



Delicious Pea and Potato Samosa

Makes 8 samosas

Pastry

8oz all purpose flour
1 tsp semolina flour
Pinch salt
½ oz canola oil
4oz lukewarm water

Method

Mix the dry ingredients together
Add the warm water and bring together to a dough
Knead for 1 minute and then cover and rest for 20 minutes



Filling

2 medium-sized red potatoes, un-peeled and boiled to tender
3oz green peas
2 tbs canola oil
½ tsp cumin seeds
1 tsp coriander powder
¼ tsp red chilli powder
½ tsp garam masala
2 green chillies seeded and chopped
1 tsp salt

Method

In a saucepan on medium heat add the oil
Then add the cumin seeds and stir
Add the peas, then the coriander and garam masala, and stir
Add the chopped green chillies
Then add the potatoes which have been diced and stir
Add salt and stir fry for 2 minutes
Taste for seasoning and heat
Add the red chilli powder
Taste and then rest on a plate to cool

To Finish Samosas

Take the dough and knead again for a minute
Divide the dough into 4 equal pieces, roll each piece into balls and press flat
Take a ball and roll to a 6 inch diameter piece, avoid using any flour to roll as this will make it too dry
Cut the circle in half - place one half in your hand and wet all edges
Shape to a cone then put 2 spoons of the mixture in and press down
Fold over the two flaps and seal the edges
Do this to all eight samosas

Cooking

Shallow fry in medium heat oil for 2 minutes then turn and cook for another 2 minutes
Drain on paper once golden brown and serve with mango chutney

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Chickpea, Lentil and Date Cake

Ingredients

9oz pitted dates	3oz butter
5oz red lentils cooked, drained and pureed	5oz all purpose flour
1 pint milk	5oz chickpea flour
1 ½ oz bicarbonate of soda	A dash of vanilla essence
9oz castor sugar	¾ tsp baking powder
3 eggs (beaten)	

Method

In a tall saucepan simmer the dates in the milk for 15 minutes
Add the bicarbonate of soda and stir; mixture will expand so make sure you use a tall saucepan
In a mixing bowl cream the sugar and butter
Add the beaten eggs to this
Then add the sifted flour, chickpea flour and baking powder
Add the lentil puree and a dash of vanilla essence
Once you have a smooth batter add the date and milk mixture and stir together till smooth
Pour the batter into muffin trays
Bake at 180C / 365F for about 35-40 minutes
Serve or freeze for future use

Savory Gluten-Free Chick Pea Muffins

Makes 12 muffins

Ingredients

Wet Mix

2 eggs
½ cup grated cheddar cheese
½ cup pumpkin puree
½ cup diced onion
1 tbs chopped chives
1 tsp sugar
Salt & Pepper
1 tsp curry powder (optional)

Dry Mix

1 ½ cups chick pea flour
3 tsp wheat-free baking powder

Method

Preheat oven to 204C /400F, grease muffin pans. Blend the wet mix ingredients together in a mixing bowl. Quickly but thoroughly mix in the dry ingredients. Spoon into pans and begin baking immediately. Bake for 25-30 minutes.



Curried Saskatchewan Chickpea and Pulse Stew

Ingredients

4oz chickpeas	½ tsp red chilli powder
4oz kidney beans	2 tbs canola oil
4oz red lentils	2 tbs minced yellow onion
4oz peas frozen or dried	2 cloves garlic minced
½ oz grated fresh root ginger	1 tsp cumin seeds
½ tsp ground turmeric	3 tsp lemon juice
1 tsp salt	3 tbs tomato paste

Method

Pre-soak dried pulses overnight (if using dried)

Sweat the onion, cumin, turmeric and chilli powder in oil till soft in a large sauce pan

Add the garlic, ginger and tomato paste

Add all of the pulses which have been pre soaked overnight

Add water to cover and bring to the boil then simmer till the pulses are tender

(A slow cooker would be ideal for this)

Add the lentils in the last 20 minutes of cooking; they will thicken and flavour the dish

Near the end of the cooking process add the lemon juice

Season and taste

Note: You can speed the time of the dish by using canned pulses. Add the lentils with the canned pulses then the whole dish will take 20 minutes.

Serve with Naan bread and plain basmati rice



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