

# Indian Samosa Recipe #15348

Carol had asked for this in the forums, hope this helps:) This is a real "must have" in my house on a rainy day or when terribly hungry or even as an appetizer at parties. Please note that the potatoes, onions and green chillies listed in the Dough portion belong in the Filling portion of the recipe. Thanks!

by Charishma Ramchandani

1½ hours | 1 hour prep

SERVES 4

## Pastry

1 cup all-purpose flour  
2 tablespoons vegetable oil

## Filling

2 large potatoes (boiled)  
1 onion, chopped  
2 green chillies, very finely chopped  
3 tablespoons oil  
1/2 teaspoon ginger, grated  
1/2 teaspoon garlic, crushed  
coriander seed  
1 tablespoon cilantro, finely chopped  
1/2 lemon, juice of  
1/2 teaspoon turmeric  
1/2 teaspoon garam masala  
1/2 teaspoon red chili powder  
salt

- Mix together the flour, oil and salt.
- Add a little water, until mixture becomes crumbly.
- Keep adding water, kneading the mixture till it becomes a soft pliable dough.
- Cover with a moist cloth and set aside for 20 minutes.
- Beat dough on a work surface and knead again.
- Cover and set aside.
- FILLING.
- Heat 3 tbsp oil.
- Add ginger, garlic, green chillies and few coriander seeds.
- Stir fry for 1 minute, add onions and saute till light brown.
- Add cilantro (fresh coriander), lemon juice, turmeric, red chili, salt and garam masala.
- Stir fry for 2 minutes.
- Add potatoes.

## Nutrition Facts

Serving Size 1 (292g)

Recipe makes 4 servings

**Calories 431**

Calories from Fat 158 (36%)

**Amount Per Serving** %DV

Total Fat 17.6g 27%

Saturated Fat 2.5g 12%

Monounsaturated Fat 6.3g

Polyunsaturated Fat 7.8g

Trans Fat 0.0g

**Cholesterol 0mg** 0%

**Sodium 17mg** 0%

**Potassium 952mg** 27%

**Total Carbohydrate 62.1g** 20%

Dietary Fiber 5.9g 23%

Sugars 4.0g

**Protein 7.8g** 15%

Vitamin A 384mcg 7%

Vitamin B6 0.7mg 34%

Vitamin B12 0.0mcg 0%

Vitamin C 95mg 159%

Vitamin E 3mcg 11%

Calcium 39mg 3%

Iron 2mg 12%

detailed view...

how is this calculated?

14. Stir fry for 2 minutes.
15. Set aside and allow to cool.
16. Divide dough into 10 equal portions.
17. Use a rolling pin, roll a piece of dough into a 5" oval.
18. Cut into 2 halves.
19. Run a moist finger along the diameter.
20. Roll around finger to make a cone.
21. Place a tablespoon of the filling into the cone.
22. Seal the third side using a moist finger.
23. Deep fry the samosas on low to medium heat until light brown.
24. Serve with tomato sauce or any chutney you love.

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