

A Nepalese meal

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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.



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