

LIVE COOKING SESSION INDIA

Indian Dinner

Starter: **Samosa** (baked pastry with vegetable filling)

Main Course: **Chana Masala** (chickpea curry)

Dessert: **Semiya sabudhana kheer**

Ingredients for 4 people

For the semiya sabudhana kheer:

200 g Semiya / vermicelli noodles
75 g Sabudhana / tapioca pearls
sweetened condensed milk (optional)
100 g sugar
dry fruits & nuts (almonds, cashews, pistachios, raisins)
500 ml milk
½ tablespoon cardamom powder
6 tablespoons Ghee (clarified butter)



For Chana Masala:

400 g chickpeas (canned), slightly drained
1 medium white or yellow onion, finely diced
1 tablespoon ground cumin
2-3 tablespoons ginger garlic paste
¼ teaspoon sea salt
1 teaspoon chili powder
1 teaspoon ground turmeric
800 g pureed or finely diced tomatoes (canned)



For Samosa

Bread/Dough:

all-purpose flour/Maida
ajwain/carom seeds (optional)
vegetable oil / ghee
salt

Filling:

500 g potatoes (boiled and roughly mashed)
1 onion
50 g green peas (fresh or frozen)
green chillies, chopped
fresh coriander leaves, coriander powder
ginger
red chilli powder
mango powder
vegetable oil, water, salt



Let's get started!

Semiya sabudhana kheer

Wash and soak the sabudhana (or tapioca pearls) in water for at least 30 minutes.

Take a pot and heat it, now add ghee into the bowl and fry the dry fruits and semiya noodles until they turn into golden brown color. Once the semiya is fried, add soaked sabudhana into it & fry for 5 minutes. Now, to the fried ingredients, add milk & sugar and allow it to boil until semiya and sabudhana are cooked. Finally, add cardamom powder and turn off the stove.

Samosa

Make wrappers: In a bowl add flour, oil, salt, carom seed (tastes great in the covering but if you don't have just skip) and water, then mix and knead the ingredients to form a smooth and firm dough before covering with a tea towel and setting aside – try to knead the dough for at least 15 minutes. The longer you mix, the better it is.

Side note: *To make baked samosa dough I have used regular All-Purpose Flour or Maida. If you want to make them even healthier you can use whole wheat flour.*

Make filling: In a pan heat up the oil on medium heat until hot. Add the cumin seeds and sauté for 1 minute until fragrant. Then add the finely diced onion and cook for a few minutes until it softens and becomes translucent.

Add the peas and cook for a few more minutes. Then add salt, turmeric powder, crushed chili flakes, chili powder and garam masala and cook these spices for a few minutes – you may need to add a little water to help the spices release all their colors and prevent burning. Take mashed potatoes and add into the mixture then gently mix and break apart the potatoes.

Fill wrappers: Take the dough and make small smooth balls with it – you should be able to make 8-10 balls depending on your personal preference on how big you want your samosas. Roll out the dough balls into circles – ensure that you do not make them too thin or else they will tear when you add the filling. Then cut it into half and take one half.

Now add the cooled filling mixture into the cone ensuring that it is not overfilled. Use water to seal the edge create a cone. Now the samosas can be frozen.

Bake samosas: Preheat the oven at 180°C for 3 minutes. On a baking tray lined with baking paper or sprayed with oil place the oil brushed samosa. Bake the samosas at 180°C for 8-9 minutes. Turn them over and bake for another 5-6 minutes till samosa covering is golden brown.

Channa Masala

Heat a large pot over medium heat. Once hot, add oil, onion, cumin, and one-third of the salt (1/4 teaspoon). Add the onions and fry them till golden in colour.

In the meantime, put 2 tablespoons of ginger garlic paste, salt, turmeric powder, red chilli and chana masala (according to taste) in a bowl, add a little bit of water so the ingredients combine into a paste. After the onion turns golden, add the paste in the pan and cover it for a while on low heat.

Next, add pureed tomatoes and chickpeas. If the mixture looks a little too thick, add up to 240 ml of water. You're looking for a semi-thick soup consistency at this point, as it will cook down into more of a stew. Increase the heat to medium high until it reaches a rolling simmer, then reduce the heat to low

or medium-low and maintain a simmer (uncovered) for 15-20 minutes, or until thick and stew-like. Stir occasionally.

When the chana masala is thickened and bubbly, taste and adjust seasonings as needed, adding more salt for saltiness, chili powder for heat.

Remove from heat and let it slightly cool down before serving.

Side note: Channa Masala is Gluten-Free and Vegan. The Chickpeas add plenty of fiber, texture, and protein, and puréed tomatoes add body and richness.

Leftovers will keep covered in the refrigerator up to 4 days, or in the freezer up to 1 month.

Enjoy your Indian meal!

Arpit & Madhuri

