

dough ball into a 6- to 7-inch circle. Cut each circle in half. For each samosa, brush some of the water along the straight edge. Fold in half, overlapping the straight edges to make a cone. Using your fingers, press edges tightly to seal, being careful to maintain cone shape.

6. Fill each cone with 2 tablespoons of the potato filling. With each filled cone placed sealed seam up and centered, brush some of the water along the inside of the open side of the cone; press to seal tightly. Cover the filled samosas with a clean kitchen towel to avoid drying out while filling the remaining samosas.

7. In a wok or large saucepan, heat enough cooking oil for deep-fat frying to 350°F. Fry samosas, 4 to 6 at a time, for 4 to 5 minutes or until light golden, turning occasionally. Serve hot. (You can keep the fried samosas hot in a 200°F oven for up to 2 hours before serving.) If desired, serve with Cilantro Chutney or ketchup. Makes 32 samosas.

MAKE-AHEAD DIRECTIONS: Place unfried, filled samosas in an airtight container; cover. Freeze for up to 3 months. Let stand, covered, at room temperature about 1 hour before frying and serving as directed in Step 7.

***TEST KITCHEN TIP:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

PER SAMOSA: 148 cal., 9 g fat, 0 mg chol., 169 mg sodium, 15 g carbo., 1 g fiber, 2 g pro.

QUICK SAMOSAS: Prepare potato filling as directed in Steps 1 and 2. Omit Steps 3 through 6. In a small bowl, whisk together $\frac{1}{4}$ cup water and 2 tablespoons all-purpose flour to make a paste; set aside. Heat a large skillet over low heat. Using sixteen 7-inch flour tortillas, cut one tortilla in half. Warm one half of the tortilla in the skillet for a few seconds; remove from skillet. Immediately brush the straight edge of the tortilla half with some of the flour paste; fold in half, joining the straight edges together to make a

cone. Press to seal edges tightly, being careful to maintain cone shape. Fill the cone with 2 tablespoons of the potato filling. Brush some of the flour paste inside the opened end; press to seal tightly. Repeat with remaining tortillas, flour paste, and potato filling. Fry and serve samosas as directed in Step 7.

PER QUICK SAMOSA: 108 cal., 6 g fat, 0 mg chol., 174 mg sodium, 11 g carbo., 1 g fiber, 2 g pro.

CILANTRO CHUTNEY

In India, chutney is used the way Americans use ketchup. Serve this vivid green chutney with Potato-Stuffed Samosas (recipe, page 102). (Shown on page 64 with Potato-Stuffed Samosas.)

START TO FINISH: 25 minutes

8 ounces fresh cilantro with stems (10 cups loosely packed)

$\frac{1}{3}$ cup coarsely chopped onion

$\frac{1}{3}$ cup lemon juice

1 teaspoon cumin seeds

1 to 2 jalapeño chile peppers, seeded and coarsely chopped*

1 $\frac{1}{2}$ to 2 teaspoons salt

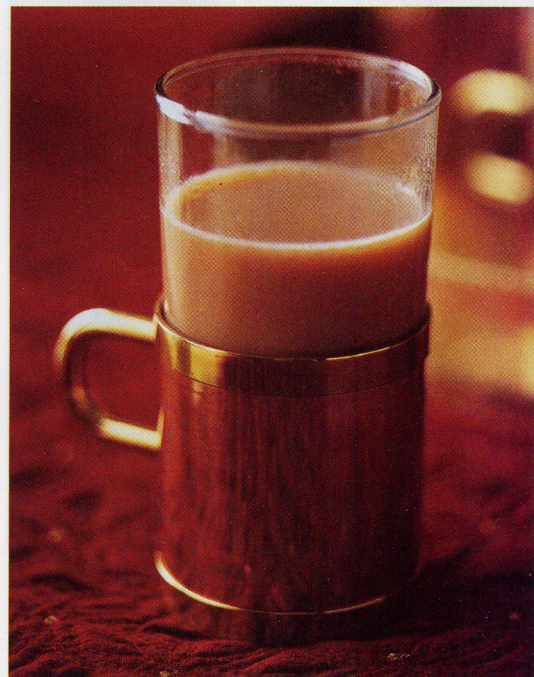
1. Trim the cilantro of any discolored leaves and stems. Cut about 1 inch from the tips of the stems, leaving the rest of the stems intact. Wash thoroughly. Drain in a colander.

2. In a blender, combine onion, lemon juice, cumin seeds, chile peppers, salt, and about half of the cilantro; cover and process to a smooth paste. Add remaining cilantro; process until very smooth. Makes $1\frac{3}{4}$ cups chutney.

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MAKE-AHEAD DIRECTIONS: Prepare as directed. Transfer chutney to an airtight container; cover. Chill for up to 5 days.

PER 2 TABLESPOONS CHUTNEY: 7 cal., 0 g fat, 0 mg chol., 226 mg sodium, 1 g carbo., 1 g fiber, 0 g pro.



CHAI

For a change of pace, enjoy chai the way it's served in India—as a late-afternoon pick-me-up. You'll find this traditional recipe produces a lighter, less-rich cup of chai than most American coffee shop versions. Serve it after your buffet.

START TO FINISH: 30 minutes

16 cups water

4 cardamom pods, crushed*

2 teaspoons grated fresh ginger

3 cups milk

5 tablespoons black tea leaves or 15 black tea bags

$\frac{1}{2}$ cup sugar

1. In a 6- to 8-quart Dutch oven, combine the water, cardamom pods, and ginger. Bring to boiling. Add milk. Return to boiling; reduce heat to low. Add tea leaves or bags. Simmer, uncovered, for 2 minutes. Stir in sugar; remove from heat.

2. Let sit for 3 to 5 minutes or until desired strength. If using tea leaves, strain through a fine-mesh sieve. Makes 16 (about 8-ounce) servings.

***TEST KITCHEN TIP:** Use a mortar and pestle to crush the cardamom pods. Or place the pods in a resealable plastic bag and use a rolling pin to crush the pods.

PER SERVING: 46 cal., 1 g fat, 4 mg chol., 23 mg sodium, 8 g carbo., 0 g fiber, 2 g pro.