



# Culinary Rituals

*Practical guides to cooking with cannabis and hemp. Integrate creativity, nourishment, and mindful culinary rituals into everyday life.*



## Hemp Infused Momo's

### Mindful Preparation

### Momo Wrappers (Makes ~20)

### Ingredients

- 1 cup all-purpose flour (plus extra for dusting)
- ¼ tsp salt
- ½ cup warm water (adjust as needed)
- 1 tbsp vegetable oil (*optional, for a softer dough*)

### Utensils Needed

- Mixing bowl
- Rolling pin
- Cutting board
- Knife
- Pan
- Steamer (bamboo or metal)
- Parchment paper or oil
- Spoon or spatula
- Measuring cups & spoons

### Method

1. In a mixing bowl, combine flour and salt.
2. Gradually add warm water, mixing until a dough forms.
3. Knead on a lightly floured surface for **5–7 minutes**, until smooth and elastic.
4. Cover with a damp cloth and rest for **at least 30 minutes**.
5. Divide dough into small balls and roll into thin circles to form dumpling wrappers.

### Wrapper Prep Time

- Mixing & kneading: 10–15 minutes
- Resting: 30 minutes
- Rolling wrappers: 20–30 minutes
- Total:** ~1–1.5 hours



## Vegetarian Filling (Makes ~20 Momos)

### Ingredients

- 1 cup finely chopped cabbage
- ½ cup finely chopped carrots
- ½ cup finely chopped onions
- ½ cup finely chopped mushrooms
- ¼ cup hemp seeds
- 2 cloves garlic, minced
- 1 tbsp ginger, minced
- 2 tbsp soy sauce
- 1 tbsp vegetable oil
- ½ tsp salt
- ¼ tsp black pepper

### Preparation

1. Heat oil over medium heat.
2. Sauté garlic and ginger until fragrant.
3. Add onions and cook until translucent.
4. Add cabbage, carrots, and mushrooms; cook until tender and excess moisture evaporates.
5. Stir in soy sauce, hemp seeds, salt, and pepper. Remove from heat and let cool.

## Non-Vegetarian (Makes ~20 Momos)

### Ingredients

- 1 cup ground chicken
- ¼ cup hemp seeds
- ¼ cup finely chopped green onions
- 2 cloves garlic, minced
- 1 tbsp ginger, minced
- ¼ cup finely chopped cilantro
- 1 tbsp soy sauce
- 1 tsp sesame oil
- Salt & pepper, to taste

### Preparation

In a bowl, mix all ingredients until well combined.



## Assemble & Steam the Momos

- 1. Prepare Wrappers:**  
Roll each dough ball into a thin circle on a floured surface.
- 2. Assemble:**  
Place a small spoonful of filling in the center.  
Gather edges and pleat to seal.
- 3. Prepare Steamer:**  
Line with parchment paper or lightly oil to prevent sticking.
- 4. Steam:**  
Arrange momos so they don't touch.  
Steam over boiling water for **10–15 minutes**, until wrappers are translucent and filling is fully cooked.

## Cooking Time (Excluding Wrapper Prep)

- Filling preparation: 10–15 minutes
- Assembling: 20–30 minutes
- Steaming: 10–15 minutes
- Total: ~40–60 minutes**