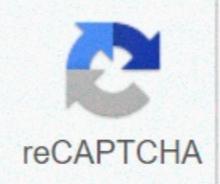




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Phyllo sheets samosa

Samosas has a great meal to impress your friends and family. They are quite easy to make and very tasty. This recipe is also completely Vegan, but you can use tofu Paneer instead. You can also use melted butter, or ghee, instead of canola oil for a richer flavor. Have fun! Ingredients: Red Onion: 1 cup chopped Spinach: 10 oz fresh or frozenPhylo Dough: 1 pack (usually 18 leaves)Salt: 1 teaspoonFirm Tofu: 1 cup (usually contains 1 pack-2 cups)Garam Masala spice mixture: 1/2 teaspoon Serrano Pepper pepper: 2 fresh pepper seeds and chopped The above recipe will make about 10 Samosas. A packet of Phylo Dough usually contains 18-20 sheets if you just double the recipe of all the dough and want to cook everything in two batches. Tools: This is a simple meal to make but you need several important tools. Cutting board Knife Sauté pan Baking tray Mixing spoon Oil Brush and small bowl Wax Paper The first thing you need to do is preheat your oven to 375 Degrees. You can start chopping up vegetables as the oven comes up to temperature. Remove the onion skin and chop it nice and thin. Try lighting a candle next to your eyes water, cutting board, this is an old trick that usually helps sensitive people. Cut the pepper stalks and then cut in half, they will leave your fingers spicy oil because you may want to wear gloves when using peppers. Remove the pepper seeds and then chop until fine, as the onion does. Wash the spinach, remove the stems and chop. The trick for chopping spinach: Spinach leaves pile in a nice pile, roll into a tight tube and then chop the tube. This spinach is an easy way to get uniform parts. Add a little oil to your pan and put it in the Med-Hi temperature setting. After the oil starts to glow, add the chopped onion. Cook for about two minutes until the onion is brown and begins to smell really good. Now add 2 chopped peppers, 1 cup of tofu, 1 teaspoon of salt and 1/2 teaspoon Garam Masala. Mix everything well and break the tofu as you mix. Finally add the chopped spinach and cook for about 2-4 minutes until the spinach is soft. After the greeting is over, remove the pan from the heat and set aside, this will give the donkey some time to cool down before using the filling. Phylo leaf unroll on a flat dry surface. Note: Phylo sheets are very sensitive so make them careful not too much tears when you handle them. Put a leaf dough. Use a brush to cover it slightly with oil. A second sheet and then again lay the bush with oil. A third leaf lay more oil and then forward and final sheet. Now the dough should be 4 sheets stuck together with the oil. Now take the knife and cut the sheet of dough halfway through and then cut every half in half. Now all dough of about the same size should be 4 strips. Each strip will have 1 samosa so repeat this process up to 8 lanes (or 16 if do double batches.) Note: Sheets can dry if you are moving slowly, so cover them with a towel. Ok! That's the fun part! Lay one of the phyllo strips in front of you. Add a large spoon to the filling and fold a corner of the sheet on the spoon. Now lift the bottom corner up and again and fold the triangular-shaped phylo repeatedly until it is a neat little triangle. Hooray! Now repeat this process until you have just used up all the filling and phylo dough. Now we're ready for Bake! Your oven should be warming up by now. Take it up to your baking tray and lay down a piece of parchment paper. Place each samosa on the sheet so that they are about inch or so apart from each other. Cover with a final fold of oil and bake in the oven for 25 minutes. When they come out, they must be golden brown and like flakes. Let cool for at least 5 minutes before serving them. Congratulations just made the first batch of super easy Samosas! Enjoy! It was delicious and made easy and simple. Sure, it's not necessarily an authentic samosa, but it makes for the yummy, yummy Indian spicy appetizer. I can add some black pepper to the potato mix next time, but really, it's terrific, written as a recipe. The mixture of potatoes, onions, peas and spices is stuffed into flaky phylo triangles and accompanied by creamyogurt sauce with this delicious and meatless recipe. Ingredients 2 large baking potatoes, peeled and 1/2-inch dice 3 tablespoons olive oil 1 cup onion, finely chopped 1 serrano chile, stemmed, seeded and finely chopped 1 teaspoon ginger, freshly grated 1 teaspoon curry powder 1 teaspoon ground cumin 3/4 teaspoon salt 1/4 teaspoon black pepper 1 cup frozen green peas, Dissolved 2 tablespoons butter 20 sheets Athens® Phylo Dough (9x14), dissolved 1 cup plain yogurt Yogurt Sauce 1 tsp fresh lemon juice 1/4 cup onion, finely chopped 2 tbsp fresh coriander, finely chopped Directions Place a saute and add potatoes with a sauce and water. Boil until the potatoes are soft, about 15 minutes. Remove heat and drainage from a colander. In a large non-stick pan, heat 1 tablespoon of oil over medium heat. Add the onion, chiles, ginger, curd and cumin. Cook for about 10 minutes or until the onion is tender. Add the potatoes, 1/2 teaspoon salt and 1/8 teaspoon pepper. Cook, stirring often, until well combined, about 5 minutes. Stir in the peas. Remove the heat and let cool completely. In a small saucepan over medium heat, melt the butter with 2 tablespoons of oil. Layer 4 brushing each with phylo leaf, butter-oil mixture. Cut the layered phylo into 3 longitudinal strips (3 x 14). Phylo about 1 from the end of the strip , place 1 tablespoon of chilled filling. Fold a corner of the phylo to the edge of the cross to form a triangle. Fold back and forth into the triangle until the end of the strip. Brush out of triangle with a slightly butter-oil mixture. In the same way fold the two remaining strips. Again Four times to make 15 triangles. Place at least 1 separate, lower triangle seam side on the unbridled cookie sheet or baking sheet. Bake in a preheated 350 1/4F oven for about 15-20 minutes or until golden brown. Make yogurt sauce while the triangles are cooking. In a medium bowl, it mixes yogurt, lemon juice, spring onions, coriander, 1/4 teaspoon salt and 1/8 teaspoon pepper. Cover and chill. Hot samosas with yogurt sauce are served for immersion. Spicy potato and pea samosa mixture phylo dough wrapped wraps and perfect crispness cooked! -@myvegetarianrootsRecipe This article may contain links to the affiliate. Please read my disclosure policy. Watch out, world. I finally learned how to make samosas. In fact, I learned how to make traditional vegetarian samosas in the real deal, but then there was also the idea to try converting them into a (significantly) quick and easy version of the mini phylo cup. So what a natural vegan today I share two samosa recipes below. In a minute this is more ... First of all, I want to tell you a story. You know I like a good story. And it's full of courage, power, justice, beauty, strength and celebration. And it's a story featuring an extraordinary cast of powerful women playing the lead roles. Sseko's story. I guess many of you may already be familiar with Sseko Designs, and their face-up sandals have been buzzing the fashion world over the past few years. But a lot of people don't know the incredible story behind them. The story of working every day to pursue the dreams of real women in Uganda and break the cycle of poverty and make the world a seriously brighter place. The more I read this, the more lives and communities change for good. And their courage inspires more courage than Uganda, and around Africa, and all over the world for my little kitchen in Kansas City where my good friend Mauk and I hosted a dinner with my friends last week #SsekoBrave with the new party. Because good stories like theirs are celebrated, discussed and learned. And better on all the good samosas, right? First of all, I just want to say that this isn't a sponsored article. I have loved Sseko since I bought my first pair of Sseko sandals years ago and have followed their story with interest (and buy more straps for my sandals) since then. And while they often chatted with my friends, I realized that here I had never spoken about them before. Today's the day. Anyway, when 2 minutes is either now or after lunch break or after work or something, take a second and watch the video above which Sseko explains his story. As many companies are doing nowadays, Sseko is about fashion with a purpose. Their story began in 2008 when another brave woman named Liz found out that she lived in Uganda and that many of the young women in the community were struggling to find it. to pay for college. Of the 15 million women in Uganda... 70% live below the poverty line, only 17% will go to high school and less than 2% will go to university. But in a male-dominated, impoverished society, most women struggle to find those jobs. They are motivated, smart, passionate, qualified women with great value for education, but they don't just usually have the tools to pay for it. But that's where Sseko comes in. When a woman works with Sseko, she makes the sandals we love for 9 months. Half of the money he earns goes into a savings account for college tuition. And then Sseko will match the money he's saved 100%, and he'll go to college, graduate, get a job in the official sector, pursue his dreams and enjoy the opportunity to make his community a brighter place. AND, in addition to pursuing a university education, Sseko also employs other women from all walks of life in society and gives them an opportunity to work in a safe and stimulus environment and earn a fair wage. And all this is part of a financially self-sustaining business model. Amazing? Amazing. (Statistics from Sseko site and this video.) You can read the individual stories of Sseko women -- full-time veterans, Sseko alumni, college affiliated and Sseko founder Liz -- on the website and hear about the beautiful and brave lives they've lived. (Isn't that smelling great?) Sseko recently launched a new program for others around the world called the Sseko Brave Collective to get and participate in this courageous movement and see where it will go. I admit that programs like this don't always be my thing, But #SsekoBrave really quite simple and cool. It's basically just a collective of people interested in learning how to make a positive impact on women around the world, and encourage participants to do so by taking on a brave challenge every month. They call them Sseko Steps, and these steps can contain things like Or whatever the challenge of that month. I'm not always good at keeping up with these things, but sending an enclosure note to a woman in Uganda? I can do that. Fixing one of your latest products? Compliments a stranger? I love this one. There's also a Facebook page where people share stories and videos and encourage each other all week long. In the midst of all the noise on Facebook, I really like it. So anyway, my friend Mauk (who shared our 10 Things I've Learned series yesterday!) and I decided last week to team up to fight the latest epicurean Sseko Step - hosting a Ugandan meal with friends. I have travelled to Zambia in the past and cooked some there, but I have never cooked ugandan food in particular before. So as we, Cookbook on Sseko site for some recipes. And man, I think we smelled my whole roof building with all those spices. Everything smelled and tasted amazing! We made recipes for Aunt Sarah's Rice & Cabbage, a big party of Samosas for dinner (all proper vegan/vegetarian, for some friends in the group).... Maux made Kenyan buffalo (roast for dessert...) We sat for hours, talked, ate and had a nice night together. Oh, and friends who own Sseko sandals wore them for all the opportunity, and even cliched everyone-agreed to take a stand-in-in-circle-and-photo-our shoe photo. (Although not cliched with cool shoes like this.) All there is to say is the story behind these samosas. But in fact, this is not the end because I contacted Sseko and said they would love to share a gift that includes some amazing products from the new autumn line beyond sandals tomorrow. So stay tuned for a little more Sseko favors. But for now, let's eat! Samosas, I mean. As I said, I went on and decided to share both versions of this samosa recipe here today - I call it the traditional version (phylo-wrapped cooked triangles) and the easy peasy version (my style, with small frozen phylo cups made in advance). Both are made with the same (natural vegan) potato filling, made with the most celestial combination of mashed potatoes, peas, fresh coriander, onions and spices. I'm not kidding, I'm not kidding. Crazy is good. Then either go the easy route and just spoon the filling into some phylo cups and serve them immediately. (Which worked completely. And it was completely easy and crispy and delicious and wonderful.) OR go the traditional route and use roll phylo dough into beautiful little butter-brushed triangles. (If you're going milk straining, you can use vegan oil or margarine.) I'll be honest, these guys were a lot of work for the way I cooked. They are not difficult to do, but they are quite time and labor intensive. So if you decide to go this route, we recommend making a tag-team with a few friends or family members and a big batch together. Because they taste great. It's a lot of work. (That makes me more samosas every day respect these women halfway around the world!) To make samosas in a traditional way, arrange the thawed phylo dough and cover it with a slightly dehydrated vintenster towel to keep it dry. Then remove a sheet and brush with a little butter, and then fold half a longitudinal into a third. Add a teaspoon of filling to the lower end of the rectangle, then fold a corner over it to make a triangle. And then keep the triangles folding over the triangles until the samosa rolls all over and off. Brush with a little more butter if necessary so that the samosa is sealed and the outside (which will help brown in the oven) is negated. Then there was samosa lying on it, the baking tray, and the lid on this baking sheet with another desirable towel to dry. And then repeat until the dough and filling are used up. (This makes the recipe a big batch!) Then pop 'em in the oven, and let the magic work until the phylo dough becomes golden, perfectly crunchy, buttery triangles of this perfection. And serve them! Just put your work into doing this, you will want to eat them all warned. Ahem. So we recommend inviting some friends to eat a Uganda to share. And hey, look inside some Sseko's sandals, or scarves, or totes, either clutches, or bracelets, or buy any really exciting items (flat!) in the new fall line for the occasion. You know, Sseko style. :) Anyway, many thanks to Mauk for launching the Ugandan feast together and hosting it together and Sseko for the recipe and just for being so cool and inspiring. Happy Samosa, don't! Learn how to make printed samosas in the traditional way, or taking a small shortcut with pre-made mini phylo cup Scaled Ingredients Ingredients: 3 tablespoons vegetable oil 1/2 teaspoon mustard seeds half a small white onion 1 teaspoon finely chopped ginger 1/4 cup frozen berries 1 Tablespoon ground coriander 1 teaspoon garam masala 1 teaspoon salt 1/4 teaspoon pepper powder 1/4 cup water 1.5 kilos Russet or Yukon Golden potatoes, peeled and boiled, soft, boiled then drained and mashed 1/4 cup chopped fresh coriander, plus for more garnish if phylo Dough (Traditional Triangles) Ingredients: 1 pack frozen phylo pastry dough *, dissolved 6 tablespoons melted butter, Mini Phylo Cup Ingredients for brushing : 4 (15-count) packages frozen mini phylo cup * Instructions To make filling : Heat oil medium-high in a large sauté pan over heat. Add the mustard seed and fry for about ten seconds, or until they start splutter. Add the onion and ginger and sauté for 2-3 minutes, stirring occasionally. Add the peas, coriander, cumin, pepper powder, garam masala and salt. Cook for 2 minutes, stirring from time to time. Then add the potatoes and coriander, stir to combine and cook for another 2 minutes. Add a few splashes of water (which may be more or less than this cup) until the mashed potatoes are a little wetter. Taste the mixture and adjust the seasoning as needed, then lift the heat. To make triangles of Phylo Dough: For the 400 degree F. Unroll phylo pastry dough, cover the oven with heated, plastic shawl and despatched light towel. Keep the remaining dough closed so that a page does not peel and dry. Gently brush the pastry sheet with flat lay and melted butter on a clean surface. A third of the pie is in the middle of the longitudes. Fold again with the brush butter and on the other side to make a long triple layered strip. Place a round teaspoon of the filling mixture at one end of the strip. Take the right corner and fold diagonally to the left. Fold again along the upper wrinkle of the triangle. Keep folding in this way by making triangles on triangles until you reach the end of the strip. Brush a little butter on the dough to seal the samosa and also brush the outer surface so that the exterior is slightly covered with butter. Place a triangle on a baking sheet and cover with another desirable towel while making the rest of the samosas. Bake in the middle of the oven for 20-25 minutes, or until golden and crispy, turning it half over the cooking time. Serve hot, garnished with extra chopped fresh coriander if desired. * If you are doing this vegan, be sure to buy phylo dough/cups that are vegan. **Cooking time varies depending on the style of the recipe. It took about 1.5 hours to make it the traditional way, and to make it about 45 minutes easier, assuming it starts with the prepared mashed potatoes. The recipe is some adapted to Sseko Designs. Design.