rough chopped roma or other tomatoes

1 cup of water

2 teaspoons of toasted and ground brown sesame seeds

Roasted and ground red chili (to taste)

Salt (to taste)

3 teaspoons of cilantro

1/4 teaspoon turmeric

1/2 teaspoon cumin powder

1/4 teaspoon timmur (s powder)

1/4 cup of lemon juice

2 tablespoons oil



Directions

Heat oil in heavy bottom pan.

Add garlic until it turns a little brown.

Add onion and let it sweat a bit.

Add turmeric, cumin, chili powder, timmur (Sichuan pepper) powder

Add tomatoes and sautee with the spices. Once tomatoes soften into a paste add water and let it boil until you start seeing oil float on top.

Add ground sesame seed and cilantro. Let it cool a bit and then blend using a hand blender. Add lemon juice and serve.

Note: If you are using a mixer make sure you take the small cap off the lid to let the steam out so that it doesn't explode. Serve on the side with momos and enjoy!

MOMO

INSTRUCTIONS

