

SOUTHERN ASIA RECIPES

SAMOSAS (VEGETABLE-CURRY PUFFS)

Pastry:

- 2 cups all-purpose flour
- Pinch of salt
- 2 tablespoons butter
- $\frac{2}{3}$ cup water

Sift flour with salt, cut in the butter until it resembles bread crumbs. Add water, a little at a time, until it forms a soft dough. Cover and set aside.

Filling:

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| 1 onion, chopped fine | $\frac{1}{2}$ teaspoon curry powder |
| 2 tablespoons oil | $\frac{1}{2}$ cup green peas |
| 5 medium potatoes, boiled, peeled, cubed | Salt, to taste |
| $\frac{1}{2}$ teaspoon turmeric powder | Fresh coriander leaves, chopped |

Sauté chopped onion in oil until golden. Add potatoes, turmeric powder, curry powder, green peas, salt, and coriander leaves, and stir gently. Cook on low heat until peas are tender. Divide pastry dough into 6 or 7 equal parts. Roll each into a thin circular shape; dust with flour to make rolling easier. Cut each circle in half and place a spoonful of filling on each semicircle. Fold the pastry edges toward the middle, and bring up circular edge. Moisten edges with water and seal carefully to make a triangular-shaped pastry. Heat oil for deep frying and fry the samosas on both sides till light brown. Drain and serve hot.

YOGURT SALAD

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| 1 cup yogurt | 1 tomato, chopped |
| $\frac{1}{2}$ cup sour cream | $\frac{1}{2}$ onion, chopped fine |
| 1 cucumber, chopped | Salt, to taste |

Combine ingredients; serve chilled as a delightful compliment to spicy curries.

VEGETABLE CURRY

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| 3 tablespoons oil | 2 pounds vegetables (carrots, peas, potatoes, beans, cauliflower), cut into small pieces |
| 2 large onions, minced | 1 teaspoon brown sugar |
| 2 or 3 cloves garlic, minced | 2 teaspoons salt |
| 1 teaspoon chili powder | 1 cup boiling water |
| 2 green peppers, sliced | 4 tablespoons lemon juice |
| ½ teaspoon turmeric powder | |
| 2 teaspoons coriander powder | |
| 2 large tomatoes, chopped | |

Sauté onions and garlic in hot oil until light brown. Add the spices and tomatoes and continue cooking, stirring continuously to prevent the spices from sticking. Add remaining vegetables, sugar, and salt; stir well. Add the water; cover and cook until vegetables are tender. Five minutes before vegetables are done, add lemon juice and continue cooking until done. Do not overcook. Serve with rice, dahl, and chapatis.

SPICED CORN AND NUT MIX

Serve this as an appetizer or a snack.

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| 2 tablespoons vegetable oil | ½ cup unsalted peanuts |
| ¼ cup popping corn | 1 teaspoon Worcestershire sauce |
| ¼ cup butter | 1 teaspoon curry powder or paste |
| 1 garlic clove, peeled and crushed | ¼ teaspoon chili powder |
| ⅓ cup unblanched almonds | ⅓ cup seedless raisins |
| ½ cup unsalted cashews | Salt |

Heat oil in a heavy saucepan; add the popcorn. Cover and shake while cooking over high heat for 3 to 5 minutes, until the corn stops popping. Turn the popped corn into a dish, discarding any unpopped kernels. (You should have about 10 cups of popped corn.)

Melt butter; add garlic, almonds, cashews, and peanuts; stir in the Worcestershire sauce, curry powder or paste, and chili powder; cook over medium heat for 2 to 3 minutes, stirring frequently.

Remove pan from heat and stir in raisins and popped corn. Season with salt to taste, and mix well. Transfer to a serving bowl and serve warm or at room temperature. If you want a less-spicy treat, omit the curry and chili powders and add 1 teaspoon cumin seeds, ground coriander, ½ teaspoon paprika instead.