

## A Foodie's Travel Log [Volume 1]

### 'Dal Bhat' @ Helambu

In Japan, white rice and miso soup are THE staple food that many people eat every day. The Nepali equivalent of that is 'dal bhat' - a set of 'dal' (lentil soup), 'bhat' (rice), and 'talkari' (vegetable curry) - which is a typical combination of homey dishes you can find everywhere in the country. And what is more, you will be happy to learn that you can eat all you want!

Typically, you can also add either chicken or mutton curry (Note: Meat is not part of the 'eat-all-you-want' set, though), but here in Helambu, you can have dal bhat with fresh rainbow trout! There is a small resort attached to a trout farm by the river where our project sometimes organizes workshops. All of us look forward to lunchtime whenever we visit this place. The dal bhat with crispy, deep-fried trout is so good, especially after we finished work for the day! (Oh, the very thought of the fish made my mouth water...)

For fish lovers like Japanese, possibly it is the most luxurious kind of dal bhat we can get in Nepal. It is a pity that we don't have any decent photo of rainbow trout itself, but perhaps some other time...



Counterclockwise from the top: Dal soup, fish curry in a bowl, vegetable talkari on the bottom left, 'saag' (green leafy vegetables) fry, spicy pickles, rice, and a papad (deep-fried lentil chips).