

VEGETARIAN SAMOSAS

DOUGH

500 ml	flour
2 mL	adjiwani seeds
5 ml	salt
50 ml	Ghee, melted or oil
150 mL	Warm Water

FILLING

30 mL	cooking oil + an extra 30 mL
5 mL	whole cumin seeds + 5 mL fennel seeds are optional
125 mL	onion, finely chopped (1/2 of a medium onion)
10 mL	ginger paste
5 mL	fresh green chili, seeds removed and minced small
500 mL	cooked potato chunks (2 medium potatoes)
10 mL	crushed coriander seeds
5 mL	each of turmeric and cumin
5 mL	chili powder and garam masala
5 mL	salt (to taste)
125 mL	thawed frozen peas
2 mL	mango powder

Fresh cilantro, chopped (optional: to be added after mixture has cooled)

METHOD

1. In a large bowl sift together the flour, adjiwani seeds and salt. Melt the ghee and pour it on top and mix it into the flour with your hands. Use the rubbing technique to get all of the flour coated with particles of fat.
2. Then add the warm water and with your hand mix the dough until the dough holds together in a soft but not sticky ball. Knead the dough for a few minutes to make it smooth and elastic, rub a little oil over the top and then let it rest covered with saran wrap till the filling is ready.

3. Heat up 1/2 a pot of water to the boil. Peel the potatoes, then cut up the potatoes into 8 equal pieces and add them to the boiling water. Cook till a fork goes through easily. Drain through the colander and set aside in a metal tray to cool.
4. Heat up the 30 mL of oil in a fry pan on med-high heat. Add the cumin and fennel seeds and cook for 30 secs Then add the onions, green chilies and ginger paste. Cook for 1 min. Add the potatoes and break them up into smaller pieces. Pour on the extra 30 mL of oil and then add the crushed coriander seeds, turmeric, chili powder, cumin and garam masala.
5. Mix everything together and cook 2 mins. Add the peas and salt. Continue to cook and mash a bit till flavors heat thru. Transfer to a bowl and mix in the mango powder and freshly chopped coriander leaves. Place mixture in the metal tray and put in the big freezer to cool.
6. TURN ON DEEP FRYER OIL TO 350.
7. Mold the dough into a log and cut into 6 pieces with the pastry cutter. Form each piece into a small round ball and flatten. As you roll out one keep the other balls covered with the saran wrap.
8. Rub a little oil in a circle on the counter top. Flatten the first ball into a circle and roll it out into a very very thin circle.
9. Cut each rolled out circle in half with the pastry cutter. With each half rub water along the straight edge and make a cone shape (see demo). Fill the cone with the cooled potato filling and then rub a little water around the mouth of the cone and seal closed by making a small fold in the back then pinching the rest shut.
10. Place 4 samosas at a time in the oil and fry for about 7-9 mins on medium heat or till golden brown. Drain on paper towel and serve with mango or tamarind chutney.