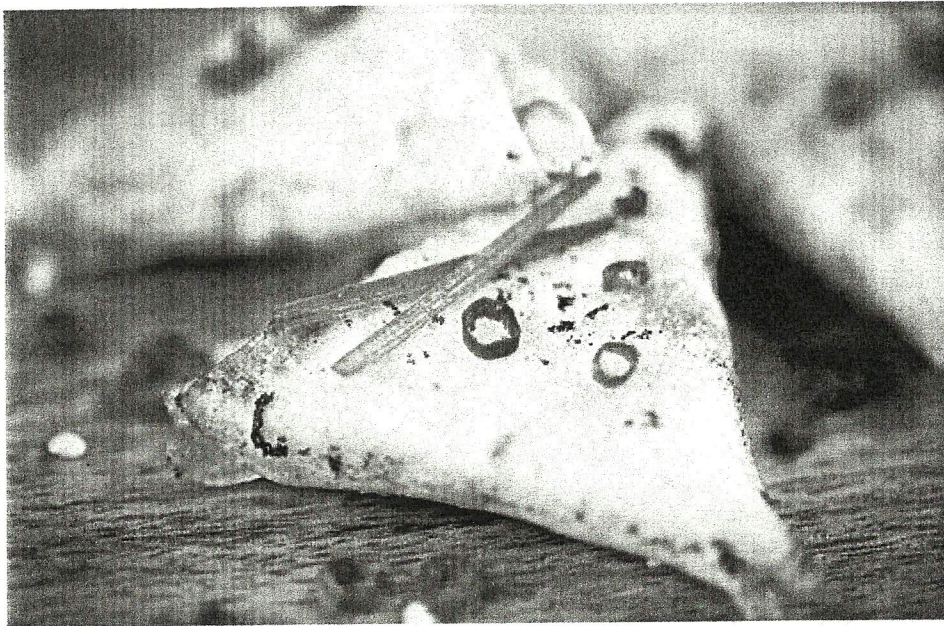


## The Samosa - A Brief History



Its believe the Samosa originated from Central Asia before the 10th century and made it's way to India via the ancient trade routes. The Indian Samosa is the most famous from a family of filled pastries or dumplings which were popular from North Africa to West China. Ancient Arab cookery books refer to the Samosa as Sanbusak and this pronunciation is still used in Egypt, Syria and Lebanon. Today, the Samosa a popular snack in many parts of the world. Delightful tasty little savoury patties are one of India's great successful snacks. Samosas are available everywhere and yet the samosa varies wherever it's found. That's the beauty – you can make Samosas in so many different ways. Each cook adding their own different signatures to a time honoured basic Samosa Recipe. Samosas are easy to make. Whether you make meat Samosas or vegetable Samosas, make your own pastry or buy the pastry ready-made, Samosas are always appetizing. Served with a dip and salad, they form the basis of the perfect snack.

### Meat samosa

#### Ingredients

500g minced lamb  
1 onion finely chopped  
2 cloves of garlic crushed  
½ teaspoon chilli crushed  
1 cup peas  
½ teaspoon ground tumeric  
1 teaspoon jeera powder  
1 tspn chopped mint or coriander  
2 tblspn vegetable oil  
1 pack of samosa pastry  
Flour & water mixed to a paste

1. Heat the oil in a frying pan, add the mince and mix in garlic, ginger and the spices and seasoning and fry until soft. Add the peas, stirring until cooked. Remove from heat and stir in the mint and onion, and leave to cool.
2. Work with one sheet of pastry at a time, keep the other covered with a damp tea towel.
3. Take one sheet of pastry, place 1-2 heaped teaspoons of the lamb or veg mixture at one end, then fold over one corner to make a triangle. Continue folding this way to make a triangular package, sealing the edges with flour paste, then by pressing with wet fingers.
4. Continue folding in this way and brush with flour paste to seal the samosas. Fry in hot oil, when the oil is hot (test it with a minute bit of pastry and see if it sizzles) fry the samosas for about 6 minutes until golden brown on the outside. Leave to drain on kitchen paper.

## Vegetable samosa

### Ingredients

2 tblspn vegetable oil  
 1 medium onion chopped  
 1 medium potato diced  
 1 carrot diced  
 2 teaspoon medium curry powder  
 Handful of frozen peas  
 1 teaspoon chopped coriander  
 1teaspoon curry powder  
 salt and ground pepper to taste  
 Frozen samosa or filo pastry – defrosted  
 Flour & water mixed to a paste

1. Heat the oil in a medium pan, add the onion and sauté for 5 mins or until pale golden.
2. Add the potatoes and carrots to the pan with all the spices and simmer for 10mins or until the potatoes are tender. Stir in the peas cover and simmer for a further 5mins
3. Remove from the heat, stir in the coriander and season to taste with salt and pepper, and leave to cool.
4. Work with one sheet of pastry at a time, keep the other covered with a damp tea towel.
5. Take one sheet of pastry, place 1-2 heaped teaspoons of the lamb or veg mixture at one end, then fold over one corner to make a triangle. Continue folding this way to make a triangular package, sealing the edges with flour paste, then by pressing with wet fingers.
6. Continue folding in this way and brush with flour paste to seal the samosas. Fry in hot oil, when the oil is hot (test it with a minute bit of pastry and see if it sizzles) fry the samosas for about 6 minutes until golden brown on the outside. Leave to drain on kitchen paper.
7. These crispy triangles of curried vegetables taste great served with a mint raita - mix a 250g pot Greek style yogurt with 3 tbsp chopped fresh mint, season to taste with salt and pepper before serving. Try lemon wedges with meat samosas.

## Cucumber and mint raita

### Ingredients

250ml/8fl oz natural yoghurt  
 ½ cucumber, grated or finely chopped  
 large handful mint leaves, chopped  
 large pinch salt  
 ½-1 green chilli, de-seeded and finely chopped (optional)

1. Wrap the grated cucumber in a tea towel and squeeze out any excess water.
2. Mix together all the ingredients and serve chilled as an accompaniment to any curry or as a dip for poppadoms