

Pea Samosas

Spice of Life | October 2008



You can serve the samosas with additional chutney used in the filling. For a tangier dip, stir an equal amount of plain yogurt into one of the chutneys and serve.

PREP: 30 MINUTES BAKE: 18 MINUTES OVEN: 400°F

- 2 TBSP. CANOLA OIL
- 1 TSP. CUMIN SEEDS
- 2 CUPS FROZEN PETITE PEAS (ABOUT 10 OZ.)
- 1/4 TSP. SALT
- 2 TBSP. PURCHASED CILANTRO CHUTNEY OR MINT CHUTNEY OR MANGO CHUTNEY
- 1 TBSP. PURCHASED TAMARIND CHUTNEY OR MANGO CHUTNEY
- 1 17.3-OZ. PKG. FROZEN PUFF PASTRY (2 SHEETS), THAWED
- 1 EGG
- 1/8 TSP. SALT

Combine oil and cumin seeds in a large skillet over medium-high heat. Cook, stirring constantly, for 1 to 2 minutes or until the cumin begins to brown. Add peas and 1/4 teaspoon salt. Cover and cook for 5 to 6 minutes or until the peas soften. Remove from heat and stir in 2 tablespoons cilantro chutney and 1 tablespoon tamarind chutney. Set aside to cool.

Unfold 1 puff pastry sheet and place on a lightly floured work surface. Cut sheet into thirds along fold lines. Set 2 strips aside. Roll out 1 strip to a 12×6-inch rectangle. Cut the rectangle crosswise into thirds (6×4-inch pieces). Brush edges with mixture of egg and 1/8 teaspoon salt. Spoon a slightly rounded tablespoon of peas into the center. Fold 1 corner of the rectangle down so that it is about 1 inch above the opposite corner. Fold the bottom up and tuck the overhang under. Press gently to seal. Place on baking sheet and brush with more egg mixture. Repeat with remaining 2 strips to make 6 more turnovers. Repeat with remaining pastry and filling (should have 18 total).

Bake in a 400°F oven for 18 to 20 minutes or until crisp and lightly browned. Serve hot. Makes 18 samosas.

MAKE-AHEAD TIP: After brushing the samosas with the egg wash, you can place them on a baking sheet and freeze. Once frozen, transfer to a self-sealing plastic bag; seal and store in freezer for up to 2 months. Place frozen samosas on a baking sheet and bake as above.

Per serving: 208 cal., 14 g total fat (3 g sat. fat), 13 mg chol., 191 mg sodium, 16 g carbo., 1 g dietary fiber, 4 g protein.