

Samosa

Samosa are a popular snack food in many parts of the world – Somalia, other African countries as well as Malaysia – although perhaps most often associated with India or Pakistan. In India they are generally vegetarian, although meat can be added.

Years ago we were in Pakistan throughout the holy month of Ramadan - when folk fast from food and drink from first light until dusk. Sirens are sounded from the mosques each evening to let the faithful know they could 'break' their fast and partake of food. An abiding memory: the many samosa sellers waiting patiently; their stalls stacked high with their freshly cooked produce anticipating the sirens and the rush as hungry people purchased these snacks maybe their first food of the day!

Recipe :makes 10- 12 samosa depending on size of your pastry wrapper

http://www.youtube.com/watch?v=QpVVvNI_goU

Ingredients:

4 medium potatoes
½ cup cooked peas (optional)
1-2 small onions roughly chopped
1 teaspoon cumin seeds
1 tablespoon coriander seeds, broken
1 teaspoon black mustard seed
1 teaspoon turmeric
1 tablespoon lemon juice
1 finely chopped green chilli
1 teaspoon red chilli powder - or to taste
½ -1 teaspoon salt - or to taste
1 tablespoon fresh coriander (also known as cilantro)
vegetable oil for frying
1 packet egg roll wraps. You can buy them in the freezer section of supermarkets. They vary in size.

Method :

1. Boil potatoes ,with skins on, until cooked. Let them cool and then peel and chop into smallish chunks.
2. Add dry spices to potatoes along with lemon juice
3. Fry onions in 1 tablespoon of oil on medium heat for a minute or two.
4. Add coriander and green chilli to pan and stir.
5. Add potatoe mixture, heat through.
6. Add peas if using and mash mixture slightly. Add a tablespoon or so of water if mixture is very dry and difficult to mash.
7. Take filling off the heat and let it cool for 10-15 minutes.

Stuffing the Samosa: *At this point it will be useful to watch the video link above to get the technique right !!*

1. Cut the egg roll wraps in half diagonally - scissors make it easier! Cover the pastry in a damp cloth until you are ready to use it.
2. Make a little pocket by folding the pastry over on itself. Add stuffing mixture. Be generous but do not over fill.
3. Seal the stuffed pastry triangles with water and pressing pastry edges firmly together.
4. Once you have used up all your filling you are ready to fry them.
5. Deep fry in oil preheated to a medium temperature. Cook for the samosa for 2-3 minutes on each side until they are a lovely golden brown.

Serve with tomato ketchup or a yoghurt and mint dip.