



# International Cooking Classes

In a fun, relaxed setting where you can learn about new cuisines from around the world!

## March 21<sup>st</sup> Nepal night:

**Guest Chef will be Kamala Paudel.** She will be teaching how to cook Momo. **Momo** is the Native food to South Asian region such as **Nepal, Tibet, and some parts of India**. It is believed to be the origin of Tibetan food. Momo is colloquial form of the mog mog Tibetan word. Momo is simply filled buns that are steamed, baked, or fried. There are many ways to make it and different kinds of Momo. Vegetarian as well as non-veg can be made with different fillings. Buns are made from white flour.

Due to influx of Tibetan diaspora Momo became popular in Nepal, Bhutan, and other neighboring countries. Initially Momo was introduced to Nepal by Newari merchants in Kathmandu region. It is one of the most popular foods in Nepal. It is served as street food as well as high end restaurants.

**Instructor: Stephen Dent**

**When: Thursday, March 21<sup>st</sup> 6:00pm – 8:00pm**

**Place: The Parlor – 1806 Main St., Miles City**

**Cost: \$35 per person – class limited to 16 people only – must pre-register.**



To Register:  
Contact Tracy Baker  
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