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Somosas

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Samosa Dough Ingredients

- 1 1/2 cups (unbleached) all purpose flour
- 1/2 cup whole wheat flour
- 1 teaspoon salt
- 1/3 cup coconut oil or non-hydrogenated margarine (e.g. earth balance)
- 1/2 cup water or more as needed it.

Vegetable Curry Ingredients

- 1 head cauliflower, cut into florets
- Sprayed olive oil
- Salt to taste
- 1 large onion
- 3 cloves garlic
- 1 tablespoon grated ginger
- 1/2 tablespoon turmeric
- 1 celery stalk
- 1 1/2 teaspoon of curry powder
- 1 teaspoon of garam masala
- 1 teaspoon of mustard powder (opt)
- 2 medium potatoes
- 2 medium carrots
- 1 cup of frozen peas
- 1 tablespoon lemon juice (opt)

Instructions

Samosa Dough:

1. In a bowl sift together the flours and salt.
2. Cut the coconut oil or margarine with a pastry cutter or with a fork or knife until the mixture resembles sand.
3. Pour water into flour a little at a time, mixing. Knead with your hands until dough has formed.
4. Cover with plastic wrap and set aside for 30 minutes

Vegetable Curry:

1. In a large bowl, toss cauliflower, sprayed with olive oil and season with salt.
2. Transfer to pan and roast for 30 minutes at 400 degrees.
3. Remove from oven, let cool slightly. Set aside
4. In the meantime, place potatoes in a small saucepan and cover with salted water.
5. Bring to boil and let cook until fork tender.
6. Drain and set aside.
7. In a medium skillet, add chopped onions and saute for 5-6 minutes until golden.
8. Add crushed garlic, grater ginger, turmeric, and chopped celery.
9. Saute for 2 minutes more. Add spices, cook, stirring for 1-2 minutes.
10. Add diced carrots, frozen peas and cook until carrots are tender.
11. Add diced boiled potatoes, cook for 3-4 minutes.
12. Transfer mixture into a large bowl and mash together.
13. Add lemon juice and adjust seasoning to taste

Bonus Tips

Assemble and cook Somosas:

1. On lightly floured surface, roll out dough to 1/8-inch thick (about the thickness of a tortilla).
2. Using a 4-inch cookie cutter or glass, cut out rounds.
3. Scoop 1- 2 tablespoon of the vegetable curry. Fold it over and make a triangle and press the edge to seal completely.
4. Use a fork to make a crimping pattern on the edges.
5. Arrange the somosas in a baking tray or use an air fryer .
6. Bake for 25-30 minutes at 350, until golden brown.
7. Let cook for 10-15 minutes before serving.