



## Vegetable Samosas with Mint Chutney

By The Canadian Living Test Kitchen



**General Category :** Appetizers-Snacks-Hors-d'oeuvre

**Food Group :** Vegetables, Grains

**Other Criteria :** CL Cooks

### Ingredients

#### • Pastry:

- 2 cups (500 mL) flour
- 1/2 tsp (2 mL) salt
- 1 tbsp (15 mL) vegetable oil
- 3/4 cup (175 mL) water, approximately

#### • Filling:

- 1 lb (500 g) boiling potatoes, about 4 medium
- 1 tsp (5 mL) black mustard seeds
- 1 tsp (5 mL) vegetable oil
- 1 onion, chopped
- 2 tsp (10 mL) minced ginger
- 2 tsp (10 mL) mild curry paste
- 3/4 cup (75 mL) vegetable stock
- 1/2 tsp (2 mL) salt
- 1 tbsp (15 mL) lemon juice
- 1/2 cup (125 mL) frozen peas
- 2 tbsp (25 mL) chopped fresh coriander

#### • Mint Chutney

- 2 cups (500 mL) lightly packed fresh mint leaves
- 1/2 cup lightly packed fresh parsley or coriander leaves
- 1-1/4 cup (125 mL) chopped sweet onion (300 mL)
- 2 green hot finger peppers, seed (1 oz/30 g)
- 1/4 cup (50 mL) lime juice
- 2 tbsp (25 mL) palm or light brown sugar
- 2 tbsp (10 mL) minced gingerroot
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) ground cumin
- 1/4 cup (50 mL) water

### Preparation

In large bowl, stir together flour and salt. Add oil and stir until well blended. Gradually add enough of the water, stirring with fork, to make a firm dough. Turn out onto floured surface. Knead 5 minutes until smooth; cover and let rest for 30 minutes.

Peel and cut potatoes into 1/4 inch (5 mm) cubes; set aside.

Heat large skillet over medium heat. Add mustard seeds to pan and cook, stirring, for about 5 minutes or until seeds turn gray and start to pop. Remove and set aside.

Heat oil in pan and add onions, ginger and curry paste; cook, stirring, for 5 minutes or until softened. Add potatoes and cook for 2 minutes. Pour in stock and salt; bring to boil reduce heat, cover and simmer for 10 minutes or until potatoes are tender and liquid is almost absorbed. Stir in peas; remove from heat; set aside.

Divide pastry into 10 balls. Working with one at a time and keeping the remaining covered, roll each into a 7-inch circle. Cut the circle in half and brush edge with water. Add a rounded tablespoonful (15 mL) filling and fold the pastry to form a cone. Press the straight edges to seal. Fold the rounded edges together and crimp to seal. Repeat with remaining dough and filling.

In large shallow saucepan, heat oil to 350°F or until a cube of bread browns in 30 seconds. Cook 2 to 3 samosas at a time for 4 to 5 minutes, turning once, until golden. Drain on paper towels.

**Mint Chutney**

In food processor, purée together mint, parsley, onion, hot peppers, lime juice, sugar, gingerroot, salt and cumin until smooth. Pour in water; purée until combined.

Yield: 1-2/3 cups (400 mL)

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