

Samosas

Ingredients:

For cover:

2 cups plain flour
1 tbsp. oil
salt to taste
1 tsp. cornflour
cold water

For filling:

2 raw cooking bananas
1 cup cabbages shredded
1 cup bottle gourd finely chopped
4 green chillies finely chopped
1/4 tsp. garam masala powder
1/4 tsp. turmeric powder
1/2 tsp. lemon juice
salt to taste
1/4 tsp. each cumin & mustard seeds
3-4 pinches asafoetida
1 tsp. each fresh coriander, mint leaves finely chopped (optional)
2 tsp. oil
1 tsp. cornflour

Other ingredients:

Oil to deep fry

Method:

For cover

1. Sieve together, flours, salt, add oil, mix gently.
2. Add cold water, make a soft pliable dough.
3. Knead dough for 4-5 minutes, till very elastic and smooth.
4. Cover with moist clean cloth, keep aside.

For filling:

1. Pressurecook bananas in skins for 2 whistles (or boil till tender).
2. Cool a little, peel, grate and keep aside.
3. Heat oil in a heavy pan, add seeds, asafoetida, allow to splutter.
4. Add chopped cabbage, bottle gourd, mint.
5. Stirfry till tender.
6. Add bananas, all other ingredients, stir well.
7. When mixture is a soft lump, take off fire,cool.

To proceed:

1. Make a thin 5" diam. round with some dough.
2. Cut into two halves. Run a moist finger along edges.
3. Join and press together to make a cone.
4. Place a tbsp. of filling in the cone and seal third side as above.
5. Make five to six. Put in hot oil, deep fry on low to medium till light brown.
6. Do not fry on high, or the samosas will turn out oily and soggy.
7. Drain on rack or kitchen paper.
8. Serve hot with green and tamarind chutneys (refer chutneys), or tomato sauce.

Making time: 30 minutes

Makes: 12-14 pieces approx.

Shelflife: 1 day at room temperature.

Both filling and dough may be made hours ahead, and stored in refrigerator