

# Title: Making Samosas

Age Group: School Age

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(Home Child Care Providers)



Type of Activity: Sensory/Science

Meals Under \$10

## Materials:

- Large frying pan
- Rolling pin
- Tablespoon

### Ingredients:

- 2 cups of all-purpose flour
- ½ teaspoon salt
- 2 table spoons vegetable oil
- ¾ cups warm water

### Method to combine:

- Combine flour and salt.
- Stir in oil, then stir in warm water
- Turn dough out onto a lightly floured work surface
- Knead until dough is elastic, about 5 minutes.
- Cover and set aside while preparing filling

(Option: Pre-made Dough can be purchased)

### Filling ingredients:

- ½ cup peeled and diced potatoes,
  - cut into ½-inch pieces
  - 1 Tbsp. fennel seed
  - 1 Tbsp. cumin seed
  - 2 tsp coriander seed
  - 3 Tbsp. vegetable oil
  - ½ cup finely diced onion
  - 2 clove garlic, minced
  - 1-inch fresh ginger, peeled and grated
  - 1 pkg. (1 lb), frozen chopped spinach, thawed and excess juices squeezed out
  - ½ cup frozen peas, thawed
  - Salt and pepper
  - Vegetable oil for frying
- (Meat Option: Add cooked ground meat)

1. Mix



2. Cut



3. Roll



4. Fill



5. Pinch



## How to Do it:

1. Boil potatoes uncovered in salted water until tender, then drain well and set aside.
2. In a large frying pan, toast fennel, cumin and coriander seeds for 2 minutes (until a fragrance is noticeable). Add oil, then onion and sauté for 4 minutes, until onion is translucent. Add garlic, ginger, and sauté one minute more. Stir in spinach, peas and cooked potatoes, mashing lightly to combine and warm, then season to taste. Let filling cool.
3. To assemble samosas, divide dough portions and into a ball. On a lightly floured surface, roll out one ball into a 6-inch circle. Cut circle in half. Fold one corner of semicircle up and over middle. Fold second corner over to make triangle, and pinch corners of triangle to seal (leave-rounded side open). Hold triangle in your hand with open rounded side facing up and let dough fall open to make cone. Fill cone with approximately 2 tablespoons potato mixture, then pinch along rounded side to seal.
4. Repeat with remaining dough and filling. Cover and chill samosas until ready to cook.
5. Fill a pot with 2-inches of oil (make sure oil fills pot not more than halfway) and heat to 350 F. With tongs, place samosas in oil, leaving an inch between them, and cook until golden brown, about 4 minutes. Turnover and cook other side until brown, and then remove onto a paper-towel lined plate to drain.

**TIP:** Alternately, the samosa can be brushed with an egg wash and baked at 375 °F (parchment-lined) baking tray for 30 minutes

**Serves four people**

Enjoy with a salad, chick peas or chutneys



## Root Skill / Extension:

**Social – 1.6 Co – operating :** Working together and exchanging ideas during activities and play

**Emotional – 2.2 Identity Formation :** Beginning to make connections between family and larger cultural groups (cultural foods from a particular background)

**Cognitive – 4.19 Measuring Length, Weight and Capacity, Temperature Time and Money :** Measuring to determine relationships such as weight and capacity / beginning to use the use vocabulary of standard units of measure

**Extending the learning:** As you are making the samosas with your child take the time to use your senses smelling, tasting and naming the array of colours. Meets Canadian Food Guidelines