

Samosas

Day 1

Ingredients

The Dough:

- 310 mL flour
- 1 mL salt
- 125 mL buttermilk or yogurt
- Extra flour as needed

The Filling:

- 1 large potato (the size of a large person's fist)
- 10 mL butter
- 125 mL finely minced onion
- 2 medium cloves garlic, minced
- 10 mL freshly grated ginger
- 2 mL mustard seeds
- 2 mL dried coriander (if available)
- 2 mL each of Indian spices available
- 2 mL teaspoon salt
- 185 mL uncooked green peas (frozen, thawed=fine)
- 15 mL chopped fresh cilantro
- Cayenne, to taste

Directions

- Place the flour in a medium-sized bowl. Mix in the salt.
- Make a well in the center, and add the buttermilk or yogurt. Mix first with a spoon and then with your hand, to make a smooth dough.
- Add extra flour, as needed, to keep the dough from being sticky. The dough will be quite soft. knead in the bowl for about 5 minutes. Cover tightly and refrigerate until you are ready to assemble the pastries.

Filling:

- Peel the potatoes and chop them into 1-inch pieces. Place in a saucepan, cover with water,

and boil until very soft. Drain and transfer to a medium-sized bowl. Mash and set aside.

- Melt the butter in a heavy skillet. Add onion, garlic, ginger, spices, and salt. Sauté over medium heat about 8 to 10 minutes, or until onions are quite soft. Add this to the mashed potatoes, along with the remaining ingredients. Mix well, but try not to smash the peas. Cool for at least 15 minutes before filling the pastries

Day 2.

To Assemble and bake

- Keep a small container of flour, a fork, a small bowl of water, and a pastry brush close at hand. Flour a clean surface, and, one by one, roll 1-inch balls of dough into 5-inch circles, using a rolling pin.
- Place approximately 1 1/2 tablespoons filling in the center of each circle, and fold over, just like a turnover. Brush the inside edges of each circle with a little water, and fold the edges together to make a small hem. Crimp the edges firmly with a fork.
- To bake pre-heat oven to 400F...brush all sides with oil, place on a parchment covered baking sheet. Bake until golden brown (approximately 15 minutes)

The Dipping Sauce:

- 1/2 cup cider vinegar
- 1/2 cup water
- 3 tablespoons brown sugar
- 1 small clove garlic, minced
- 1 teaspoon salt
- Place all ingredients in a small saucepan. Stir until the sugar dissolves.
- Heat to boiling, then let simmer uncovered for about 10 minutes. it will reduce slightly.
- Serve warm or at room temperature with hot samosas.