

## SAMOSAS

**Source: Stephanie Alexander Kitchen Garden Foundation**

**Modified by Angel Munro Makes: 32 samosas**



EQUIPMENT/ UTENSILS	INGREDIENTS
metric measuring scales, jug and spoons clean tea towel chopping board cook's knife vegetable peeler saucepans – 1 small sauté pan mixing spoon 1 large bowl rolling pin baking tray baking paper 6 serving plates serving tongs	For the hot water pastry: 170 ml olive oil 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 1 tsp of vegetable stock powder 2 zucchinis, peeled and chopped into 2cm cubes 2 tbsp olive oil 1 medium onion, finely chopped 2 tsp mustard seeds salt and pepper, to taste 6 silver beet leaves, 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. Put the flour in the large bowl with the salt.
  2. Add the olive oil & and water.
  3. Stir until the dough forms a ball.
  4. Knead the dough for 2 minutes.
5. Wrap the dough in a tea towel and put it into the refrigerator while making the filling.
  6. Preheat the oven to 180°C.

To make the filling:

1. Boil the 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 seeds and zucchini
  5. Stir over heat for 2 minutes.
6. Add the stock powder, salt, pepper, silver beet & potato, and stir to combine thoroughly. 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.