

## A Nepalese meal

## A Nepalese meal

A trekking guide, or porter, eats rice, daal, and vegetables at a restaurant in Jomsom, Nepal. The rice makes up the majority of the meal, while the daal and vegetables are placed in smaller plates. Rice is the staple food for many in the mountains of Nepal, and both rice and daal — a lentil stew — are common throughout Nepalese cuisine. Because Nepal is so ethnically and geographically diverse, however, Nepalese cuisine encompasses a whole array of different cuisines rather than one single type of cooking.



**Usage Statement:**

## Creative Commons BY-NC-SA

This item has a Creative Commons license for re-use. This Creative Commons BY-NC-SA license means that you may use, remix, tweak, and build upon the work for non-commercial purposes as long as you credit the original creator and as long as you license your new creation using the same license. For more information about [Creative Commons licensing](https://creativecommons.org/licenses/by-nc-sa/4.0/) <sup>[1]</sup> and a link to the license, see full details at <https://creativecommons.org/licenses/by-nc-sa/4.0/> <sup>[2]</sup>.

---

**Source URL:** <https://www.ncpedia.org/media/nepalese-meal>

### Links

[1] <https://creativecommons.org/licenses/> [2] <https://creativecommons.org/licenses/by-nc-sa/4.0/>