KIKKOMAN

Crispy parsnip samosas with pepper dip

Total time **135 mins** **20 mins** preparation time **55 mins** cooking time **60 mins** resting time

Nutritional facts (per portion):
3,180 kJ / 760 kcal

Fat: **46 g** Protein: **11 g**
Carbohydrates: **76 g**

INGREDIENTS

2 portion(s)

180 g	plain flour
1 pinch	salt
1 pinch	sugar
35 ml	rapeseed oil
70 ml	lukewarm water
300 g	parsnips
15 g	butter
20 g	shallot
1	garlic clove
1 tsp	grated ginger
10 g	yellow curry paste
25 ml	double cream
85 ml	Kikkoman Naturally Brewed Less Salt Soy Sauce
10 ml	lime juice
1 pinch	ground cumin
1 pinch	turmeric
10 g	fresh coriander, chopped
120 g	mayonnaise
30 g	Greek yoghurt
10 ml	lemon juice
1 tsp	Dijon mustard
1 tsp	Kikkoman Toasted Sesame Oil
1 tsp	honey
1 tsp	coarsely ground black pepper

Additionally:

Oil for frying

PREPARATION

Step 1

180 g plain flour - **1 pinch** salt - **1 pinch** sugar - **35 ml** rapeseed oil - **70 ml** lukewarm water
Mix the flour with the salt and sugar, then add the oil and rub it into the flour until the mixture resembles wet sand. Gradually add the lukewarm water, kneading until you have a fairly stiff and elastic dough. Knead for about 8–10 min, until smooth. Wrap in cling film and leave to rest for at least 30 min at room temperature.

Step 2

300 g parsnips - **20 g** shallot - **1** garlic clove
Peel the parsnips. Finely chop the shallot and garlic.

Step 3

15 g butter - **1 tsp** grated ginger - **10 g** yellow curry paste - **25 ml** double cream - **45 ml** Kikkoman Naturally Brewed Less Salt Soy Sauce - **10 ml** lime juice - **1 pinch** ground cumin - **1 pinch** turmeric - **10 g** fresh coriander, chopped
Roast the parsnips from Step 2 at 190 °C for about 40 min, until completely tender and lightly caramelised. Melt the butter, sauté the shallot and garlic from Step 2, grate in the ginger, add the curry paste and cook for 1 min. Add the roasted parsnips, double cream and Kikkoman Less Salt Soy Sauce, then blend until very smooth. Season with the cumin, turmeric, lime juice and chopped coriander. The filling should be thick and completely cool before filling the samosas.

Step 4

120 g mayonnaise - **30 g** Greek yoghurt - **10 ml**

lemon juice - **1 tsp** Dijon mustard - **1 tsp** Kikkoman Toasted Sesame Oil - **20 ml** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tsp** honey - **1 tsp** coarsely ground black pepper
Mix the mayonnaise with the yoghurt, mustard, honey and sesame oil. Add the Kikkoman Less Salt Soy Sauce, lemon juice and coarsely ground black pepper. Mix thoroughly until smooth, then refrigerate for at least 30 min to allow the flavours to blend.

Step 5

20 ml Kikkoman Naturally Brewed Less Salt Soy Sauce - Oil for frying
Divide the dough into three equal portions and roll each one out into a thin sheet about 1.5 mm thick. Cut each sheet in half. Lightly brush the edges of each half with a thin layer of Kikkoman Less Salt Soy Sauce to enhance the flavour and help seal the dough. Fold each half into a cone, fill with about 40 g of the filling and seal the edges firmly. Fry the samosas in oil at 165–170 °C for about 6–8 min, starting at a slightly lower temperature so the pastry has time to dry out and become characteristically delicate and very crispy. Drain on kitchen paper after frying.