

# The Argyle School Cook Book



## **Keema Samosas Makes 16**

200g/7oz 1  $\frac{3}{4}$  cups plain (all-purpose) flour  
5 ml/1 tsp lemon juice  
salt  
75ml/3tbsp lukewarm water  
For the Filling  
45ml/3 tbsp oil  
2 large cloves garlic, crushed  
1.5cm ginger root, finely chopped  
1 small onion, finely chopped  
5ml/1tsp garam masala  
5 ml/1 tsp ground roasted cumin  
2.5ml/  $\frac{1}{2}$  tsp ground turmeric  
salt  
450 g/1 lb lean lamb, diced  
450 g/1 lb peas  
100ml/3  $\frac{1}{2}$  fl oz/6  $\frac{1}{2}$  tbsp water  
30 ml/2 tbsp lemon juice  
10ml/2tsp sugar  
30 ml/2 tbsp chopped fresh coriander (cilantro)  
1 small green chilli, chopped  
For the batter:  
15 ml/1 tbsp plain (all-purpose) flour  
15-30ml/1-2 tbsp water  
oil for frying

### **Directions**

Sift 150 g/5 oz/1  $\frac{1}{4}$  cups of flour into a bowl and mix in the lemon juice and salt. Work in the water to form a dough then knead for 5 minutes until the dough is springy and satiny. Cover and set aside for 30 minutes.

To make the filling, heat the oil in a heavy-based pan and fry the garlic, ginger and onion until lightly browned. Stir in the ground spices, salt, meat and water, bring to the boil then cover and simmer over a medium heat for 20 minutes until the meat is tender. Add the peas, sugar and lemon juice and cook for a few minutes until the peas are tender. Stir in the coriander and chilli and set aside to cool. Make a runny batter with the flour and a little water and set aside.

Divide the dough into 8 equal portions and roll each one into a ball. Dust with flour then roll into circles. Place a circle on a floured board, smear the top with oil, sprinkle with flour and top with another circle.

Repeat this until you have 4 circles one on top of each other. Sprinkle with flour then roll out thinly. Heat a flat frying pan (skillet) over a medium heat. Reduce the heat to low and place the rolled circles in it. Fry for 10-20 seconds until dry, turn over and remove the first

layer. Immediately turn over again and remove the second layer and continue until both sides of all the layers are cooked. Place on a cooling tray and cover with a tea cloth. Cook the remaining dough.

Cut the rounds in half and overlap the flat sides to form a cone shape. Brush the edges with the batter and seal them firmly. Fill the cones with the filling mixture, brush the edges with batter and seal firmly. Heat the oil in a deep pan over a medium heat. Gently slip 5 or 6 samosas into the hot oil, reduce the heat to medium-low and fry gently until crispy light golden brown on all sides.

## **Vegetable Samosas**

### **Serves 8**

2 green chillies  
2 cloves garlic  
2.5 cm/1 inch ginger root  
2.5ml/½ tsp ground turmeric  
1.5 ml/ ¼ tsp ground coriander (cilantro)  
2.5 ml/½ tsp ground cumin  
15 ml/1 tbsp oil  
1 onion, sliced  
100 g/4 oz peas  
100 g/4 oz carrots, chopped  
100 g/4 oz potato, chopped  
2.5 ml/½ tsp salt  
15 ml/1 tbsp water  
2 sprigs fresh coriander (cilantro), chopped  
juice of 1 lime  
100 g/4 oz/1 cup wholewheat flour  
225 g/8 oz/2 cups plain (all-purpose) flour  
pinch of salt  
60 ml/4 tbsp water  
oil for deep-frying

### **Directions:**

Grind the spices to a paste. Heat the oil and fry the onion until browned. Add the peas, carrots and potatoes and fry for 2 minutes. Add the ground spices, salt and water, cover and simmer until the vegetables are tender and the water is absorbed. Add the coriander and lime juice.

Mix the flours and salt and add enough water to make a soft dough. Divide the dough into small balls then roll them out into 8 cm/3 in circles. Cut in half and shape into cones, sealing the edges together with a little water. Spoon the vegetable mixture into the cones and seal the edges carefully. Deep-fry in the hot oil until browned.

## **Moghlai Samosas**

### **Serves 6**

450g/1 lb minced (ground) meat  
2 large onions, chopped  
5 cloves garlic, chopped  
4 green chillies, chopped  
1 bunch fresh coriander (cilantro), chopped  
15 ml/1 tbsp ghee  
5 ml/1 tsp ground turmeric  
2.5 ml/½ tsp salt  
juice of ½ lemon  
275 g/10oz/2½ cups plain (all-purpose) flour  
pinch of salt  
60 ml/4 tbsp water  
oil or ghee for deep-frying

### **Directions**

Cook the meat, onions, garlic, chillies, coriander, ghee, turmeric and salt in a large pan until the meat is dry and tender. Add the lemon juice and leave to cool.

Mix the flour and salt then add enough water to make a stiff dough. Divide into walnut-sized balls then roll out 2 of the balls together into a circle. Brush one circle with melted ghee and press the other on top the roll out the circles until very thin. Dry fry in a heavy-based pan until dry but not browned. While still hot, pull the 2 pieces of pastry apart then cut into 3 cm/1 inch strips.

Fold the short edge of the pastry strips over twice to form a pocket, fill this with mince then fold the strip over and over in a triangle shape, sealing the edges with a little water. Deep-fry in the hot oil until crisp and brown. Serve hot with chutney.

## Potato Samosas

### Makes 16

200g/7oz/1  $\frac{3}{4}$  cups plain (all-purpose) flour  
5 ml/1 tsp lemon juice  
salt  
75 ml/3 tbsp lukewarm water  
For the Filling:  
45 ml/3 tbsp oil  
5 ml/1 tsp cumin seeds  
500 g/18 oz potatoes, boiled in their skins then chopped  
5 ml/1 tsp garam masala  
5 ml/1 tsp ground roasted cumin  
25ml  $\frac{1}{2}$  tsp ground ginger  
2.5 ml  $\frac{1}{2}$  tsp ground red chilli  
25ml  $\frac{1}{2}$  tsp ground turmeric  
salt  
225g/8 oz peas  
30ml/2 tbsp lemon juice  
15 ml/1 tbsp sugar  
60 ml/4 tbsp chopped fresh coriander (cilantro)  
1 small green chilli, chopped  
For the Batter:  
15 ml/1 tbsp plain (all-purpose) flour  
15-30 ml/1-2 tbsp water  
oil for frying

### Directions

Sift 150 g/5 oz/1  $\frac{1}{4}$  cups of flour into a bowl and mix in the lemon juice and salt. Work in the water to form a dough then knead for 5 minutes until the dough is springy and satiny. Cover and set aside for 30 minutes.

To make the filling, heat the oil in a heavy-based pan and fry the cumin seeds until lightly browned. Add the potato pieces and fry for 10 minutes until light golden brown. Stir in the garam masala, cumin, ginger, chilli, turmeric and salt. Stir in the peas and simmer for about 3 minutes until tender. Stir in the lemon juice and sugar and cook for 2 minutes. Remove from the heat and stir in the coriander and chilli. Leave to cool then divide into 16 equal portions.

Make a runny batter with the flour and a little water and set aside.

Divide the dough into 8 equal portions and roll each one into a ball. Dust with flour then roll into circles. Place a circle on a floured board, smear the top with oil, sprinkle with flour and top with another circle. Repeat this until you have 4 circles one on top of each other. Sprinkle with flour then roll out thinly. Heat a flat frying pan (skillet) over a medium heat.

Reduce the heat to low and place the rolled circles in it. Fry for 10-20 seconds until dry, turn over and remove the first layer. Immediately turn over again and remove the second layer and continue until both sides of all the layers are cooked. Place on a cooling tray and cover with a tea cloth. Cook the remaining dough.

Cut the rounds in half and overlap the flat sides to form a cone shape. Brush the edges with the batter and seal them firmly. Fill the cones with the potato mixture, brush the edges with batter and seal firmly. Heat the oil in a deep pan over a medium heat. Gently slip 5 or 6 samosas into the hot oil, reduce the heat to medium-low and fry gently until crispy light golden brown on all sides.

## **Tahumid's Tandoori chicken**

- 1 small chicken, jointed and cut into pieces
- 2 teaspoons of yoghurt
- ¼ tea spoon salt
- ½ table spoon of garlic paste or crushed garlic
- 3 table spoons of tandoori paste
- 1 teaspoon of ghee

Mix the yoghurt, salt, ingredients together and leave in the fridge for up to 4 hours. Heat a pan and add the ghee, once the ghee is very hot add the chicken until cooked.

## **Sushi**

½ Seasoned rice vinegar  
2 Teaspoons sugar  
1 tsp salt  
1½ cups short grained sushi rice  
1 ½ cup of water  
4 sheets of toasted nori

## **Filling**

1 cucumber, peeled, seeded and cut into matchstick lengths  
1 avocado peeled and cut into matchstick lengths  
Wasabi to taste

You will also need one bamboo sushi mat

## **Directions**

Mix together vinegar, sugar and salt. Set aside. Rinse the rice in a sieve and drain. Put the rice and water in a saucepan with a tight fitting lid and bring to the boil over a high heat, reduce the heat and boil gently until the water has all been absorbed. Remove the rice from the heat without removing the cover and set aside for about 10 mins.

Fluff the rice with a fork and transfer to a large bowl. Add the vinegar mixture and mix using a wooden spoon. Spread out on a parchment paper lined baking tray and fan the rice until it cools. Cover it with a damp towel.

## **To assemble rolls:**

Place the sushi mat with the slats running crosswise in front of you. Lay a sheet of nori shiny side down and lined up with the closest edge of the mat. Lightly moisten your fingers with water and evenly press about ¼ of the rice onto the nori, with 1 ½ inches uncovered at the far edge. Line up the fillings about 1 inch from the closest edge, evenly across the rice. Leave 1 inch of rice uncovered at the far edge.

Beginning with the near edge of the mat, tightly roll up the nori, rice and fillings into a cylinder. Firmly tug on the rounded mat over the roll as you pull the far edge of the mat to tighten. Open the mat and dab the unsealed edge of nori with water and roll the sushi forward to seal. Transfer the sushi to a plate and cover with damp towels, repeat with the remaining ingredients.

Cut each sushi roll, into 8 pieces with a sharp knife. Serve with wasabi and soy sauce for dipping.

## **Lassi**

### **Serves 2**

1 cup of Milk  
1 cup of yoghurt  
sugar to taste

Mix all the ingredients together and chill. Then serve

## **Mango Milkshake**

### **Serves 4**

1 pint of milk

½ pint of ice cream

1 mango, peeled, the stone removed and pulped

Sugar to taste

You should pulp the mango with a fork or in a food processor and then add the ice cream and milk until it is thick and smooth.

Re-chill and serve in nice glasses with straws, you could maybe decorate the top with crushed nuts, chocolate or coriander.