

## Baked Samosas with Mango Chutney

### Summary

<b>Yield</b>	Servings
<b>Source</b>	wailana
<b>Prep time</b>	
<b>Cooking time</b>	30 minutes
<b>Total time</b>	30 minutes

### Description

Samosas are an irresistible deep-fried Indian pastry. This baked version proves to be equally delicious.

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~~Baked Samosas with Mango Chutney~~ [Wai Lana Recipe](#)

### Ingredients

--Filling:

2 c

Potato, cut into 1/4-inch cubes

2 c

Pumpkin, peeled and cut into 1/4-inch cubes

1 c

Cauliflower, cut into small florets

1 1/2 c

Frozen peas, rinsed and drained

1 Tbsp

Nonhydrogenated soy margarine or butter

1 1/2 Tbsp

Cumin seeds

1 1/2 Tbsp

Ground cumin

1 1/2 Tbsp

Ground coriander

3/4 Tbsp

Indian curry paste

1 tspn

Spike all-purpose seasoning

1/4 tspn

Salt

1 Tbsp  
Honey

--Pastry:

1 1/4 c  
Unbleached white flour  
1 1/4 c  
Whole wheat pastry flour  
1 tspn  
Salt  
6 Tbsp  
Safflower oil  
5 Tbsp  
Water, or as needed

--Mango Chutney:

1/2 tspn  
Safflower oil  
1 c  
garlic, crushed  
1  
Small fresh red chili, seeded and finely diced  
1/8 tspn  
Cumin seeds  
1  
Sweet mango, cut into 1/2-inch cubes  
1/8 tspn  
Ground coriander  
2 Tbsp  
Apple cider vinegar  
2 Tbsp  
Raw sugar  
1 tspn  
Salt

## Instructions

1. Steam the potato and pumpkin until almost tender, then add the cauliflower and cook for another 5 minutes. Transfer the vegetables to a bowl, add the peas, and mix well. Set aside.
2. In a small skillet heat the margarine or butter on medium-low heat. Add the cumin seeds and toast until golden. Remove from the heat and add the remaining spices and salt. Cook again for a few minutes until browned and fragrant. Add the honey and remove from the heat. Mix the seasonings with the steamed vegetables and chill.
3. Preheat the oven to 375°F. Combine the dry pastry ingredients in a bowl. Add the oil and rub in with your fingertips until crumbly. Mix in just enough water to make a soft dough. Place the dough on a floured surface and knead for 5-8 minutes until smooth.
4. Form the dough into a log and cut into 8 pieces. Shape each piece into a ball, then flatten into a disk between the palms of your hands. Roll each disk into a thin 6-inch circle, then cut each circle in half.
5. Wet the straight edge of a half-circle with water, then fold in half and seal together to form an open cone. Fill the cone with the potato mixture, leaving about 1/2 inch of pastry at the top. To seal, start at the left side and pinch the two pastry sides together, then fold down. Keep pinching and folding, crimping all the way along in this manner. Repeat for each one.

6. Place the samosas on an oiled baking tray. If desired, lightly brush with oil for a smooth, golden finish. Bake for 35-45 minutes, or until crispy and golden brown. Serve hot or cold with Mango Chutney.
7. For the chutney, heat the oil in a small saucepan on medium-low heat. Add the garlic, chili, and cumin seeds and sauté until light golden.
8. Add the rest of the ingredients and simmer for 10-15 minutes, stirring from time to time to prevent sticking. Serve as needed.

## Notes

Nutritional Information Per Serving (including Mango Chutney):

Calories: 176, Fat 6.7g (60 cal), Carbohydrate 25.8g (103 cal), Protein 3.3g (13 cal)

Added information: Saturated Fat 0.8g, Cholesterol 0mg, Sodium 388mg, Dietary Fiber 2.7g

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**Source URL:** <http://www.wailana.com/lifestyle/recipe/baked-samosas-mango-chutney>