

Vegetable Samosas

SERVES: 6 at home

INGREDIENTS:

For the hot water pastry:

- 85g butter
- 180ml boiling water
- 350g plain flour
- 1 pinch salt

For the filling:

- 350g pumpkin or sweet potato, diced into 1 cm cubes
- 3 large potatoes, diced into 1cm cubes
- 2 tbsp. vegetable oil
- 1 medium onion, finely diced
- 2 tsp mustard seeds
- 2 tsp cumin seeds
- 1 tsp cardamom powder
- 1 tsp garam masala
- ½ tsp turmeric
- Pinch salt
- Pinch pepper
- 3 large handfuls peas, podded (or 1 cup frozen peas)
- 1 small handful coriander, chopped

METHOD:

To make the pastry:

1. Melt the butter into the water in a small saucepan
2. Put the flour in a large bowl with the salt
3. Add the butter and water mixture
4. Stir until the dough forms a ball
5. Knead the dough for 2minutes
6. Put the dough into the refrigerator while making the filling
7. Preheat the oven to 180°

To make the filling:

1. Steam the pumpkin and potato until tender, then allow to cool a little
2. Heat 1 tbsp. olive oil in the saucepan on medium heat
3. Add onion and cook until translucent
4. Add mustard and cumin seeds
5. Stir over heat till fragrant
6. Add the spices, salt, pepper, peas, pumpkin and potato, and stir to combine thoroughly.
Make sure the spices are evenly distributed and break up an lumps
7. Stir the fresh coriander through and allow to cool

To make the samosas:

- Divide the pastry dough into 16 balls
- Roll each dough piece out into a circle
- Place a spoonful of mixture into the centre of a pastry disc
- Fold in half, pressing all the air out. It will be a half-moon shape
- Press the edge together firmly
- Follow the same assembly process for each piece of dough
- Place the samosas on a lined baking tray and bake in the oven for 15 minutes