

## Samosa

### Ingredients

1 medium boiled Potatoes  
1 cup low fat cottage cheese  
1 small Onion, finely chopped  
2 cup Frozen Peas  
1 large Carrot, cut into small pieces  
1 tablespoons Oil  
1 tablespoon Lemon Juice  
1/4 teaspoon Cumin seeds  
1 teaspoon Ginger paste  
3 tbsp all purpose flour  
Salt  
6 Flour Tortillas, thin burrito style (sold in refrigerator section of US grocery stores)  
Water

To make Samosa Filling:

Boil peas and carrots in water until cooked, and then the drain water.

Cut boiled potatoes into little cubes.

In a pot, heat oil. When the oil is hot, add the cumin seeds. Wait till they splutter and then, add the chopped onions.

Fry the onions till golden brown.

Add the paste and fry for a bit longer. Add the potatoes, peas, carrots, lemon juice, cottage cheese and salt. Mix well, lightly mashing together ingredients.

After thoroughly mixed, remove from heat.

To make Flour Paste (this is the "GLUE" which holds samosa together!!):

Slowly mix water into white flour until the mixture reaches a thick, lump-free consistency. It should resemble the consistency of school glue.

To Make the Samosa:

Take a flour tortilla and lightly toast in oven, till it is warm enough to fold in half and cut. (One tortilla will make two samosas)

Cut the tortilla into two halves, down the middle.

Create a triangle with one half using flour paste to seal the sides.

Fill the triangle with filling and seal ends with flour paste.

Place it on a pre-greased cookie sheet (lightly brush with oil).

Bake in oven at 350 degree, turning once to ensure both sides are lightly browned.

Baking time is usually 15 to 20 minutes.