



Vegetable Samosas

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: coriander, onion, peas, potato, pumpkin or sweet potato

Equipment:

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
serving tongs

Ingredients:

For the hot water pastry:

85 g butter
180 ml boiling water
350 g plain flour, plus extra for dusting
1 pinch salt

For the filling:

350 g pumpkin or sweet potato, peeled and diced into 2 cm cubes
3 large potatoes, peeled and diced into 2 cm cubes
1 tbsp olive oil
1 medium onion, peeled and finely diced
2 tsp mustard seeds
2 tsp cumin seeds
1 tsp cardamom powder
1 tsp garam masala
½ tsp turmeric
1 pinch of salt
1 pinch of pepper
3 large handfuls of peas, podded (or 1 cup frozen peas)
1 small handful of coriander leaves, chopped



What to do:

1. 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 a large bowl with the salt.
3. Add the butter and water mixture.
4. Stir until the dough forms a ball.
5. Knead the dough on a clean, dry, floured workbench for 2 minutes.
6. Wrap the dough in plastic wrap and store in the refrigerator while making the filling.
7. Preheat the oven to 180°C.





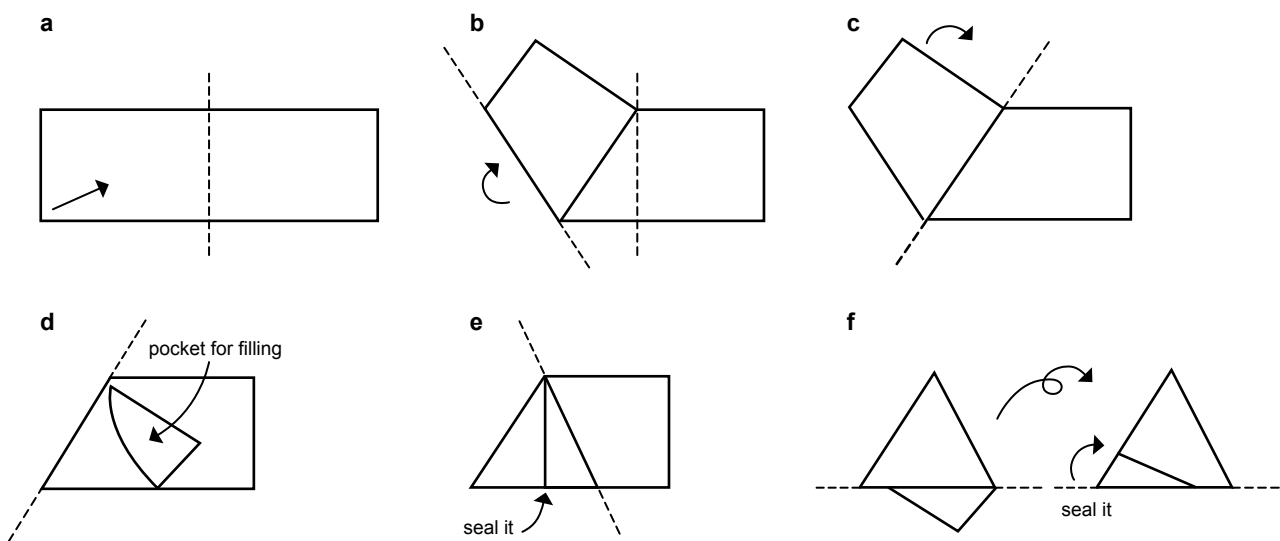
To make the filling:

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

To roll the dough:

1. Sprinkle the work surface with flour.
2. Divide the pastry dough into 8 even pieces.
3. Roll the dough into a rectangle 2–3 mm thick.
4. Cut even strips from the dough, about 5 cm wide and 20 cm long. (Four times as long as wide.)

To fold and bake the samosas:



1. Take the bottom corner and lift it up towards the middle of the long side of the strip (see diagrams **a** and **b**).
2. Take the folded section and fold it down across the middle of the strip (see diagram **c**). You will now have a neat little pocket in the middle of the strip (see diagram **d**).
3. Fill the pocket with about $\frac{1}{2}$ a tablespoon of filling (see diagram **d**).
4. Fold the little flap closed over the filling (see diagram **e**), fold the dough one more time and seal, using a little water on your fingers (see diagram **f**).
5. Follow the same assembly process for each piece of dough.
6. Line the baking tray with baking paper, then place the samosas on the tray and bake in the oven for 15 minutes.
7. Serve with **Yoghurt & Sesame Sauce** (page 160).