



Samosas are cheap and 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 tea, they form the basis of the perfect snack.

How to fold your Samoosa

Place a teaspoon of the mixture about 1cm from the narrow edge nearest you.

Moisten the first 5cm of the right edge.

Then take the left corner (corner 1), and fold it diagonally over the mixture (to corner 2), pressing to seal the edge you've just moistened.

Fold diagonally twice more as in the diagram – folding corner 3 to corner 4, then corner 5 to corner 6. (You're allowed curse while making the first one but you'll soon get the hang of it).

When you have made the third fold, cut away the dough strip, leaving a 1cm border (7 in the diagram). Moisten this flap and fold over the triangular parcel you've just made.

How to make the pastry

You don't have to make your own pastry. You can simply buy some ready-made pastry from the shop. For samosas you want to fry, use Filo Pastry and for samosas you want to cook in the oven use Puff Pastry.

This recipe will make enough pastry for 24 samosas and you will need:

225gm. plain flour
2 tspn. salt
2tblspb. vegetable oil
80 ml warm water.

Mix flour and salt into a bowl. Make a well into the centre and add the oil and enough water to make a firm dough. Knead the dough on a floured surface until smooth and roll into a ball. Cover in plastic wrap and set aside at room temperature for 30 minutes.

Vegetable Samosa Filling

1 Potato finely diced (5 to 10 mill cubes)
1 carrot finely diced - as above
2 cloves of crushed garlic.
1 Onion finely chopped
1 Cup of frozen peas
1 tblspn vegetable oil
2 tspn curry powder or your own spices according to taste
Salt, Pepper to taste.
100ml of vegetable stock.

Heat the oil in a frying pan, add the onion and garlic, mix in the spices and fry until soft. Add the vegetables, seasoning and stir well until coated. Add the stock, cover and simmer for 30 minutes until cooked.

Beef Samosa Filling

500g minced beef
1 onion
2 cloves garlic
Chilli to taste
1 tspn ground Tumeric
1 tspn ground Corriander
2 tspn fresh Ginger
50 ml chopped mint
Juice of 1 lemon
2tblspn vegetable oil
Salt, pepper to taste

Heat the oil in a frying pan, add the onion and garlic mix in the spices and seasoning and fry until soft. Add the mince, stirring until cooked. Remove from heat and stir in the mint and lemon juice.