

VEGETABLE SAMOSA *from Curry Compendium by Richard Sayce*

These golden crunchy triangles of joy are filled with a potato, onion, and pea masala mixture. I think the fennel seeds and the amchoor powder go very well in these vegetable samosas.

This recipe will make about 12 samosas that will feed at least six people as a starter or side dish.

The ingredients can be scaled up or down uniformly as desired, and the filling can be frozen once cooked and used later.

All spoon measurements are level.



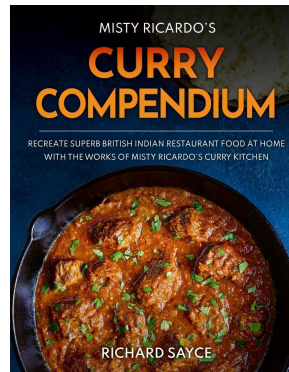
INGREDIENTS

- 2 TBSP (30ml) Oil
- 2 tsp Cumin Seeds
- ½ tsp Fennel Seeds
- 100g Onion, finely chopped
- 1½ tsp Garlic, finely chopped
- 2 tsp Ginger, finely chopped
- 1 tsp Coriander Powder
- ½ tsp Garam Masala
- 1 tsp Turmeric
- ¼ tsp Black Pepper
- ¾-1 tsp Salt
- 1 tsp Kashmiri Chilli Powder (optional)
- 80g Peas, defrosted
- 160g Potato, boiled and chopped into very small pieces (peeled weight)
- 2 TBSP fresh Coriander Stalks and Leaves, finely chopped
- 3-4 Green Chillies, finely chopped (optional)
- ¾ tsp Amchoor (unripe mango) Powder or 1-2 tsp Lemon Juice. Either is optional
- 2 tsp Mango Chutney (optional)
- Filo or Wonton Wrappers (available in supermarkets refrigerated or frozen)

METHOD

1. Firstly peel and boil the potatoes, drain, allow to cool, and chop into very small pieces.
2. Add the oil to a frying pan on medium heat.
3. When the oil is hot add the cumin and fennel seeds, and fry until the cumin seeds start to sizzle.
4. Add the onion and fry for 1-2 minutes, stirring often.
5. Next add the chopped garlic and ginger and continue frying for another minute, stirring frequently.
6. Add the coriander powder, garam masala, turmeric, black pepper, salt, and the optional Kashmiri chilli powder. (Regular chilli powder is fine to use – just use about half the amount.)
7. Fry the mixture for 1-2 minutes, stirring constantly. Add a little water to prevent the spices from burning.
8. Now put in the peas, potato, fresh coriander, and optional green chillies. Mix well and cook for a further 2-3 minutes until the filling mixture is dry. Add a little water during cooking if it dries out too much, to prevent burning.
9. Add the amchoor powder (dried mango powder) or lemon juice (optional).
10. Taste and adjust seasoning. If you prefer a slightly sweet filling add the mango chutney.
11. The filling should be dry so that it doesn't make the pastry soggy. Turn off the heat and wait for the mixture to cool down before starting to assemble the samosas.
12. To make each samosa, carefully place down a single square wonton wrapper sheet on a clean, dry surface, and cut it into 2 or 3 strips horizontally. The width of each strip will determine the size of the samosas.
13. Place a dollop of the filling near one end of one of the strips, and fold the pastry from the corner to form a covered triangle at that end.
14. Now, fold that triangle into the pastry strip. Repeat the folding until all the strip has been wrapped around the triangular samosa.

15. Seal the edge of the end of the pastry onto the samosa with a little water or cornflour slurry, so that it does not unravel during frying.
16. Repeat, wrapping as many samosas as you want, or until the filling runs out.
17. You can store any leftover filling in the fridge or freezer for later use.
18. Deep-fry the samosa at 180°C for 1 minute each side, or until the pastry has turned golden brown.
19. As a healthier alternative you can instead bake the samosas. Brush a bit of oil on both sides of each samosa, then place on a baking tray in a preheated oven at 180°C for 10 minutes, turning them over half way through, or until the samosas are golden brown.
20. Serve with your choice of dips, such as mint, tamarind, ketchup, raita, etc



These recipes are from Richard Sayce's new book CURRY COMPENDIUM, available to order from all good book sites. For more information, please visit

www.mistryricardo.com

Amazon UK:

<https://amzn.to/3zkxgbl>