***Vegetable and Cashew Samosas***

*C:\Documents and Settings\mv12438\Local Settings\Temporary Internet Files\Content.IE5\OBD9ITCJ\MC900435490[1].wmf(Serves 2-3)*

***Ingredients (Pastry):***

375 mL all-purpose flour

25 mL margarine or butter

100 mL milk

***Ingredients (Filling):***

175 mL potatoes, peeled and diced small (about one small-medium or ½ large potato)

2 mL salt (add to water for boiling potatoes)

C:\Documents and Settings\mv12438\Local Settings\Temporary Internet Files\Content.IE5\HON0JPH8\MC900331282[1].wmf100 mL frozen peas

15 mL vegetable oil

¼ med. onion, peeled and diced

1 sliver gingerroot (½ cm)

½ lg clove garlic (or 1 small), peeled and crushed

2 mL garam masala

2-4 mL mild curry paste

C:\Documents and Settings\mv12438\Local Settings\Temporary Internet Files\Content.IE5\OBD9ITCJ\MC900331283[1].wmf1 mL cumin seeds, crushed

5 mL lemon juice

40 mL unsalted cashews, coarsely chopped

**DAY 1 - To make pastry:**

1. Cut margarine or butter in to flour and stir with a fork to distribute evenly.
2. Add milk gradually and mix to form firm dough. (If more liquid is needed, add a bit of water.)
3. Knead lightly until smooth.
4. Place in a lightly oiled, labelled bag to store for next class.

**DAY 1 - To make filling:**

1. Fill a large saucepan half full of water and bring to a boil on high.
2. Peel potato and cut in to about 2 cm cubes. Rinse potato cubes.
3. Place potato cubes in boiling water and boil 5 minutes. Add peas and cook until potatoes are tender. Drain well.
4. Heat 15 mL vegetable oil in a frying pan over medium heat and add the onion, potato and pea mixture, ginger, garlic and spices. Fry for 2 minutes. Stir in the lemon juice and cook gently, uncovered, for 2 minutes. Remove from heat.
5. Slightly mash the potato mixture then stir in the cashews. Add salt if necessary (depending on whether the cashews were salted or not).
6. Place in a labelled container to store in the refrigerator for next class.

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**DAY 2: Assembling and frying the samosas**

1. Preheat an electric frying pan with about ½-1cm vegetable oil for shallow frying to 180ºC/350ºC.
2. Reserve a small (~5mL) piece of dough to test if oil is hot enough when you are ready to fry your samosas. Divide the rest of the dough into 3 portions and form each portion into a ball. Roll each portion out on a lightly floured surface into a 7-inch/18 cm **CIRCLE**. Cut each circle in half to make 6 semi-circles.

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1. Divide the filling equally between each semi-circle of dough. Brush the edges of dough all the way around with water and fold edges over to form triangular shapes, sealing the edges well together by pinching or using the tines of a fork. Try not to leave too much air inside but be sure to keep the potato mixture off the edges or they may not seal properly.
2. Test to see if the oil is ready by gently slipping the small reserved piece of dough in to the hot oil. The oil should bubble vigorously.
3. Fry the samosas 3 at a time, turning them over (tongs work great!) when golden brown. Drain on a paper towel after frying and keep in a warm oven while cooking the remainder in the same way.

**\*\* May be served with chutney.**

**\*\* For a beef samosa, replace the potatoes with 300 mL of ground beef.**

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