

# The Telegraph

## Where can I find authentic Nepalese food in London?

It's not a common cuisine, but that doesn't mean it's not available in London. Here's where to go if you're looking for Nepalese food.



Momos served with chili sauce Photo: Alamy



By Donald Strachan  
Sunday Telegraph travel writer and lifestyle journalist

### In the Know question:

Where can I find the most authentic Nepalese food in London?

### Answer:

There's a lot of diversity within authentic Nepalese cuisine, reflecting the country's multi-ethnic nature. But in its mainstream UK form, food is often reminiscent of north Indian cooking, with the odd nod northwards to Tibet. Lentil dishes such as dhal, momo (dumpling), pickles, chutneys and a limited range of meats (sometimes barbequed) could all feature. Nepalese food is also a good choice for vegetarian dining.

While there's been a major interest over the past decade in making Indian food more "contemporary", and some excellent places offering Indian fine dining, there's been less action around Nepalese food. So, your best bets for tasty, authentic cooking are neighbourhood restaurants spread at all points of the city's compass.

Try the Panas Gurkha Restaurant in Blackheath, 1-3 Lee Road, SE3 9RQ

Wherever you go, ask staff to recommend the authentic dishes. Most of London's Nepalese restaurants also serve a selection of typical British-Indian dishes that would be alien to a Nepali.