



BEEF SAMOSAS

<i>Ingredients</i>	<i>Equipment</i>
1 Small Onion	Chopping Boards
250 Grams Minced Beef	Knives
1 Clove Garlic	Grater
1 Chilli	Spoon Measures
2 Silver Beet Leaves	Wooden Spoon
10 Mint Leaves	Frying Pan
½ Teaspoon Ground Ginger*	Small bowl
½ Teaspoon Ground Coriander*	Pastry Cutter
½ Teaspoon Ground Cumin*	Lined Baking Tray
½ Teaspoon Garam Masala*	
Oil for Frying	
Small bowl of water	
3 Puff Pastry Sheets/Gluten Free/omit	

*All spices used are Woolworths brand with no traces of nuts.

*See 'Products used in Kitchen Classroom', on CPS Website.

Products omitted as required.

What to do

- 1. Get out all required equipment**
- 2. Weigh and measure ingredients**
- 3. Peel & grate the onion**
- 4. Peel and crush the garlic**
- 5. Finely chop the chilli**

- 6. Finely chop the mint leaves**
- 7. Remove the leaf from the stalk of the silver beet, finely chop.**
- 8. Heat a small amount of oil in the frypan**
- 9. Add the chilli, onion and garlic, cook until onion is translucent.**
- 10. Add all the spices.**
- 11. Add the minced meat and cook until browned.**
- 12. Add the silver beet and mint. Cook until all moisture is gone.**
- 13. Remove from the frypan and allow to cool**
- 14. With the pastry cutter, cut as many circles of pastry as you can.**
- 15. Place a small amount of mixture onto each portion of pastry and dab ends with a little water**
- 16. Fold circles in half until ends meet and press firmly**
- 17. Cook in a moderate oven until pastry is golden.**