

## Chinese Cultural Centre of Greater Toronto

### Vegetable Samosa Recipe

Samosas are a popular and flavourful snack enjoyed across many cultures. These crispy, golden pastries are filled with a delicious blend of potatoes, peas, and aromatic spices, making them a perfect savory treat.

## Ingredients

### For the Samosa Dough

- **1 ½ cups all-purpose flour** – Provides structure and holds the filling together.
- **½ teaspoon salt** – Enhances the overall flavour.
- **2 tablespoons oil** – Adds tenderness and flakiness to the dough.
- **½ cup water** – Helps bind the dough for rolling and shaping.

### For the Vegetable Samosa Filling

- **2 medium potatoes, boiled and mashed** – Adds substance and texture.
- **½ cup green peas** – Provides color, texture, and nutritional value.
- **1 small onion, finely chopped** – Adds sweetness and depth of flavour.
- **1-2 green chilies, finely chopped** – Adds spice and freshness.
- **½ teaspoon salt** – Enhances the flavours.
- **¼ teaspoon black pepper** – Adds mild heat and depth.
- **2 tablespoons oil (for cooking filling)**
- **Oil for frying or baking** – Helps achieve a crispy texture.

## Method

### Preparing the Filling

1. Heat **2 tablespoons of oil** in a large pan over medium heat.
2. Add the **chopped onions** and sauté until soft and fragrant.
3. Stir in the **mashed potatoes and green peas**. Cook until heated through.
4. Add the **chopped chilies, salt, and black pepper**, mixing well. Remove from heat and let it cool.

### Assembling the Samosas

1. Knead the prepared dough until smooth, then divide it into small portions.
2. Roll each portion into an oval shape, approximately **8-9 inches long and 6-7 inches wide**.
3. Cut each oval in half to create two “moon-shaped” portions.
4. Use water to seal the straight edges, forming a **cone shape**.
5. Fill each cone with the prepared filling, then seal the top edge using water.

6. Repeat the process with the remaining dough.

### **Cooking the Samosas**

- **Frying:** Heat oil in a deep pan and fry samosas until golden brown.
- **Baking:** Preheat oven to **375°F (190°C)** and bake for **25-30 minutes**, flipping halfway.

### **Nutritional Information (Per Samosa)**

- **Calories:** 265 kcal
- **Carbohydrates:** 27g
- **Fat:** 15g
- **Saturated Fat:** 4g
- **Sodium:** 520mg
- **Protein:** 5g
- **Fiber:** 3g

Enjoy your homemade **Vegetable Samosas!**