



BLACK-EYED PEAS WITH PITA WEDGES

Pita wedges or corn chips are ideal for scooping up this intriguing, full-flavored dip. Spread any leftovers on bread and add a touch of Cilantro Chutney (recipe, page 103) for a sensational sandwich.

PREP: 20 minutes **COOK:** 10 minutes

BAKE: 7 minutes (pita wedges) **OVEN:** 375°F

- 2 tablespoons cooking oil**
- ½ teaspoon cumin seeds**
- 3 15-ounce cans black-eyed peas, rinsed and drained**
- 1 cup water**
- 2 teaspoons ground coriander**
- 1 teaspoon salt**
- ½ teaspoon ground turmeric**
- ¼ to ½ teaspoon cayenne pepper (optional)**
- 1 tablespoon lemon juice**
- ½ teaspoon garam masala**
- Thinly sliced red sweet pepper (optional)**
- Thinly sliced red onion (optional)**
- Fresh cilantro leaves (optional)**
- Toasted Pita Wedges**

1. In a very large skillet, heat oil over medium heat. Add cumin seeds; cook for 1 to 2 minutes or until cumin is aromatic. Stir in black-eyed peas, water, coriander, salt, turmeric, and, if desired, cayenne

pepper. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes or until liquid is creamy and nearly evaporated.

2. Stir in lemon juice and garam masala. Transfer to a serving bowl. If desired, garnish with sweet pepper, red onion, and cilantro. Serve with Toasted Pita Wedges. Makes 16 servings (¼ cup peas and 3 pita wedges each).

TOASTED PITA WEDGES: Preheat oven to 375°F. Split 4 pita bread rounds in half horizontally; cut each half into six wedges. Place wedges, cut side up, in a single layer on an ungreased baking sheet. Bake for 7 to 9 minutes or until light brown and crisp. Cool completely on a wire rack.

MAKE-AHEAD DIRECTIONS: Prepare Toasted Pita Wedges as directed. Place wedges in an airtight container; cover. Store at room temperature for up to 3 days.

PER SERVING: 111 cal., 2 g fat, 0 mg chol., 456 mg sodium, 19 g carbo., 3 g fiber, 4 g pro.



POTATO-STUFFED SAMOSAS

Samosas are the snack of choice in India. These crisp, fried pastries are most often stuffed with potatoes and peas as in this recipe, but they also can be loaded with spicy lamb mixtures or sweet fillings.

PREP: 1½ hours **COOK:** 4 minutes per batch

COOL: 1 hour/30 minutes

- 1½ pounds russet potatoes**
- 1 tablespoon cooking oil**
- ½ teaspoon cumin seeds**
- ¾ cup loose-pack frozen peas**

1 medium serrano or jalapeño chile pepper, seeded and finely chopped*

1 tablespoon grated fresh ginger

1 tablespoon ground coriander

2 teaspoons lemon juice

2 teaspoons garam masala

1½ teaspoons salt

4 cups all-purpose flour

¾ teaspoon salt

½ cup cooking oil

Cooking oil for deep-fat frying

Cilantro Chutney (recipe, page 103) or ketchup (optional)

1. For potato filling: Place whole, unpeeled potatoes in a large saucepan and add enough water to cover. Bring to boiling; reduce heat. Simmer, uncovered, for 25 to 30 minutes or until tender. Drain; set aside to cool completely (about 1 hour). Peel potatoes; crumble into ¼- to ½-inch irregular-size pieces.

2. In a large skillet, heat the 1 tablespoon oil over medium heat. Add cumin seeds; cook for a few seconds or until golden brown. Stir in peas, ¼ cup water, chile pepper, ginger, coriander, lemon juice, garam masala, and the 1½ teaspoons salt. Bring to boiling; reduce heat. Cover and simmer for 2 minutes. Stir in potatoes. Cover; cook for 2 minutes more. Remove from heat; let stand, covered, for 5 minutes. Uncover; let cool for 30 minutes.

3. For samosa dough: In a large bowl, combine flour and the ¾ teaspoon salt. Add the ½ cup oil, stirring until mixture is crumbly. Gradually add ¾ cup water, stirring constantly until a firm dough forms. (Or place flour and salt in a food processor. With the processor running, drizzle in the ½ cup oil, processing until mixture is crumbly. Drizzle in ¾ cup water until dough forms a ball.) If the dough is dry, stir in 1 or 2 tablespoons additional water.

4. Turn out dough onto a lightly floured surface. Knead about 5 minutes or until dough becomes smooth and soft. Divide dough into 16 balls.

5. To assemble samosas, pour ¼ cup water into a small bowl; set aside. Roll each