

Samosas

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

Prep time – 30-40 minutes

Cooking time – 10 minutes

Serves 6-8

Ingredients:

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

Spices – 1tsp cumin seeds, 1 tbsp. coriander powder, ½ tsp turmeric, 1 tsp red chilli powder, ½ tsp dry mango powder (a squeeze of lemon works well too if you can't find mango powder), 1 tsp garam masala and salt to taste.

For meat samosas - 2 cups of minced lamb or pork, 1 finely chopped onion , 2 tsp of ginger and garlic paste, 2 tbsp yogurt

For veggie samosas - 3-4 boiled white potatoes, ½ cup of frozen peas

Method:

For the pastry, mix together flour, aniseed and salt. Add the ghee/butter and mix in to make a loose breadcrumb texture. 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.

For meat samosas, combine the meat and yogurt and leave aside for 15 minutes. Heat a tbsp. of oil in a pan and add onions and ginger garlic paste. Fry till onions are soft and starting to brown. Add the meat and stir well to brown.

The yogurt will help tenderise the meat and keep it moist. Add the spices and mix well. Cover and cook on a low heat till meat is cooked. Set aside to cool completely.

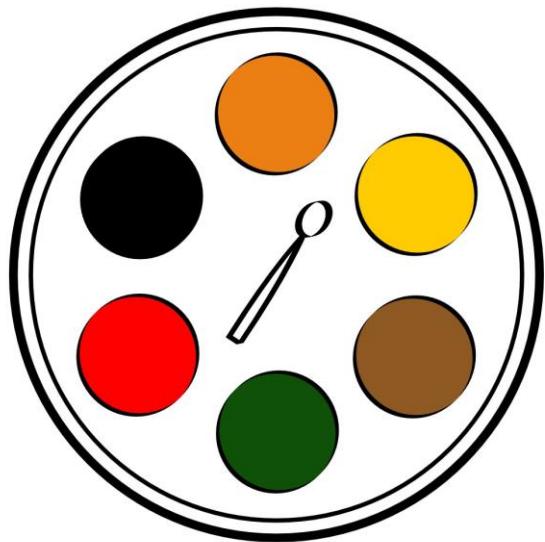
For vegetarian samosas, add a couple of tablespoons of oil to a wok. Throw in cumin seeds and then potatoes. Toss. Add coriander powder, turmeric, mango powder (or juice of one lemon). Add chilli powder and salt as it suits your palette. Mix well. Add remaining veg if using and then garam masala. Toss well and cook till all veg is tender. Once done, take it off the heat and allow it to cool completely.

Heat oil in a pan for frying. Take a roll of pastry about an inch in diameter. Dust some flour on the work surface and roll the pastry into an oblong shape. It should be no more than 2-3mm thick. Using a knife, cut the oblong piece of pastry into two equal halves, cutting widthways.

Take one piece, and lay it on your palm, 'U' pointing down. Moisten the edges of the pastry with a little bit of water. Bring the two top edges together and seal them along the horizontal edge to make a 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-high until they are golden brown and crispy.

Serve with a tamarind sauce or coriander chutney.



MASALA MASTERS

Good food is meant for sharing