

DECONSTRUCTED SAMOSA WAFFLES

I love samosas. But all that oil and salt makes a traditional samosa off limits if you want to lose weight. Here’s a recipe that I have developed out of necessity that gives me the great flavours of a samosa without the added calories. It’s also a delicious way to get your starchy vegetables in for the day. Ideally, you’ll need a mini-chopper or food processor for this recipe. And, of course, a non-stick waffle maker.

**Ingredients:** Makes 12 Waffles

* 4 or 5 big potatoes (about 2 pounds), peeled and cut into 1-inch pieces
* ½ a medium onion, chopped
* 4 cloves of garlic, chopped
* 2 small jalapeño or serrano chili peppers, (with seeds), chopped
* 3 Tbs. water
* 1 tsp. mustard seeds (black are preferable)
* 1 tsp. dry ginger
* ½ tsp. cumin seeds
* ½ tsp. garam masala
* 1 tsp. ground turmeric
* ½ cup peas, thawed if frozen
* 2 Tbs. fresh lemon juice
* ½ cup cilantro leaves, chopped

**Method:**

1. Put the potatoes in a medium saucepan. Cover with water by about 2 inches. Bring to a boil, lower the heat, and simmer until tender, about 10 minutes. Drain, transfer to a medium bowl and set aside to cool. Slightly mash the potatoes.
2. Meanwhile, in a mini-chopper, combine the onion, garlic, chiles and 1 Tbs. of water and puree to a paste.
3. Heat a large skillet or wok over medium high heat. Add a little water for frying. Add the mustard and cumin seeds and cook, stirring constantly, until fragrant, about 30 seconds.
4. Add the onion past, garam masala and turmeric and cook, stirring, until lightly browned, about 4 minutes.
5. Add the potatoes and cook, stirring and mashing lightly with a wooden spoon, until hot, about 2 minutes.
6. Stir in the peas. Remove from the heat and stir in the lemon juice, chopped cilantro and remaining 2 Tbs. of water. Set aside.
7. Heat up the non-stick waffle maker. When it is hot, scoop the samosa mixture into the 4 squares, 2-3 heaping tablespoons. Make them small because you want them to cook through.
8. Close the lid and set the timer for 12 minutes. Never mind the ready light. It takes 12 minutes to make them nice and crispy with NO PEAKING. If you cook them for a shorter time or peak, they will break up when you are removing them.
9. Once cooked remove them from the waffle maker and serve immediately.

Note: I use this recipe for bulk cooking my starches. So, I let them cool. Store them in a paper towel lined container in the fridge. To crisp them up before serving, use a toaster oven, toaster or air-fryer.