

HOW TO MAKE MEAT SAMOSA

INGREDIENTS:

15 Samosa pastry 9.5" x3.25"

1.5 lb. ground turkey

1 tea spoon sea salt

1 tea spoon cumin powder

Half a tea spoon turmeric

Half a tea spoon paprika

Half a tea spoon ground nut meg

Half a tea spoon of garam masala (a mixture of black peppers, cloves and cinnamon ground in equal parts)

2 scallions

Half a cup of fresh mint leaves

One quarter cup of Canola oil (for cooking turkey)

Canola oil for deep frying samosas as needed for the pot size.

1 chopped onion

METHOD:

In a deep pot put one quarter cup of canola oil. Let it heat up on high heat. Then put chopped onions in it till it becomes soft and changes to very light brown color. Introduce ground turkey in it. Mix it well adding about a cup of water. Make sure all the lumps are gone from the turkey. Then add salt and all other spices shown above and blend it well. Keep the heat on medium low and let it cook for about half an hour. Now chop scallions and mint leaves into small pieces and add to the cooked turkey and let the meat cool down.

Take one table spoon full of all purpose flour in a small bowl. Add some water and salt in it and make a thin paste.

Next you take the samosa pastry and make a cone style pocket from one end of the pastry. Fill it with the prepared turkey mix. Fill about 80% of the pocket and bend the rest of the pastry to form a triangular shape. Apply the flour paste on the end of the pastry and glue it to the formed samosa. Make sure no holes are open on all corners of the formed samosa. All of them should be nicely sealed. This way when you are frying the samosas they will turn out nice and there won't be any leakage of turkey in the oil. Let them set for about 15 minutes before you start frying.

Now put canola oil (or any other oil you like) in a deep pot and the depth of the oil to be enough for deep frying. Cook samosa on medium high heat for about 4-6 minutes. Keep moving them so they are evenly cooked and no burn marks are seen on either side of the samosas.

Eat them squeezing lemon in it or any other condiment you prefer.

(We are planning to make a video about this item soon. We will post it as soon as it is ready.)