

# Burmese Samosas

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## **Servings: 25**

*2 medium russet potatoes, peeled and chopped*  
*1/4 cup canola oil, divided*  
*1 teaspoon ground cumin*  
*1 teaspoon mustard seeds*  
*3/4 teaspoon ground coriander*  
*2 shallots, finely chopped*  
*1/2 cup frozen peas, thawed*  
*1 teaspoon salt, divided*  
*25 wonton wrappers*  
*1 1/2 cups packed cilantro leaves and small stems*  
*1/3 cup water*  
*3 tablespoons lemon juice*  
*2 serrano chile peppers, seeded and chopped*  
*1 tablespoon sugar*  
*2 cloves garlic, minced*  
*vegetable oil for deep-fat frying*

## **Preparation Time: 20 minutes**

### **Cook Time: 10 minutes**

In a small saucepan, place the potatoes and enough water to cover. Bring to a boil over high heat. Cover; reduce the heat and cook for 8 minutes or until tender. Drain and set aside.

In a large skillet, heat two tablespoons of oil over medium-high heat. Add the cumin, mustard seeds and coriander. Cook and stir until the mustard seeds just begin to pop. Add the shallots; cook and stir for 2 minutes. Remove from the heat and stir in the cooked potatoes, peas and 1/2 teaspoon of salt.

Place a wonton wrapper on a work surface. Lightly moisten the wonton edges with water. Place about 1-1/2 teaspoons of the potato mixture in the center of the wonton wrapper. Fold over to create a triangle. Press the edges to seal and lightly flatten. Repeat with the remaining wonton wrappers and potato mixture. Cover with plastic wrap and allow to stand for 10 minutes.

Meanwhile, for the dipping sauce combine the cilantro, water, lemon juice, remaining two tablespoons of oil, serrano peppers, sugar, garlic and 1/2 teaspoon of salt in a blender. Cover and blend until just smooth, scraping with a spatula as needed. Transfer to a small bowl and set aside.

In a deep-sided large skillet, heat one-inch of vegetable oil over medium-high heat until it reaches 350 degrees. Add the filled wontons, in batches, and cook for 4 minutes or until golden brown, turning once halfway through cooking.

Transfer the wontons to a cooling rack set over a rimmed baking sheet. Keep warm in a 250 degree oven while frying the remaining samosas.

Arrange on a serving platter and serve with the dipping sauce.

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Per Serving (excluding unknown items): 31 Calories; 2g Fat (64.3% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 89mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	31	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	64.3%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	31.0%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	4.7%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	2g	<b>Folacin (mcg):</b>	3mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	0 0%
<b>Carbohydrate (g):</b>	2g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	trace	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	89mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	46mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	4mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	3mg		
<b>Vitamin A (i.u.):</b>	122IU		
<b>Vitamin A (r.e.):</b>	12RE		

**Nutrition Facts**

Servings per Recipe: 25

**Amount Per Serving**

**Calories** 31 **Calories from Fat:** 20

**% Daily Values\***

<b>Total Fat</b> 2g	3%
Saturated Fat trace	1%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 89mg	4%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber trace	1%
<b>Protein</b> trace	

<b>Vitamin A</b>	2%
<b>Vitamin C</b>	4%
<b>Calcium</b>	0%

**Iron**

1%

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*\* Percent Daily Values are based on a 2000 calorie diet.*