



## Samosa dough

- **2 cups flour**
- **2 tablespoons vegetable oil**
- **Salt and pepper**
- **Water**

Mix the flour salt and pepper add the oil and enough water to make a slightly sticky dough. Set the dough in the fridge to rest for at least 1 hour.

## Samosa filling

- **5 medium Yukon gold potatoes diced**
- **1 small onion diced**
- **½ cup peas**
- **1 clove garlic diced**
- **½ leek diced**
- **1 carrot diced**
- **1 rib celery diced**
- **½ teaspoon cumin**
- **½ teaspoon turmeric**
- **½ teaspoon coriander**
- **1/8 teaspoon chili flakes**
- **Salt and pepper**
- **1 cup Water or vegetable stock**

In a medium pot sauté the onions, leeks and garlic in 1 tablespoon of vegetable oil. Once the onions become translucent add the spices and cook until the mixture becomes very fragrant. (When using dry spices or herbs it's always a good idea to sweat them in the oil to enhance the flavours) add the rest of the ingredients including the stock and cover. Cook the filling until the potatoes are soft over medium low heat. Add extra stock if needed during the cooking process, the mixture should be stiff. Allow the mixture to cool and adjust the seasoning if needed.

To fill the samosas roll out the dough on a floured counter to ¼ of an inch thick. Cut out a 6 inch rounds then cut that in half. Using your fingers or a pastry brush lightly dampen the straight edge of the crescent and fold the dough in half so the straight sides come together to create a cone. Ensure the edge is sealed then fill with the potato filling and seal the open edge to create a triangle with the seams facing up. Fry in a 350 degree deep fryer until golden brown.



## Apple and pear chutney

- 2 apples peeled, cored, and chopped
- 2 pears peeled, cored, and chopped
- ½ cup raisins
- ½ onion small diced
- ½ teaspoon crushed mustard seeds
- 2 teaspoons cinnamon
- 1 tablespoon freshly grated ginger
- ¼ cup apple cider vinegar
- ½ cup apple juice
- ¼ cup brown sugar

Sweat the onion and ginger in a medium pot over medium heat once softened add the rest of the ingredients and cook until soft.

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## Dahl

- 2 cups lentils
- 1 onion chopped
- 3 cloves garlic
- 1 tablespoon freshly grated ginger
- 1 small hot pepper (adjust to your taste)
- 1 large tomato diced
- 4 cups vegetable stock
- 1 tablespoon ground cumin
- 2 tablespoons garam masala
- 1 bay leaf
- ¼ cup rice vinegar
- Salt and pepper

Sweat the onions, garlic and ginger in a large pot over medium heat add the spices cook until they become aromatic. Add the lentils, stock, tomatoes and vinegar. Season with salt and pepper and cook until the lentils are soft but still have some firmness.



## Falafels

- 1 cup canned chickpeas
- ½ an onion chopped
- 2 tablespoons parsley
- 3 garlic cloves
- 1 tablespoon flour
- Salt and pepper
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 1/8 teaspoon cayenne
- Pinch ground cardamom

In a food processor blend all the ingredients. In a deep fat fryer or a large deep pot 1/3 full of oil (use oil with a high smoke point like vegetable oil) bring the oil to 350 degrees. Using 2 large soup spoons make a quenelle of the mixture and place in the oil if they fall apart add more flour to the mixture. Cook until a deep golden brown and cooked on the inside.