

Flavors of Rochester at the Market

Celebrating the Cuisines and Cultures of our Community

*A sampling series brought to you by the Rochester Public Market,
Friends of the Rochester Public Market, and Democrat and Chronicle
Saturdays, May through September 10 a.m. to 12 p.m.*

www.cityofrochester.gov/marketflavors; www.democratandchronicle.com/rocflavors/

Guest Chefs for September 19, 2015:
The Somali Community of *Refugees Helping Refugees*

SOMALI VEGETARIAN SOMBUSA

Makes about 30 Sambusa snacks

Ingredients for Sambusa filling

7 garlic cloves (fresh) –chopped
4 red onions – diced
2 cans (8 oz.) sweet peas (or frozen)
3 green chili peppers- sliced
5 white potatoes- boiled
1 bunch cilantro (fresh) – ½ cup- chopped
6 Bell peppers (red, orange, green) – chopped (about 1 cup)
2 Tsp. coriander powder
2 Tsp. ground cumin powder (orange)
2 Tsp. mild curry powder
Pinch of salt

Ingredients for pastry shells

1 cup vegetable oil
2 cups white flour
3 cups room temperature water

Making the filling

- 1) Cook 5 small white potatoes on stove in boiling water till soft, peel, cut into ½ inch pieces and mash
- 2) Chop garlic cloves and Bell peppers into ¼ inch pieces
- 3) Dice red onions
- 4) Slice up green chili peppers into ¼ inch slices
- 5) Mix uncooked vegetables (garlic, Bell peppers, chili peppers and peas) in bowl with mashed potato pieces
- 6) Caramelize red onions, adding cilantro at end, and sauté with vegetable mixture in skillet
- 7) Add spices (curry, coriander, cumin, and salt) to vegetable mixture during sautéing

Making the pastry shell

(May be done ahead of time and frozen) or substitute with store-bought pastry wrappers.

- 1) Place plain flour, 2 tsp. oil and the water in bowl and mix until you have a smooth dough (soft but not sticky).
- 2) Divide the dough into small tennis ball-sized pieces (about 2 ½-inch pieces) and knead/ pinch for about 5 minutes with lightly floured fingertips.
- 3) Roll three dough balls out flat (about ¼ inch thick), each to size of a saucer.
- 4) Spread a little oil on top of each round and stack them one on top of the other. The oil prevents the dough rounds sticking to each other.
- 5) Roll the stacks to roughly the size of a dinner plate (about 1/8 inch thick). Cut into quarters.
- 6) Dry fry in un-oiled skillet the quarters on both sides one at a time for a minute on each side. Don't overcook!
- 7) When each quarter is dry-fried, separate them and wrap with plastic (or in plastic baggie).

Making the Sambusas

- 1) Shape dough quarters into cones and secure ends with flour-water paste.
- 2) Fill cones with vegetable mixture (about 2 Tbs.), folding over top, and secure with water-flour paste, so mixture is contained completely with no holes.
- 3) Deep-fry several triangles at a time in very hot oil (it's hot enough when test dough piece floats up) until triangles are golden, and drain.

Best eaten hot with Somali chai!

Healthy tip!

Instead of frying: bake Sambusa for 10 minutes in a medium heat oven, turning after 5 minutes.

Recipe provided by *Refugees Helping Refugees of Rochester:*

www.rhrroc.org/