

# Eat The View

## Recipes and Tips

### Samosas

Filling:

- 2 large potatoes, cooked and mashed
- 1 large onion, finely-minced
- 2 medium cloves crushed garlic
- ½ tsp fresh-grated ginger
- ½ tsp mustard seeds
- ½ tsp ground coriander
- 72gr diced carrots, cooked until just tender
- 72gr cooked peas
- 1 tsp salt
- Juice from ½ lemon
- 2-3 tbs butter

Heat butter in frying pan. Add garlic, ginger, onion, salt and mustard seeds. Sauté 6-8 minutes, or until onion is soft and clear. Combine all ingredients, except peas and mix well. Fold in peas last, taking care not to smash them

Pastry:

- 250gr plain flour
- 1 tsp salt
- 4 tbs melted butter
- 80 ml yogurt
- Water

Sift together flour and salt. Add melted butter, yogurt, and enough water to make a stiff dough. Knead until smooth and elastic. Roll out very thin (1/4 inch) on a floured board and cut into 4 inch circles. Place approximately a tbs of filling in the centre of each circle, leaving edges free. Brush edges with a little water, fold over, and seal with a fork.

Heat a 3 inch pool of oil to about 185°. Make sure the oil is hot enough (It should bounce a drop of water on contact) Fry samosas until golden. Drain well and serve with various sauces and raita.