



SWEET POTATO SAMOSA WITH COCONUT YOGHURT

Season: all year round
From the garden: cucumber, mint leaves, lemon, onion, kumara
Type: main or side
Difficulty: easy
Serves: 30 Samosas
Recipe source: *Al Brown of Depot Eatery and Oyster Bar*

Equipment:

Mixing bowl
Mixing spoon
Large frying pan
Large Saucepan
Baking tray

Ingredients (Cooking and Serving):

¼ cup all purpose flour
¼ cup cold water
Store bought spring roll wrappers
Canola oil
Lemons
Flaky sea salt
Ingredients (Cooking and Serving)
¼ cup all purpose flour

Ingredients (Coconut Yoghurt Raita):

1 ½ Cups unsweetened coconut yoghurt (or unsweetened thick yoghurt)
1 Cup diced cucumber
¼ Cup chopped mint leaves
1 Lemon (zest and juice)
Flaky salt
Freshly cracked black pepper

Ingredients (samosa fillings):

1 Kg golden kumara (peeled and cut)
2 Tbl garlic (minced)
2 Tbl ginger (minced)
1 Red chilli (seeds removed, minced)
2 tsp black mustard seeds
4 cups onion (finely diced)
3 tsp cumin Seeds (toasted & ground)
3 tsp coriander seeds (toasted and ground)
2 tsp garam masala spice
1 tsp tumeric powder
¼ cup canola oil
1 ½ cups frozen peas
2 Tbl lemon juice
½ Cup chopped coriander leaves
Flaky sea salt & black pepper

How to make it: Coconut Yoghurt Raita

1. Remove seeds and dice cucumber
2. Grate lemon zest and squeeze lemon for the juice
3. Place the yoghurt, cucumber, mint, lemon zest and a squeeze of lemon juice into a mixing bowl
4. Season with a pinch of salt and pepper
5. Stir ingredients to combine

How to make it: Sweet Potato Samosa Filling

1. Preheat oven to 200 degrees.
2. Mince or chop finely the garlic, ginger and chilli(seeds removed).
3. Finely dice the onions.
4. Place large frying pan on medium heat and add oil.
5. Once hot Sauté the garlic, ginger, chilli and mustard seeds to caramelize.
6. Reduce heat and add onions, cumin, coriander, garam masala and tumeric. Leave for 15 minutes stirring occasionally.
7. Place the diced Kumara in a large Saucepan and cover with cold water and a pinch of salt.
8. Bring to boil on medium/high heat until cooked, once cooked, drain and lay Kumara on a tray to cool.
9. In a large mixing bowl, combine spiced onion, cooked kumara, frozen peas, lemon juice and coriander leaves.
10. Mix up and break some of the kumara to help bind the mix.
11. Season well with salt and pepper.

How to make it: Cooking and Serving ingredients

1. Mix flour and water in a small bowl to form a wet paste, this will act as a glue for constructing the Samosas
2. Separate Spring Roll wrappers and cut in half to form rectangles, cover with damp cloth until ready to use
3. Lay a rectangle on a chopping board and place 2 teaspoons of filling at one end.
4. Fold a triangle of wrapper over the filling, then continue to fold the triangles until the end is reached
5. Brush the seams with a little flour paste to seal them up
6. Repeat until the mix is used up

Place Samosa on a baking tray, and brush with a little Canola oil. Bake in preheated oven for 15-20 minutes until golden on both sides

Serve samosa while still hot with a spoonful of Coconut Yoghurt Raita on the side and a squeeze of fresh lemon.