Samosas

Makes 4 Samosas

**Ingredients**

 10 mL vegetable oil

 1 mL mustard seed

 1 mL cumin seed

 ¼ onion

 1.5 mL finely chopped ginger

 30 mL frozen peas

 4 mL ground coriander

 2 mL garam masala

 1 mL salt

 1 mL chili flakes

 15 mL water

 2 large potatoes

 15 mL fresh chopped cilantro

 4 sheets frozen phyllo pastry dough

 25 mL melted butter

**Filling:**

1. Cook, peeled and chopped potatoes, until tender only.
2. Heat oil in a frying pan over medium heat.
3. Add the mustard and cumin seeds and fry for about 10 seconds; or until they begin to splutter.
4. Add the onion and ginger, and sauté for 2-3 minutes, stirring occasionally.
5. When the onions are soft, add all the remaining spices. Cook for 2 minutes.
6. Then add the cooked potatoes and cilantro. Stir and cook for another 2 minutes.
7. Add a few splashes of water (more or less than 15 mL) until potatoes are moist and covered in spices.
8. Taste mixture and adjust seasoning as necessary; then remove from heat.

**Dough and Preparation:**

1. Preheat oven to 400 degrees.
2. Unroll pastry dough, cover with a damp tea towel, while not using.
3. Peel off one sheet at a time (keeping remaining dough covered).
4. Lay pastry sheet flat on a clean surface, brush lightly with butter, using a pastry brush, and fold in one third of dough to center, brush again with butter, then fold the other third on top. It will make a long triple layer strip.
5. Place ¼ of filling mixture at one end of the strip.
6. Take the right corner and fold diagonally to the left, enclosing the filling and forming a triangle.
7. Fold again along the upper crease of the triangle. Keep folding in the strip.
8. Brush a little butter on the dough to seal the samosa, and also brush the outer surface so that the outside is lightly coated in butter
9. Place the triangle onto a baking sheet and cover with another damp towel while you make the rest of the samosas.

10. Bake in the center of the oven for 20-25 minutes; or until golden and crisp.

Sweet Tamarind Chutney

Ingredients

* 15 ml canola oil 500 ml water
* 5 ml cumin seeds 280 ml cups white sugar
* 5 ml ground ginger 45 ml tamarind paste
* 1 ml cayenne pepper
* 1 ml fennel seeds
* 2 ml garam masala

Directions

1. Heat the oil in a saucepan over medium heat. Add the cumin seeds, ginger, cayenne pepper, fennel seeds, and garam masala; cook and stir for about 2 minutes to release the flavors.
2. Stir the water into the pan with the spices along with the sugar and tamarind paste. Bring to a boil, then simmer over low heat until the mixture turns a deep chocolaty brown and is thick enough to coat the back of a metal spoon. This should take 20 to 30 minutes. The sauce will be thin, but it will thicken upon cooling.