

Punjabi Samosas

Prep time – 30-40 minutes

Cooking time – 10 minutes

Serves 6-8

A popular snack in the North of India, samosas have become synonymous with Indian food

Ingredients:

Pastry – 2 ½ cups of plain flour, 4 tbsp of ghee/unsalted butter/oil, 1 tsp of aniseed or caraway seeds, ½ tsp salt, 1 cup of water

Spices – 1 tsp cumin seeds, 2 tbsp fresh grated root ginger, 2-3 green chillies finely chopped, 1/2 tsp garam masala and salt to taste.

3-4 boiled white potatoes, ½ cup of frozen peas, defrosted; oil for frying

Method:

For the pastry, mix together flour, aniseed and salt. Add the ghee/butter/oil and mix in to make a loose breadcrumb texture. The texture is perfect if you can press some mixture in your hand and it hold shape, but easily crumbles away.

Start to add water a little at a time and make a dough that's pliable but not soft. This will ensure that the pastry remains crisp when deep fried. Set the pastry aside, covered with a damp cloth.

Add 4-inches of oil to a deep wok or pan. Set it to heat on medium.

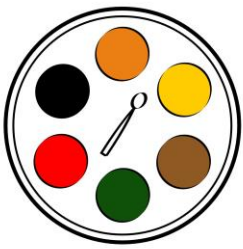
Set another frying pan or wok on high heat. Add a couple of tablespoons of oil and throw in cumin seeds, ginger, and green chillies if using. Cook for 20-30 seconds. Add potatoes, breaking them up into chunks and mixing well. Add the peas, salt to taste, and garam masala.

Mix well and cook for 5-7 minutes on medium heat. Turn off the heat and set aside to cool.

Divide the pastry into 3-inch sized balls. Dust some flour on the work surface and roll the pastry into an oblong shape, approximately 2-3mm thick. Using a knife, cut the oblong piece of pastry into two equal halves, widthways, making two semi-circles.

Stretch one piece further along the straight edge by rolling it out. Lay it on your palm, 'U' pointing down. Moisten the edges of the pastry with a little bit of water. Fold the two corners inwards, overlapping the sides to make an ice-cream cone.

Add a tablespoon of filling to the cone and seal the top with a little bit of water so you get a pyramid shape. Deep fry samosas on medium heat until they are golden brown and crispy. This takes approximately 10-12 minutes.



MASALA MASTERS

HOW TO:

FOLD A SAMOSA

1.



SMALL DOUGH BALL

2.



ROLL INTO OVAL
AND CUT IN HALF

3.



ONE DOUGH BALL = TWO SAMOSAS

4.



ROLL ALONG STRAIGHT
EDGE TO STRETCH

5.



DAMPEN THE STRAIGHT EDGE WITH A LITTLE BIT OF
WATER AND FOLD CORNERS INWARDS, TO MAKE A
TRIANGLE

6.



HOLD LIKE AN ICE-CREAM
CONE AND FILL

7.



DAMPEN THE TOP EDGE AND BRING
THE TWO SIDES TOGETHER TO SEAL

FRY OR FREEZE FOR A RAINY DAY