

Vegetable Samosas

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

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

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

Method:

1. Preheat oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.

To make the filling:

1. Steam the pumpkin and potato until tender, then allow them to cool a little.
2. Heat 1 tablespoon 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. Cut each pastry sheet into quarters to form 4 squares.
2. Place a tablespoon full of mixture into the centre of each pastry square.
3. Fold it in half to form a triangle & press all the air out.
4. Press the edge together firmly, then press edges with a fork to seal them.
5. Follow the same assembly process for each pastry square.
6. Line the baking tray with baking paper, then place the samosas on the tray and bake in the oven for 15 minutes until golden brown.