

BONDA – POTATO

Flavoursome Potato Dumplings



INGREDIENTS

3 med potatoes

Spice and flavouring

1 med onion chopped
5 cloves garlic mashed
1 hot red chilli (or to taste)
1 tsp cumin seeds
1 tsp cardamom seeds
1 tsp ground cinnamon
1 tsp ground ginger
½ bunch chopped coriander leaves
Salt and pepper to taste
1 Tbls juice of lime/lemon

Batter

1 cup besan (chick pea flour)
½ cup water
Salt to taste
¼ tsp of baking soda

Yogurt Dip

½ cup plain yogurt,
chopped coriander leaves

METHOD

Boil potatoes until just tender. (If they are too soft they will fall apart) Dry mash the potatoes. (They should be a bit lumpy) Keep aside.

Lightly fry all the spice flavourings up to and including cardamom seeds. Add the rest of the ground spice. Remove from heat
Mix mashed potatoes with spice mixture. Add coriander leaves and lime juice. Form the potatoes into little balls about golf ball size.

Mix batter ingredients. Coat the balls in the batter and deep fry. (You may want to keep a bowl of water and towel handy to keep your fingers clean).

Serve hot or cold with yogurt dip



The Batter



FIRE DRAGON CHICKEN

When East meets far east



INGREDIENTS

2 cups chicken thigh/breast meat

1 capsicum (red pepper)

1 onion

2 cloves garlic

oil for frying

Sauce

$\frac{1}{2}$ tsp chilli powder (to taste)

$\frac{1}{2}$ tsp cumin powder

$\frac{1}{2}$ tsp ground black pepper

$\frac{1}{2}$ tsp ground ginger

$\frac{1}{4}$ cup soy sauce

$\frac{1}{2}$ cup tomato sauce

salt to taste

METHOD

Cut the chicken into bite size pieces. Fry chicken until it is brown. Add chopped capsicum, onions and garlic. Cook until tender. Add spices and cook for a minute more. Add a few tablespoons of water if needed. Add soy sauce, tomato sauce, (salt if used) and cook until hot.



SAMOSAS

So crispy! So Yummy!



INGREDIENTS

Makes 18 small samosa

3 sheets Puff pastry

1 egg (for glazing)

Vegetable Samosa

4 cups *Aloo gobi* (potato & pea)
recipe (p ??) or

3 large potatoes + **Flavours**

Meat Samosa

4 cups *Keema* recipe (p ??) or

2 cups hamburger meat

2 med diced potatoes + **Flavours**

Flavours

2 tsp ground cardamom seeds

1 tsp ground cumin seeds

1 onion chopped

3 cloves garlic chopped

2-10 red chillies (to taste)

2 tsp fresh grated ginger

1 Tbls ground coriander

1 tsp turmeric

1 cup frozen peas

METHOD

If you are using the Aloo Gobi or Keema recipes make sure they are well drained. *(If they are too juicy they will make the pastry soggy.)*

Veg Samosa Boil potatoes until just tender. When cool, mash to a rough consistency. Fry onions, chillies & garlic. Add onions and flavours to potatoes

Meat Samosa. Fry meat and diced potatoes until cooked. Add flavours.

Cut the just thawed pastry into nine squares. Stretch each of the squares a bit. Put about a tablespoon of the filling on each square and pull the points together to make a triangle. Pinch the edges closed.

Beat an egg and brush it onto the pastry. Oven bake following pastry instructions for about 45 minutes or until golden brown.



VADAI

Crispy Chickpea Donuts



INGREDIENTS

1 cup dry chick peas soak four hours

Spices

1 medium-sized onion

2 hot red chillis or to taste

3 cloves garlic

1 tsp ground ginger

1 tsp cumin seed

Salt, to taste

½ cup Besan (chick pea flour)

Vegetable oil, to fry

Yogurt Dip

1 cup yogurt

fresh chopped coriander leaves

2 Tbls shredded coconut (opt)

METHOD

Chop roughly in processor soaked chick peas, onions, chillies, and garlic. Add ginger, cumin seeds and salt. Mix in besan flour (*¼ cup of wheat flour for substitution*)

Make golf ball size balls and flatten them. Deep-fry in vegetable oil until golden-brown.

Drain. Serve hot or quickly re-fry to warm them. Mix yogurt dip ingredients.

TIP

If you are going to re-fry the vadais to crisp them just prior to serving (*highly recommended*) cook them to light golden brown for the first fry

