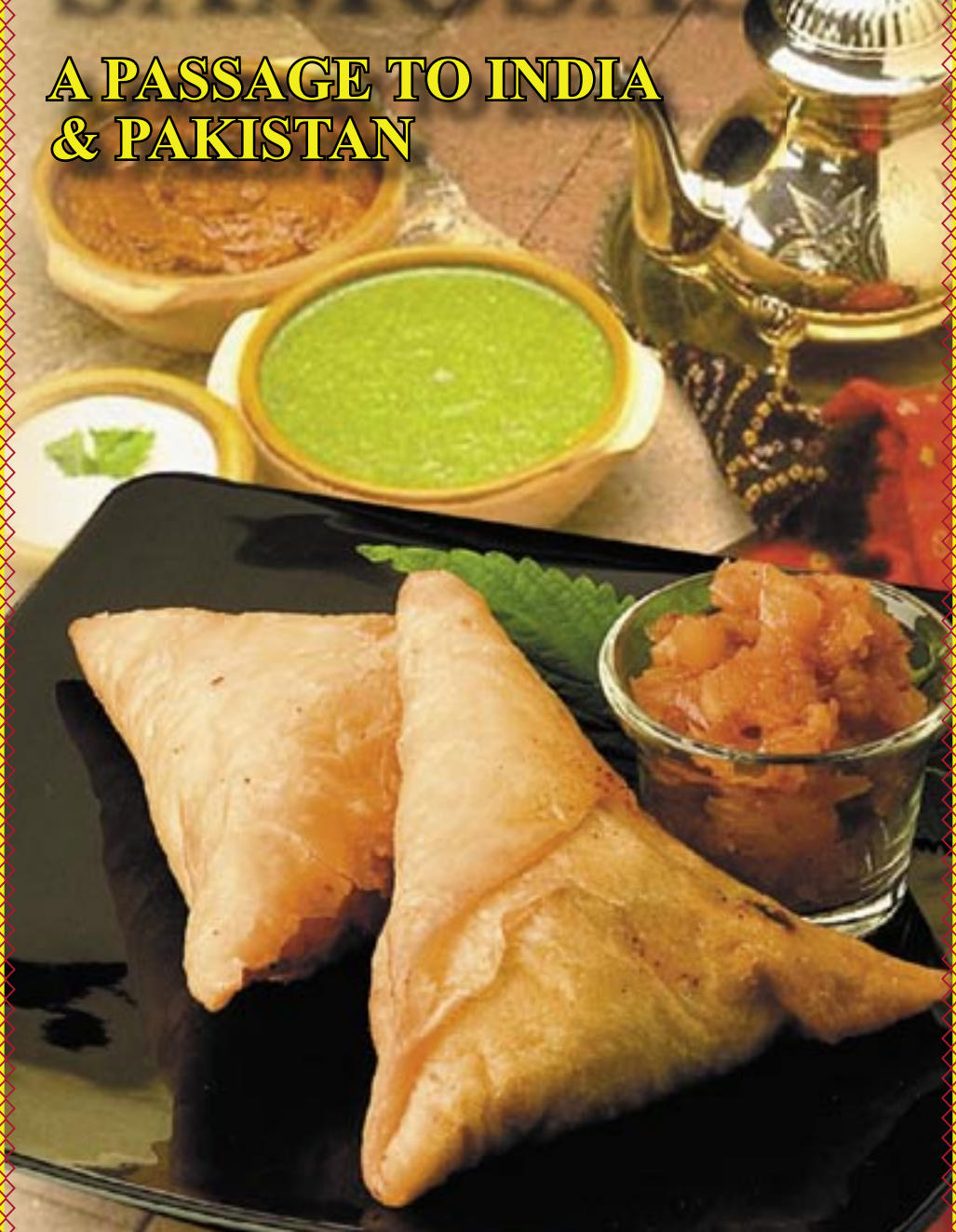


# SAMOSAS

A PASSAGE TO INDIA  
& PAKISTAN



By: Peter Spyros Goudas  
transcribed by Bernadette Scott



# Samosas

*The Samosa is a common snack in India and Pakistan.*



*It generally consists of a fried triangular-shaped pastry shell with a savory potato, onion, carrot and pea stuffing.*

*It is mainly enjoyed by vegetarians, however, other stuffings like minced meat and fish may also be used. The size and shape of the Samosa, as well as the consistency of the pastry can vary considerably.*

*If it is spicy, then it's often eaten with chutney such as mint, coriander, or tamarind, and is frequently savoured with tea, coffee or Mr. Goudas Ginger Soda.*

*Samosas are often served in chaat (a small plate of savory snacks), along with the traditional accompaniments of yogurt, chutney, chopped onions and coriander, chaat masala, and channa bhatura.*

*Samosas have become very popular in Canada, The United States and even in Salaguaya.*

*In a few words, they are popular everywhere!*



*We suggest that you avoid purchasing them frozen, due to the fact that they may contain ingredients such as: Sodium Phosphate, Carrageenin, Baluco, Pirogelo, Pectin, Folic Acid, Amylase, Chlorine, Benzoyl Peroxide, or other things totally unnecessary for this beautiful snack.*

*If you live in Toronto, Ontario, Canada, you may purchase the authentic East Indian varieties at: Samosa and Sweet Factory - 1850*



Albion Road, and Surati Sweets - 26  
Carnforth Rd, 1407 Gerrard St.  
East. They have the best samosas as  
far as we know.

For those of you who are adventurous and love the thought of creating your own masterpieces, your **PASSAGE TO INDIA & PAKISTAN** begins now!

### THE PASTRY

2 cups All Purpose Flour  
1/2 cup of water 1/2 tsp baking  
powder 1/4 cup of Oil  
salt and pepper to taste  
Not all flours claiming "all purpose" can be used in this recipe, due to the fact that you are investing a lot of time and you want the



perfect results.

Avoid unknown brands.  
Recommended brands are:  
Five Roses, Robin Hood,  
Mr.Goudas and Monarch.

It may cost you a little more, but  
the end result is worth all the  
money in the world.  
There are 2 methods of  
making the dough:

Method 1 - Sift flour, baking powder and salt into a bowl. Stir in oil. The Samosa shell is somewhat flaky; to achieve this, pick up a combination of the flour and oil and place it in the palm of one hand.

Place both palms together, rubbing the flour/oil together for a few seconds. Continue doing this until you have rubbed all the flour and oil together. This should result in a mixture similar to bread crumbs. Gradually incorporate the hot water, all the while mixing gently until the dough is formed. Knead for 2 - 3 minutes. Form into a large ball and chill in the refrigerator while you prepare the filling.

Method 2 - If using a food processor, combine flour, baking powder and salt in processor bowl. Pour in oil and blend to combine.



*With processor running at medium speed, stream in the hot water, then process an additional 15 - 20 seconds. Remove from processor, form into a ball, and chill while you prepare the filling.*

### **THE FILLING**

*The filling is made with a combination of mixed vegetables and a variety of spices, such as: garlic paste, ginger paste, cumin powder, coriander leaves, spring onions, chili peppers, lemon juice and garam masala.*

*This filling is placed within a single layer of samosa pastry, folded and then fried.*

*1/4 cup oil (Mr. Goudas Soya Oil has the perfect texture for this – do not use olive oil)*

*1/2 tsp. cumin seeds, crushed  
seeds from 10 cardamom pods  
1 can of Mr. Goudas Mixed vegetables (contains: carrots, peas,*



*potatoes, blended in perfect harmony with mouth watering taste and flavour)*

*4 cloves garlic 1/2 tsp. turmeric  
1 tsp. salt 2 tablespoons*

*Mr. Goudas Trinidad Style Hot Sauce 1/4 cup water 1/3 cup chopped fresh cilantro (also known as coriander).*

*In a large frying pan, heat the oil (heat level should be between medium and low). Sauté the cumin and cardamom seeds until the odor penetrates the air, for about one minute. (Do not hastily cook them at a high heat level – you will spoil my recipe and I will be very upset!)*

*Add a can of mixed vegetables, mashed garlic, and sauté for a few minutes, stirring occasionally. Add water, turmeric, cilantro, hot sauce, salt and pepper to taste.*

*Stir again, cover, and cook for about 2 – 3 minutes more, until the liquid has been absorbed. Remove from heat, set aside and allow to cool.*





*Divide the dough into appropriate-sized portions. Pat each portion into a circle 5 - 7 inches in diameter (depending on the size of Samosa you want to create).*

*Cut each circle in half. Roll each half into a cone, overlapping the edges and pinching or wetting to seal.*

*Stuff the cone with a big spoonful or two of filling, then pinch the open end closed (wetting if necessary), forming a puffy triangle. Continue until you have used all the dough.*

*In a large wok, deep fryer or casserole, heat several inches of oil to deep-fry the Samosas.*

*To determine when the oil is hot enough, pinch off a tiny piece of dough and drop into the heated oil.*

*It should become brown, not burnt, in about 30 seconds.*

*Caution: Do not cook at a high level - medium to low is recommended.*



*Please use all the necessary precautions when frying any oil, and BE FOCUSSED AND ALERT!*

*Too much smoke means the heat is too high. Fry samosas, a few at a time, until golden and crisp, about 3 - 4 minutes, turning them over halfway through frying.*

*Remove with tongs, drain on paper towels, and continue until all samosas are fried.*

*You may place cooked Samosas in a warm oven (250 degrees) while cooking the rest of the batches. Serve hot or at room temperature.*

*These Samosas are very beautiful, but the secret to creating the perfect samosa is finally traveling around the world, and there is no doubt it will satisfy even the pickiest of eaters.*

*Nevertheless, to make a good Samosa taste even better, after taking your first bite, off one of the corners (and we leave it up to you to*





*Salaguaya is the capital city of Ma-  
layagua. These are the imaginery  
names used exclusively by  
Mr. Goudas in some of his writings.*

*Those names have been used in  
the Lima Bean recipe reflecting,  
the Olympic Games Opening  
Ceremony, the town and country.*

*Reading the Lima Bean booklet will  
not only enable you to create one  
the best dishes in the world, but  
also to have a great dose of laughter  
from reading his imaginery  
Olympic story,*

*For those of you who have read  
some of these booklets, you have  
probably realized that countless  
hours of energy and effort were  
placed into their creation.*

*And, although written during a  
period in which he was in immense  
pain due to a lower back injury  
which almost paralyzed him.*

*You may read the whole story in  
Miracles Still Do Happen.*

*All the booklets are in a  
comedic format.*

*If you were to ask him which is his  
favourite, he would probabaly  
indicate The Canada Geese.  
It is a delightful story and you  
will have fun reading it.*

*decide which corner you wish to  
bite), pour a small amount  
of Mr. Goudas Tamarind Sauce  
into the Samosa and  
“mmmm”...savour the flavour  
only Mr. Goudas can create.*

*If you prefer a little heat, add a  
small amount of Mr. Goudas  
Trinidad Style Hot Sauce.*

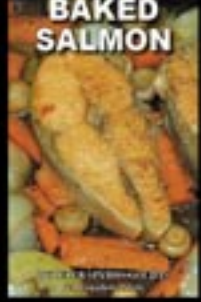
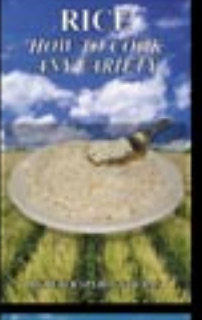
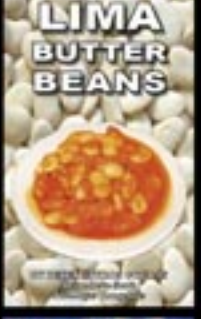
*Samosas are and East Indian  
and Pakistani delight.*

*A delicacy that is now travelling  
around the world.*

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