

How to make... Baked Vegetable Samosas

Hi there, Susan Richards here. Welcome to the virtual Big Cook Little Cook.

Before we start cooking today we are going to carry out basic food hygiene, tie our hair back if it's shoulder length, put our aprons on and wash our hands.

I'm going to put some cooking onion into our samosa today. We're going to do a bit of cooking today in the video.

I cut this onion in half, so what it started like... Obviously started like that. I cut it from the root, straight down to the tops of the onion in half. So straight down using the bridge technique that way.

On the flat now what I'm going to do is I'm going to use the claw technique to take the roots off and the top off.

You'll notice in today's video, we've used a different knife, this might be something that an adult is going to do, but we're going to get the children involved slightly later.

So, we're going to then take the outer casing of the onion off. That's something we don't eat. And to get the children involved, we're going to separate the little layers, so the coats of the onion like that.

So, what we're going to do is just make them a bit smaller and the children can get involved by using knife and fork technique... To cut through the onion like that, and then we can just chop to get them to cut the onion a bit smaller.

Also, we could use the fork secure and cutting technique with scissors. I quite like this technique.

The onions kept into place, the food's kept into place with the fork and then cutting down. So, there's two techniques there for us cutting our onion.

Now, if you don't want or you haven't got a cooking onion available, but you want to make the samosas, you might want to use a spring onion.

And again this has been washed but again we can use the fork technique. Or again, this is a technique so we'll take the roots off and then finely chop our spring onion.

So next we're going to prepare our potato and there's a couple of ways of doing that. We are going to grate it but what we decided to do is give the potato a good wash so we wash the skin thoroughly in quite warm water.

And we're going to not peel this one but I'm going to show you how to peel. So, hand down on a flat surface on a chopping board and we're going to down and off, down and off, down and off, down and off.

Just going to show you how to peel it if you don't want to leave the skins on. So, when we're peeling, we're always peeling down onto a board.

I have washed this potato as well. What we're going to do now is take the excess moisture out of the potato so got a bowl here. It's something that children will like to do.

Get the potato and we're going to squeeze it. You can see all of the moisture coming out of the potato just so that the mixture when it goes into samosas is not too wet. Or you can actually use kitchen roll and just press down and get the moisture out that way.

Next step is to cook off our ingredients and what we're going to do is, as you can see, I've put the pan on the hob.

It's heated up. Place some water in there so a drop of water you can see it's warmed through nicely, it's just steaming.

We're going to add the onions. I've got both the spring onions and the cooking onion in here. I wasn't going to waste it and we are going to cook them until it is actually...

The onions are nice and soft. Take about five to six minutes.

So, we're going to add the spices now. The onions are cooked softly, real soft. What I did notice is I added a little bit more water as they were cooking through so you might have to do the same, so they don't burn, dry out and burn.

We're going to add coriander. And again this is all down to taste. We're going to put a dessertspoon in there of your coriander.

We're going to put a teaspoon of dried cumin. So it's dried coriander, dried cumin.

And we're going to add just a pinch of cayenne pepper... So just a tiny bit because it's quite hot. You might want to add fresh chillies it's entirely up to you. You might want to add your own garam masala mix. It's entirely up to you.

What we're going to do then is put it back onto the heat and we're going to just mix those spices together and get them to mix through the onion.

Right now we're going to add the last of the ingredients. So, we've got three tablespoons of peas going in. We're going to do the same with the sweetcorn. So, one, two, three. These are tinned, but you could use frozen. And then our potato that we prepared earlier.

Going to do now is mix those ingredients all together.

Just remember you don't need to use these vegetables. You could use other vegetables if you've got like a pepper that you want to use, you would most probably cook that off with the onion to soften it.

We've not precooked the potato because that's going to cook through as they bake in the oven, the samosas.

And what I'm going to do now is just add some black pepper for seasoning.

And again, you could add chilli... Other spices that your family are really familiar with or maybe you prefer. And that mixture is now going to be chilled, just cooled down before we make our samosas up.

So we're going to prepare with filo pastry. We bought this from the shop. It comes, as you can see, a roll. You might want to just put a tiny bit of flour onto your work surface, not much, just to prevent it from sticking.

And what we're going to do is open up our pastries very, very thin layers. Okay.

Set that aside and we're going to take one sheet. I'm not sure if that's a whole one. Doesn't quite look like a whole one. That's just... That one had broke, you can see. Okay, so just going to set that. It's actually quite good that that's happened on video really.

So, we've got a sheet there. We're going to do is take a sheet and we're going to cut straight down the middle. Very gently, as you can see, it tears. I suppose you could use a pair of scissors.

So, you're going to make two samosas. Now we're going to make the samosa up. We've got some milk here and a brush. We're just going to brush the outside of our filo pastry.

We're going to get our mixture that's nice and cool now. A good, I'd say, a dessertspoon, yeah, we're going to place it right here.

And then what we're going to do is we're going to take that pointer over to there to form a triangle, seal it and then take it that pointer, up to there... And then that to there.

And then just ensure we've got enough milk. I'm going to take that over... And we've got a samosa.

Place it onto our lightly greased tin. You could cook these a bit small if you want smaller ones but they are much more fiddlier to make.

Lightly brush, ready for baking.

I just want to thank you for joining me today and I look forward to you joining me again soon. Take care. Bye-bye.