

Vegetable samosas

Ingredients

Pastry

2 tbsp vegetable oil

225g plain flour

100ml warm water

Filling

2 medium sized potatoes

50g frozen peas

2 tsp oil

1 onion,

1 carrot

1-2 tsp curry paste (any type)



Aim Higher

Try adding some onion seeds into the pastry.

Try stirring some mango chutney into the filling.

Equipment

All equipment is provided by school.

***REMEMBER TO BRING
CONTAINER AND LID TO TAKE
YOUR FOOD HOME***

Oven temperature 200°C or 180°C fan or gas mark 6

Method:

1. To make the pastry, add the oil to the flour with the warm water and mix to form a dough. Knead briefly and leave to rest.
2. Heat a large pan of water until boiling. Peel and dice the potatoes, then cook for 8 mins until just soft. Add the peas 1 min before the end of cooking time. Drain, then set aside.
3. Peel and finely chop the onion and carrot.
4. Heat the oil in a frying pan. Fry the onion and carrot until soft. Add the curry paste then fry for a few mins more until the mixture smells fragrant. Carefully stir in the potatoes and peas, trying not to mash them, then leave to cool.
5. Divide the dough into 8 balls. One by one, roll each ball into a thin circle, then halve to make 2 semi-circles. Use your finger to brush a little water along the straight edges.
6. Hold one and bring the 2 corners together and, using your hand as a cup, seal along the straight edge to form into cones. Fill the cones with the filling and pinch the tops closed, sealing again with water. Brush with remaining oil on all sides.
7. Put on baking sheet and bake for 20 mins or until the pastry is crisp.