

Year 9: Philosophy, Religion and Ethics

Baking - Vegetable Samosas

Many Hindus are vegetarian, or at least do not eat beef. Have a go at making these vegetable samosas, eaten at many Hindu celebrations.

Before you start: set the oven at 190°C (375°F, Gas Mark 5). Then collect your

EQUIPMENT:

baking tray
wooden spoon
scales
mixing bowl
saucepan
rolling pin
sieve
pastry brush

INGREDIENTS:

Pastry:
100g plain (or besen) flour
pinch of salt
1 tsp baking powder
20g margarine
1 tbsp cooking oil
3-3 ½ tbsps water

Filling:
½ onion
1 large potato
½ carrot
25g peas
2 tsps garam masala (see page 52)
1 tsp ground coriander
1 tsp ground cumin
3 tbsps water
salt & pepper
1 tbsp cooking oil



METHOD:

1. Grease the baking tray
2. Sift the flour, salt and baking powder into the mixing bowl
3. Add the margarine and oil to the flour
4. Gradually add the water until a dough forms
5. Place the dough on a floured surface and knead for 5 minutes to make it more elastic
6. Divide the mixture into 2 or 3 pieces. Roll each one out into a square and put to one side
7. Peel and finely chop the onion and dice the potato and carrot
8. Heat the oil in a pan and add all the vegetables
9. Add garam masala, coriander, cumin, water and salt & pepper to taste
10. Bring to the boil and leave to simmer until the vegetables are cooked
11. Drain the vegetables well
12. Place a spoonful of the cooked mixture on to each square of pastry
13. Brush the edges of each square with water and fold into a triangle
14. Brush each samosa with cooking oil and place on the baking tray in the oven
15. Bake for about 20 minutes or until golden-brown



Useful resources

Find out about why Hindus don't eat beef:

<https://www.vegetariansocietymauritius.org/newspaper/preview.php?id=4&p=2>



Remember to take a photo of your samosas and record your completion of this task on UniFrog.