

## Newari Bara or Wo with Chu La and Achar

Serves approximately 5 people, depending on size of Wo

### Ingredients for Wo (Lentil Pancake)

- ½ kg black lentils
- 2 tbsp garlic
- 2 tbsp ginger paste
- 1 tsp cumin powder
- 1 tsp salt (or to taste)
- Vegetable oil

### Ingredients for Chu La (Mince Curry)

- ½ kg turkey mince (or mince of choice)
- 2 tbsp garlic
- 2 tbsp ginger paste
- 2 tsp salt (or to taste)
- 2 tsp cumin powder
- ½ tbsp turmeric powder
- 1 onion, finely chopped
- 2 tomatoes, finely chopped
- Coriander to garnish

### Ingredients for Tomato Pickle (Achar)

- 3 tomatoes
- 2 cloves of garlic
- 1 tsp cumin seeds
- 5 dry red chillies
- 3 fresh red chillies

### Instructions for Wo

- Soak lentils overnight.
- Wash hands thoroughly.
- Peel skin off lentils and pick out any dirt or debris after overnight soak.
- Blend lentils in a blender to make a paste: be careful to not make it too thick or too runny, but a good in-between pourable consistency. You may need to add 2 to 3 tbsp of water at a time to get your blender going, but do not add too much water or the mixture will be too runny.
- Add the cumin, garlic and ginger paste and salt to taste to the lentil paste. Mix properly.



MADE TO share

- Heat a non-stick frying pan or cast-iron skillet over medium heat and add 1 tbsp of vegetable oil.
- Pour some of the lentil batter into the pan to form a pancake, not too thick or spread too thin. When one side is brown, flip it over with a spatula and brown the other side. You may need to brush some extra oil around the edges of the pancake to cook it properly.
- Serve it hot once all the Wo is cooked.

### **Instructions for Chu La**

- Wash hands thoroughly.
- Heat vegetable oil in a frying pan. Add chopped onion and fry until translucent.
- Add mince and fry until browned, loosening mix with wooden spoon.
- Add turmeric, cumin, garlic and ginger paste, and salt to taste.
- Stir well and cook for xx minutes.
- Add chopped tomatoes and stir mix.
- Cook through.
- Once cooked, garnish with coriander and serve on Wo.

### **Instructions for Achar**

- Heat oil in a frying pan.
- Add cumin seeds and dry red chillies.
- Once the chillies turn brown, add tomatoes, turmeric and salt.
- Cook on medium heat for about 8 minutes.
- Let it cool and transfer mix to a blender.
- Add garlic and fresh chillies and blend well.

### **Variations on this recipe:**

Contemporary cooks sometimes deep fry Wo. Tomato pickle and mushroom curry can be added as side dishes for vegetarians. Serve with mince curry during special occasions such as a dinner feast or serve with eggs and fried fish on birthdays during the morning. Leftovers can be used to make soup.