

VEGETABLE SAMOSAS - INDIA

Ingredients

1 pack filo pastry
60ml (4 tablespoons) vegetable oil
1 onion finely chopped
1.25ml ($\frac{1}{4}$ teaspoon) whole cumin seeds
1 green chilli -
finely chopped
5ml (1 level teaspoon) turmeric
2.5ml ($\frac{1}{2}$ level teaspoon) curry powder
2.5ml ($\frac{1}{2}$ level teaspoon) ground cumin
200g thawed-diced frozen vegetables (e.g. potato, carrots, peas)
Salt to taste
75g butter melted



Equipment

Sharp knife, chopping board, teaspoon, tablespoon, wooden spoon, large saucepan with lid, pastry brush, kitchen scissors, plate, baking tray, foil.

Method

1. Heat the oil in a large pan. Fry the onion and whole cumin seeds for 5-6 minutes over a moderate heat. Add the chilli, ground cumin, curry powder and turmeric. Fry for a further 2-4 minutes.
2. Add thawed diced vegetables (potato, carrots, peas). Continue to cook over a low heat with the lid on until the vegetables are soft but not mushy.
3. Allow to cool.
4. Unwrap the pastry and extra 2-3 sheets. Put the remaining pastry in the plastic bag or cling wrap it until needed. Heat oven to 220°C / 400°F / Gas 6.
5. Use the scissors to cut the pastry sheets 80-100mm (8-10cm) wide. Brush each sheet lightly with melted butter.
6. Working with a thickness of 2 or 3 sheets together, place 2-3 teaspoons of spiced vegetable mixture at the end of the pastry closest to you.
7. Fold the pastry over in right-angled triangles, sealing the end with melted butter.
8. Place on a baking tray and brush lightly with melted butter. Bake for 10-15 minutes until golden brown.
9. Serve hot or cold as a snack, as a starter or part of a light supper.



