

GARDEN TO TABLE

RECIPE: VEGETABLE SAMOSAS - Annabel Langbein, adapted method

VOLUNTEER NOTES:

Preheat the oven to 190°C fan bake.

What to collect	Ingredients
Metric measuring spoons and cups Chefs knives Chopping boards Wooden spoon Baking trays 2 small bowls Medium bowl Wok style frying pan Baking paper Pastry brush Small saucepan teaspoons	2 T neutral oil 1 onion, finely chopped 2 cloves garlic, finely chopped 1 t grated fresh ginger 2 t mustard seeds 2 t ground cumin 1 t coriander seeds 1 t turmeric 1 t fennel seeds 1 t garam masala 1 t chili flakes 1 t curry powder 2 t tomato paste 2 ½ cups diced potatoes 1 cup diced pumpkin, kumara or carrot 1 cup water 1 t salt ground black pepper 1 ½ cups fresh or frozen peas and sliced beans 2 T coriander leaves, chopped 15 spring roll wrappers a little melted butter, to brush

Preparing the filling:

1. Peel and finely chop the onion
2. Peel and finely chop the garlic
3. Peel the ginger using the back of a teaspoon and grate. Put the onion, garlic and ginger into a small bowl
4. Measure out all the spices and seeds and put in a small bowl
5. Peel and dice the potato and pumpkin or carrot or kumara. Put into a bowl
6. Wash and string the beans. Finely slice.
7. Wash and chop the coriander leaves
8. Heat the oil in a large heavy based pan and add the onion, garlic, ginger, spices and seeds. Using a low heat cook until the onion is soft. About 6 minutes.
9. Stir in the tomato paste, then add the diced vegetables, beans if using, cup of water, salt and pepper.
10. Simmer, stirring occasionally until the vegetables are just tender and the pan is dry. About 10 minutes.
11. Remove from the heat and mix in the peas if using and coriander leaves. Leave to cool
12. In a small saucepan gently melt 2 T of butter

Preparing the samosas

1. Cut the spring roll wrappers in half to create rectangles
2. Place a heaped teaspoon of vegetable mixture at the bottom of one vertical edge. Take the bottom right-hand corner of pastry and fold it across to the left to create a triangular pocket of filling.
3. Continue folding the strip in triangles until you get a small, triangular stuffed samosa.

4. Brush the top lightly with melted butter and place on a lined baking tray with the joined edge facing down.
5. Bake until golden and crispy. About 20 minutes.