



## **SAMOSAS**

### **SHOPPING FOR YOUR CLASS**

Your recipes include some specialty ingredients, like Kashmiri Chili Powder, Amchur and Ajwain Seeds. These ingredients are available at Indian grocery stores.

### **MISE EN PLACE**

- **Cook the potatoes before your class according to the recipe, below: Place them in a pan of cold salted water then cook them, whole in their skins, until tender. Drain and cool. You could also use baked or microwaved potatoes, or cut them up to speed up the cooking time.**

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### **SAMOSAS** *(makes 10-12 samosas)*

Recipe by Aditya Raghavan

#### **Filling:**

550 g (2-3) russet potatoes  
1/2 cup frozen peas, defrosted  
2 tbsp oil, grapeseed or canola  
1 Indian or Thai green chili finely chopped  
1/2 inch piece of ginger, finely chopped or made into a paste  
1 tsp cumin seeds  
1 tsp roughly crushed coriander seeds  
1 tsp amchur (dry mango powder)  
1/2 tsp Kashmiri red chili powder  
1 tsp ground coriander  
Salt to taste

#### **Pastry:**

250 g all purpose flour  
50 g ghee (optionally use oil)  
1/2 tsp salt  
1 tsp ajwain seeds  
cold water – use only enough to form the dough (about a half cup, or less)

*oil for frying, we recommend keeping a 3-4 litre jug of canola oil for deep frying cilantro mint chutney (recipe below)*

- First cook the potatoes: Begin by boiling the whole unpeeled russet potatoes in a pot - bring the water to a boil and then lower to medium heat, and cover. Once they are tender, drain them and run them under cold water to cool them a little and remove the skins (optional).
- Roughly chop the potatoes, not worrying too much about the cut pieces maintaining their structure. A good samosa filling has crumbly bits of potatoes, and in some cases it is even quite mashed. Russets work well for this as they are starchy and do not necessarily hold their shape well when cut.
- Meanwhile make the pastry: mix together all of the dry ingredients then add the ghee, rubbing it into the flour until it is uniformly crumbly.
- Add cold water to the dough in small increments, to form a fairly stiff dough that comes together well.
- Cover the dough with plastic wrap and rest in the fridge for at least 30 minutes.
- Next make the filling: heat the oil in a pan or wok to medium heat. First fry the cumin seeds and partially crushed coriander seeds in the oil till they get a little toasty.
- Quickly add the green chilis and ginger and stir for half a minute, just until aromatic. Now, add all the spices – the coriander powder, red chili powder and amchur - and fry for a minute or so. You can add some water (or more oil if you prefer) at this stage so all the powdered spices get incorporated into the paste.
- Add the potatoes and stir and cook for 2-3 minutes.
- Once the potatoes look uniformly mixed with the spices, turn the heat off and fold in the defrosted green peas. Mix well and let cool down to room temperature by transferring to a large bowl.
- Next divide the dough: Split the dough into roughly 5-6 balls, between 60 and 75 grams each (larger balls will yield larger samosas, which can be quite pleasurable)
- Now heat the oil for frying: Half fill your pot with canola oil and leave it on a medium-low simmer. We recommend using a frying thermometer to bring the oil to 350 F. Do not allow it to overheat.
- Now make the samosas: Using a rolling pin, roll out each ball into a rough circle about 6 – 8 inch in diameter. Again, larger circles will yield larger samosas
- Taking one circle, cut it through the middle into two semi-circles. Each semi-circle will become one samosa.
- Dipping your finger in water, wet one half of the diameter (straight edge) of your semi-circle.
- Lift the dough from the other half of the diameter and turn it so that the bottom (flipside) falls on the wetted side. Press it together to seal it.
- The circular portion of the dough now becomes a cone. Hold the cone between your forefinger and thumb, opening the cone so it can be filled. With

your other hand spoon filling into the cone and fill it to about three quarters full.

- Run a wet finger all around the circular edge now. Fold the side opposite to the creased end, and press the entire pastry cone closed. If done correctly, the samosa should be able to stand with the crease vertical.
- You do not want to fry the samosas in hot oil. When you drop a small piece of dough in the oil, it should fall all the way down, wander about for a few seconds and then rise to the surface. (300F)
- Fry 2-3 samosas at a time without overcrowding the pot. The samosas are ready when the crust is a nice golden brown.
- Enjoy with cilantro mint chutney.

### **CILANTRO MINT CHUTNEY**

Recipe by Aditya Raghavan

*1 bunch fresh cilantro – leaves and thin stems (save thicker stems and roots for stock)*

*1/2 bunch of fresh mint (preferably peppermint)*

*1 inch piece of ginger*

*3 large green chilis*

*1 tsp ground cumin*

*juice of 1 lime*

*salt to taste*

- In a blender, blend the cilantro with the green chilis and ginger until smooth. Add the juice of 1 lime and only just enough water to make it into a smooth paste.
- Add the ground cumin, to taste.
- Adjust the seasoning to your liking with salt and lime juice.

### **EQUIPMENT**

A spice grinder

4-quart pot for frying (or a deep fryer)

A deep frying thermometer (with a clip), or you can use an instant read thermometer

Rolling pin

Blender (for chutney)

Pots for boiling potatoes, stir frying the filling

Two mixing bowls

A small bowl of water