Stephanie Alexander KITCHEN GARDEN FOUNDATION
Growing Harvesting Preparing Sharing

Vegetable Samosas

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: coriander, onion, peas, potato, pumpkin or sweet potato

Equipment:

- metric measuring scales, jug and spoons
- clean tea towel
- chopping board
- cook's knife
- vegetable peeler
- saucepans – 1 small, 1 large with steamer
- mixing spoon
- 2 large bowls
- plastic wrap
- rolling pin
- baking tray
- baking paper
- serving platters
- serving tongs

Ingredients:

For the hot water pastry:

- 85 g butter
- 180 ml boiling water
- 350 g plain flour, plus extra for dusting
- 1 pinch salt

For the filling:

- 350 g pumpkin or sweet potato, peeled and diced into 2 cm cubes
- 3 large potatoes, peeled and diced into 2 cm cubes
- 1 tbsp olive oil
- 1 medium onion, peeled and finely diced
- 2 tsp mustard seeds
- 2 tsp cumin seeds
- 1 tsp cardamom powder
- 1 tsp garam masala
- ½ tsp turmeric
- 1 pinch of salt
- 1 pinch of pepper
- 3 large handfuls of peas, podded (or 1 cup frozen peas)
- 1 small handful of coriander leaves, chopped

What to do:

To make the hot water pastry:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Melt the butter into the water in the small saucepan.
3. Put the flour in a large bowl with the salt.
4. Add the butter and water mixture.
5. Stir until the dough forms a ball.
6. Knead the dough on a clean, dry, floured workbench for 2 minutes.
7. Wrap the dough in plastic wrap and store in the refrigerator while making the filling.
8. Preheat the oven to 180°C.

To make the filling:

1. Steam the pumpkin and potato until tender, then allow them to cool a little.
2. Heat 1 tbs olive oil in the large saucepan on medium heat.
3. Add onion and cook until translucent.
4. Add mustard and cumin seeds and stir until fragrant.
5. Add the spices, salt, pepper, peas, pumpkin and potato, and stir to combine thoroughly.
6. Make sure the spices are evenly distributed and break up any lumps.
7. Stir the fresh coriander through and allow the mix to cool.

To make the samosas:

1. Divide the pastry dough into 16 balls.
2. Roll each dough piece out into a circle.
3. Place a spoonful of mixture into the centre of a pastry disc.
4. Fold it in half, pressing all the air out. It will be a half-moon shape.
5. Press the edge together firmly.
6. Follow the same assembly process for each piece of dough.
7. Line the baking tray with baking paper, then place the samosas on the tray and bake in the oven for 15 minutes.
8. Serve with **Yoghurt & Sesame Sauce** (page 160).

