

Samosas & Chickpeas Salad



Samosa (Vegetable Turnovers)

Once you've tasted a good samosa, you'll understand why samosas are the most popular of all Indian savories. For variations, mix fresh paneer into the filling and try different blend of spices.

Ingredients

- 1 lb (450 g) white flour
- ¼ tsp salt
- 4 oz (100 g) melted butter or ghee
- ¼ pint (150 ml) cold water
- 2 or 3 medium-sized potatoes
- 1 small cauliflower, separated into flowerets
- 7 oz (200 g) fresh peas
- 4 lbs ghee or vegetable oil for deep-frying
- 1 tsp cumin seeds
- ½ tsp fenugreek seed
- ½ tsp grated fresh ginger
- ½ tsp ground coriander
- ¼ tsp asafetida
- ½ tsp ground cinnamon
- 1 or 2 tsp salt

Directions

Put the white flour and salt in a bowl and drizzle melted butter or ghee over top. Rub the butter/ghee into the flour with your fingertips until the mixture resembles coarse breadcrumbs. Slowly mix in the water and gather the flour together to make dough. Knead vigorously for 5 minutes, until it is smooth and soft but doesn't stick to your fingers. Gather the dough into a ball, sprinkle with a few drops of water, and cover with a damp cloth while you prepare the filling.

Peel the potatoes and dice them. Either grate the cauliflower flowerets through the largest hole of a metal grater or chop them like the potatoes. Boil them in salted water until tender, then drain.

Place a large frying pan over medium heat and fry the cumin and fenugreek seed in 2 tablespoon of ghee or oil. When they begin to darken, toss in the grated ginger and the powdered spices and fry for a few seconds more. Now put in the potato cubes and stir fry for 3 or 4 minutes, then add the grated or chopped cauliflower and stir-fry for another 3 or 4 minutes. Add the peas and 2 tablespoon of water, cover and cook for about 5 minutes, until the vegetables are tender. Watch closely to prevent burning.

Season with salt and pepper, then spread the contents of the pan on a clear surface to cool while you roll out the dough.

Dust the rolling surface with flour, form the dough into 10 balls. Roll out each ball to make a 6-inch (15 cm) circle. Cut each in

half. Take each half-circle and moisten the edge of its straight side from the center to one end. Bring the two ends of straight side together to make a cone. Firmly press the dry side over the wet side to seal the cone tight. Stuff the cone to two thirds with vegetable filling. Then close the opening by pinching and folding the two edges together to form a pleated top.

Heat the ghee or oil in a deep-frying vessel over medium heat. Fry a few samosas at a time (as many as will cover the surface of the ghee in one layer). Fry them for 10 to 15 minutes, turning them often until both sides are golden-brown. Remove and drain.

Channa (Fried Chickpeas in Spiced Yogurt)

Ingredients

- 6 oz (175 g) chickpeas, soaked overnight
- 1 ½ tsp salt
- 4 tsp ghee
- 1 tsp garam masala or ground coriander
- ¼ tsp asafetida
- ¼ pint (150 ml) plain yogurt
- ¼ tsp ground black pepper

Directions

Soak the chickpeas overnight in water double their volume. Drain them and put them into a medium-sized saucepan. Add enough water to cover them by 3 inches (7.5 cm). Add ½ teaspoon of salt. Boil for 10 minutes and remove any froth that may accumulate. Cover the pot and lower the heat to medium. Cook until the chickpeas are tender. Check from time to time that there is enough water to prevent burning. Drain the chickpeas once tender.

Heat the ghee or vegetable oil in a saucepan over medium heat. Add the garam masala and asafetida and stir once. Then immediately add the drained chickpeas. Turn them constantly with a spoon while they fry for 8 to 10 minutes. When they become flecked with brown spots, remove the saucepan from the heat and stir in the yogurt. Season with salt and pepper. Serve hot.