



CHIPS Cookery Club

Recipe – Vegetable Samosas

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Ingredients Makes 8-10 samosas

1 potato
1 carrot
1-2 cloves garlic
1 small onion
1 cup of frozen peas
2 x 5ml spoons curry powder
½ vegetable stock cube
4-5 sheets filo pastry

Equipment

Potato peeler
Chopping board
Small knife
Saucepan
Garlic crusher
Wooden spoon
Measuring spoons
cup measure
measuring jug
fork
pastry brush
cooling tray
baking tray



Peel the potato and rinse.



Peel the carrot and remove both ends and discard. Cut the carrot in half lengthways.



Slice into 5mm strips.



Cut each half in half again lengthways. Cut each strip to make 5mm dice.



Cut each slice into 5mm strips. Cut across to make 5mm dice.



Peel and slice an onion finely and cut into small dice.



Crush and peel the garlic.



Add the curry powder.



Fry the onions adding a 1 x 15ml oil.



Add the chopped potatoes and carrots and stir.



Add the crushed garlic and fry gently.



Add the peas and stir.



Cut a vegetable stock cube in half.



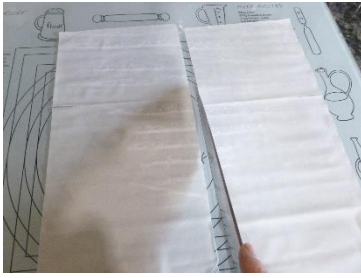
Add the stock and cook gently for 30 minutes.



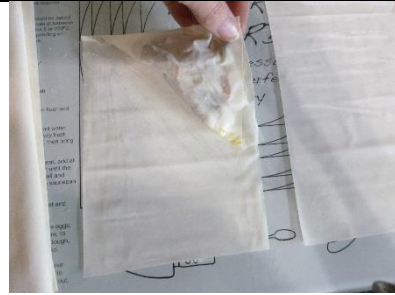
Add 100ml of boiling water and stir with a fork.



Stir occasionally and once cooked, cool slightly before assembling samosa.



Place a sheet of filo pastry on a clean board or work surface. Cut in half lengthways.



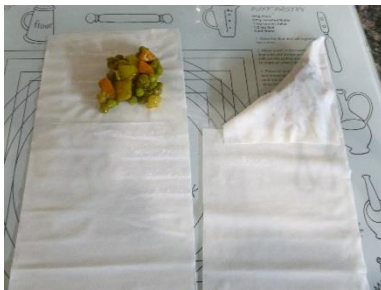
Continue folding over to form a triangle.



Brush the edges with oil. Keep the rest of the pastry covered so it doesn't dry out.



Place triangles on a baking tray and brush a little oil over the top of each one.



Place a spoonful of mixture onto the pastry and fold over to make a triangle.



Bake at gas mark 6 180°C for 20-25 minutes until the pastry is golden brown. Delicious served with curry and dhal or as a starter. You can add minced meat but make sure that they are thoroughly cooked through.