



Vegetable Samosas with Mint Chutney

By The Canadian Living Test Kitchen



Serving(s)

20

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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