

Vegetable Samosas Recipe

(Indian Vegetable Samosas Recipe)

Ingredients: Serves 6, Oven: Preheat to 120°C

2 boiling potatoes, 1 lb (500 g) total weight, peeled
¼ cup (1½ oz/45 g) diced carrots (¼-inch/6-mm dice)
¼ cup (1½ oz/45 g) fresh or thawed frozen English peas
1 yellow onion, peeled and chopped
3 cloves garlic, peeled
1 tablespoon peeled and chopped fresh ginger
2 tablespoons canola or peanut oil, plus oil for deep-frying
1 teaspoon ground turmeric
½ teaspoon each ground coriander (cilantro), ground cumin, and sugar
¾ teaspoon salt, plus salt to taste
⅛ teaspoon ground black pepper, plus pepper to taste
1 green jalapeno chili, seeded and minced
1 tablespoon all-purpose (plain) flour
12 spring-roll wrappers
Cilantro and Mint Chutney or Tamarind Chutney

Method:

In a saucepan over high heat, combine the potatoes with water to cover generously. Bring to a boil and cook until just tender, about 15 minutes. Drain, let cool, peel, and cut into ¼-inch (6-mm) dice. Fill a small saucepan three-fourths full of water, bring to a boil, add the carrots, and blanch for 2 minutes. Using a skimmer, lift out and set aside. Add the peas to the boiling water, blanch for 3 minutes, drain and set aside. In a mini food processor, combine the onion, garlic, ginger and 2 tablespoons water and process to a paste. In a large sauté pan over high heat, heat the 2 tablespoons canola oil. Add the onion mixture and sauté until light golden brown, 5-7 minutes. Reduce the heat to medium-low and add the turmeric, coriander, cumin, sugar, ¾ teaspoon salt, ⅛ teaspoon pepper, and chili and cook for 2 minutes to blend the flavors. Stir in the blanched carrots and peas and sauté until most of the moisture has evaporated, 3-4 minutes. Stir in the diced potatoes. Taste and adjust the seasoning with salt and pepper. Transfer to a plate and let cool. In a small bowl, stir together the flour and ¼ cup (2 fl oz/60 ml) water to form a thin paste. Separate the spring-roll wrappers and cover with a damp kitchen towel. Working with 1 wrapper at a time, cut it in half to form 2 rectangles. Use each half to enclose 1 tablespoon of the filling. Pour oil to a depth of 5 inches (13 cm) into a deep frying pan and heat to 180°C on a deep-frying thermometer. Working in batches of 3 or 4 samosas, carefully lower them into the oil and deep-fry until golden brown, 2-3 minutes. Using a wire skimmer, transfer to paper towels to drain. Allow the oil to reheat to 180°C between batches. Place the fried samosas on an ovenproof platter and keep warm in the oven as you cook the remaining batches. Serve with chutney.