

Subarashii Kudamono Recipe Cards

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SUBARASHII
KUDAMONO.
GOURMET
ASIAN
PEARS

Subarashii Kudamono

Beef and Fresh Subarashii Kudamono Asian Pear Samosas

Ingredients

Samosa Dough:

1½ cups of all-purpose flour
2 tablespoons semolina (if not available, use 2 tablespoons all-purpose flour)
2 tablespoon vegetable oil
1 teaspoon salt
Generous 2/3 cup water
1 egg, beaten
(OR 1 sheet ready-made frozen puff pastry, thawed with 1 egg, beaten)

Beef Filling:

2 medium sized potatoes, preferably Yukon gold
1 tablespoon vegetable oil
½ pound ground beef
1 medium onion
1 teaspoon cumin seeds
1 teaspoon minced green chile
1 medium Subarashii Kudamono Asian Pear
1½ teaspoons ground coriander powder

For Serving:

Your favorite chutney
Fresh Yogurt, plain

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Directions

Samosa Dough (skip if using puff pastry):

Mix all the dry ingredients together. Add the oil and mix well, using your hands or a fork to evenly distribute the oil and break up any flour clumps. If a portion of the mixture is squeezed in your fist, it should hold together. Add nearly all the water and mix until a dough is formed, adding remaining water if necessary. Once the dough comes together, knead it for 5 minutes, then wrap with plastic wrap and let it rest for 30 minutes.

Beef Filling:

Peel and chop potatoes into small dice. Place potatoes in a saucepan, cover with water and bring to a boil. Lower heat and simmer until potatoes are tender, 7-10 minutes. Drain and set aside. (cont'd next card)

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Meanwhile, heat oil in sauté pan over medium-high heat. Add beef and fry until beginning to brown, breaking up meat with a spoon. Chop onion into small dice and add to pan with beef. Add cumin seeds and chiles. Once beef is fully cooked and onions are browning, peel and chop pear into small dice and add to pan along with coriander powder. Sauté another 5 minutes, stir in potatoes and remove from heat. Set aside.

Forming and Baking Samosas:

Preheat oven to 400 degrees.

Pull off a lemon sized ball of dough and roll into a circle using a rolling pin. The flat circle should be around 4 inch in diameter. You should be able to make 7-8 balls of dough. Cut each round of dough into two semicircles. If you are using puff pastry, roll sheet out into a 12 x 18 inch rectangle. Cut dough into 14-16 rectangles. (cont'd next card)

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Take about two tablespoons of beef mixture in your hands and make a ball. Place it in the center of the semicircle/rectangle. Wet your finger in water and rub it along the edges of the dough.

If working with the dough, pick it up from one pointed side and place it over the filling, covering it half way. Then pick up the other side and place it over to the previous one, covering the filling to make a triangle shape. The two flaps should stick to each other at the center of the samosa. The third side of the triangle should be still open. Pinch the open edge together to make the third point of the triangle. Repeat the process with the rest of the dough and place on a greased baking sheet. Brush samosas with beaten egg.

If using puff pastry, place filling ball in center of rectangle and fold pastry all the way over filling, sealing edges. Place on greased baking sheet. Brush samosas with beaten egg.

Bake samosas for 15-17 minutes, or until golden brown. Serve with chutney, yogurt or both. Makes approximately 14 to 16 samosas.

-Chef Leslie

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