



Samosas

Cauliflower & Pea

(prep time—about 1 hour/frying time 20–30 min)

(yield: ~10 samosas)



FILLING

2 tbsp ghee or oil	1 tbsp cumin seeds
2 tsp minced fresh ginger	2 or 3 hot green chilies, minced
¼ tsp yellow asafoetida powder	1 sml cauliflower, cored, trimmed diced, and steamed until tender
½ tsp turmeric	¼ tsp cinnamon powder
1 ½ tsp salt	1 tsp minced fresh coriander leaves
½ tsp lemon juice	ghee or oil for deep frying

- Heat 2 tbsp of ghee or oil in a large frying pan over moderate heat.
- Sauté cumin seeds in the hot oil until they turn golden brown. Add the ginger and chilies and stir fry for 1 min
- Add the asafoetida and stir momentarily; then add the cauliflower and peas. Add the turmeric, cinnamon & salt
- Reduce the heat to low, stir all the ingredients, and partially cover.
- Cook, stirring occasionally, for about 5 minutes or until the vegetables are tender and quite dry.
- Add the fresh coriander leaves and lemon juice. Remove from heat and coarsely mash the vegetables.
- Allow the mixture to cool to room temp. Divide the filling into 20 even portions.

PASTRY

1 ¾ cups unbleached plain flour	¾ tsp salt
4 tbsp melted butter/ghee	½ to ¾ cup warm water

- Mix the flour and salt in a large mixing bowl. Add the melted butter or ghee and rub it between your fingers until it resembles a coarse meal.

- Make a depression in the centre of the mixture, add most of the water, and quickly mix and gather it into a ball.
- If the dough is too dry to cohere, add warm water to make a medium-soft pastry dough.

TO ASSEMBLE THE SAMOSAS

1. Roll the dough into a rope about 10 inches long and cut the rope in 10 equal sized pieces. Cover with a moist cloth.
2. Take one piece of dough and press it into a smooth patty. Lightly oil a smooth working surface. With a rolling pin, flatten the patty into a round, thin disk about 6 ½ inches across. Cut the disk in half with a sharp knife.
3. Dip your finger into a bowl of water and moisten the straight edge of one semi of pastry. Pick up the semi-circle and fold it in half, forming a cone. Gently but firmly press the moistened edges together, slightly overlapping them to ensure the seal.
4. Carefully spoon one portion of the vegetable stuffing into the pastry cone, leaving a ¼ inch border on top. Dip your finger into the bowl of water and moisten the inside edge of the cone. Firmly press the moistened edges together, thoroughly sealing the filling inside the triangular pastry casing. The top edge can be left plain, crimped with a fork or plaited with your fingers. Place the samosa on a tray and finish rolling, filling, and shaping the remaining samosas.
5. Place ghee or oil to a level of 2 ½ to 3 inches in a wok or deep-frying pan over moderate heat. When the temp reaches 290 degree Fahrenheit, slowly fry 8 to 10 samosas at a time for about 6–8 minutes or until they're flaky and pale golden brown. Remove with a slotted spoon and drain on paper towels. Serve warm or at room temp.