

SAMOSAS

Source: Stephanie Alexander Kitchen Garden Foundation

Modified by Angel Munro Makes: 32 samosas



EQUIPMENT/ UTENSILS

metric measuring scales, jug
 and spoons
 clean tea towel
 chopping board
 cook's knife
 vegetable peeler
 saucepans – 1 small, 1 large
 with steamer
 mixing spoon
 2 large bowls
 plastic wrap
 rolling pin
 baking tray
 baking paper
 serving platters

INGREDIENTS

For the hot water pastry:
 170 g butter
 360 ml boiling water
 700 g plain flour
 1 large pinch of salt
 For the filling:
 4 large potatoes, peeled and chopped into 2 cm
 cubes
 3 carrots, peeled and chopped into 2cm cubes
 2 tbsp olive oil
 1 medium onion, finely chopped
 2 tsp mustard seeds
 2 tsp cumin seeds
 1 tsp cardamon powder
 1/4 tsp garam masala

serving tongs

½ tsp turmeric
salt and pepper, to taste
2 large handfuls peas, podded
1 small handful of coriander, chopped
1 small handful of parsley, chopped

What to do:

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1. Place a damp tea towel under the chopping board to prevent it from slipping.
2. Prepare all of the ingredients based on the instructions in the ingredients list.

To make the hot water pastry:

1. Melt the butter into the water in the small saucepan.
2. Put the flour in the large bowl with the salt.
3. Add the butter and water mixture.
4. Stir until the dough forms a ball.
5. Knead the dough for 2 minutes.
6. Wrap the dough in a tea towel and put it into the refrigerator while making the filling.
7. Preheat the oven to 180°C.

To make the filling:

1. Boil the carrots and potato until tender, then allow to cool a little.
2. Heat 1 tablespoon of oil in the large saucepan on medium heat.
3. Add onion and cook until translucent.
4. Add mustard and cumin seeds.
5. Stir over heat until fragrant.
6. Add the spices, salt, pepper, peas, carrots and potato, and stir to combine thoroughly. Make sure the spices are evenly distributed and break up any lumps.
7. Stir the fresh coriander and parsley through.

To make the samosas:

1. Divide the pastry dough into 32 balls.
2. Roll each dough piece out into a circle, roughly 10 cm in diameter.
3. Place a tablespoon spoon of mixture into the centre of a pastry disc.
4. Fold in half, pressing all the air out. It will be a half-moon shape.
5. Press the edges together firmly with your fingers.
6. Follow the same assembly process for each pastry disc.
7. Place the samosas on a lined baking tray and bake in the oven for 15 minutes. Once cooked divide amongst 6 serving plates.