

TOPICS

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Samosa

Samosas are like crunchy, tasty triangles that everyone loves to munch on. They originally came from places like the Middle East and Central Asia, but now they're a snack sensation all over the world. These little delights are famous for their crispy outside and yummy fillings that make them a go-to treat for many.

People love samosas for a variety of reasons, and the popularity of these delightful snacks transcends cultural boundaries. Here are some key reasons why samosas have captured the hearts (and taste buds) of so many:

Crunchy Exterior:

The crispy, golden shell of a samosa is a major draw. The satisfying crunch as you bite into the perfectly fried or baked pastry adds a delightful texture that many find irresistible.

Versatile Fillings:

Samosas come in various fillings, offering a wide range of flavors to suit different tastes. Whether it's the classic potato and pea filling, spicy meat variations, or innovative combinations like cheese and spinach, there's a samosa for everyone.

Spice Blend:

The unique blend of spices used in samosas contributes to their distinctive flavor profile. Cumin, coriander, garam masala, and turmeric, among others, create a harmonious and aromatic mix that appeals to those who enjoy a hint of spice and warmth.

Cultural Heritage:

Samosas have deep roots in the culinary traditions of South Asia, the Middle East, and beyond. For many, indulging in a samosa is a connection to cultural heritage, evoking memories of family gatherings, celebrations, and shared meals.

Portability and Convenience:

Samosas are a convenient snack that can be enjoyed on the go. Their handheld size makes them perfect for quick bites during lunch breaks, picnics, or social events. The portability factor adds to their popularity as a convenient and tasty snack.

Comfort Food:

The combination of crispy pastry and flavorful fillings creates a comforting and satisfying eating experience. Samosas often serve as a source of comfort, providing a familiar and enjoyable taste that people turn to in times of celebration or relaxation.

Adaptability:

Samosas are highly adaptable, allowing for creative experimentation with fillings and variations. From classic vegetarian options to meat-filled versions and even sweet samosas for dessert, the adaptability of this snack contributes to its widespread appeal.

Samosas are enjoyed by people in various countries around the world, and their popularity extends beyond their South Asian and Middle Eastern origins. While they are particularly cherished in countries with significant Indian, Pakistani, and Middle Eastern communities, the love for samosas has transcended cultural boundaries. Here are some countries where samosas are widely loved:

India:

Originating in India, samosas hold a special place in Indian cuisine, loved across the nation. They are an integral and cherished snack, enjoyed in various delightful forms, making up an essential aspect of culinary traditions with near-universal appeal, showcasing a 100% popularity.

Pakistan:

In Pakistan, samosas enjoy immense popularity, serving as a common street food and a festive staple. With an approximate 95% favorability, these triangular delights are widely embraced, becoming a cherished part of local culture enjoyed both casually on the streets and during celebratory occasions.

Bangladesh:

In Bangladesh, samosas reign as a popular street food, gracing local markets and eateries. With an estimated 90% favorability, these savory delights are cherished as go-to snacks, reflecting their widespread enjoyment as flavorful appetizers in the heart of Bangladeshi culinary culture.

Middle Eastern Countries:

In Middle Eastern nations such as Lebanon, Syria, and Jordan, samosas, referred to as "sambousek" or "sambosa," enjoy wide appreciation. With regional twists in fillings, these triangular delights maintain their iconic form, collectively boasting an estimated 80-90% favorability across these countries.

United Kingdom:

Samosas have become a culinary sensation in the United Kingdom, thanks to the impact of South Asian cuisine. Frequently featured in British Indian restaurants, these savory triangles have captured the taste buds of many, emerging as a popular choice for a delightful snack or appetizer.

United States:

In the U.S., samosas have secured a special place among enthusiasts of diverse global cuisines. Readily available in Indian restaurants, at food festivals, and even in select grocery stores, these savory delights are relished by around 70% of the population, especially in culturally rich areas

Canada:

Canada, with its multicultural population, warmly embraces samosas as integral to its diverse culinary scene. These triangular delights are easily found in many Canadian cities, reflecting an estimated 65% appreciation for samosas across the nation.

Australia:

Samosas have become beloved in Australia, gracing the menus of Indian and Middle Eastern eateries as a favored snack or appetizer. Reflecting an estimated 60% popularity, these triangular delights have gained acclaim, particularly in cities boasting a rich and diverse food scene.

People Queries:

How many samosas are eaten in India?

Every day around 60 million samosas are sold and eaten in India.13 Nov 2022

How big is the samosa market in India?

The samosa market is expected to represent a \$750 million organized market opportunity in India by 2025.

How many samosa sold in a day?

In its financial submissions, Samosa Party estimated that 60 million samosas are sold and eaten in India every day, which means a market opportunity of around \$3.65 billion. Internationally, samosas are an established business

Why do Indians love samosa?

The crispy outer layer gives way to a flavorful filling, bursting with aromatic spices and ingredients. Its versatility is another reason for its adoration. Whether as a delightful tea-time snack or a favorite street food, samosa has found its way into every corner of Indian life

Who invented samosa?

If we go by the reports and facts, samosa originated during the 10th century in the Middle East region. The first official mention of samosa was found in Iranian historian **Abolfazl Beyhaqi's** work **Tarikh-e Beyhaghi**, where it was referred to as 'Sambosa'

Samosa Recipe

Ingredients:

- Potatoes, boiled, peeled and mashed
- Green peas (fresh or frozen), boiled
- Large onion, finely chopped
- Green chilli, finely chopped
- Ginger, grated
- Cumin
- coriander powder
- Garam Masala
- turmeric powder
- Amchoor (Dried Mango Powder)
- salt to taste
- Oil for cooking
- Fine flour
- Oil or ghee
- Salt
- Water as required
- Oil for frying

Instructions:

- Heat oil in a pan. - Add cumin and let it crackle.
- Add chopped onion and fry until golden brown.
- Add grated ginger and chopped green chillies. Fry for a minute.
- Add turmeric powder, coriander powder, garam masala and dry mango powder. mix well.
- Add mashed potatoes and boiled peas. Stir to combine.
- Cook the mixture while stirring occasionally. Add salt as per taste. Remove from flame and let it cool.

Dough:

- In a mixing bowl, combine the flour, a pinch of salt and oil or ghee.
- Add water gradually and knead the dough until it becomes smooth and stiff. Cover with a wet cloth and leave for 30 minutes.

Assembling and Frying:

- Divide the dough into equal-sized balls and roll each ball into a thin oval shape.
- Cut the oval in half to form two semi-circles.
- Take one semi-circle, fold it into a cone, and seal the edge with a little water.
- Fill the cone with the prepared potato filling and seal the open edge, pressing it firmly.
- Repeat the process for the remaining dough and filling.
- Heat oil in a deep pan for frying. Fry the samosas on medium heat until they turn golden brown and crispy.
- Remove them with a slotted spoon, draining excess oil, and place them on a paper towel.
- Serve hot with mint chutney or tamarind sauce.

Green Chutney:

Ingredients:

- Fresh coriander, washed and chopped
- Fresh mint leaves, wash and chop
- Green chilli, chopped
- Onion, chopped
- Ginger, grated
- Garlic, minced
- Lemon juice
- salt to taste
- Water as required

Instructions:

- In a blender, combine coriander leaves, mint leaves, green chilies, onion, ginger, garlic, and lemon juice.
- Blend the ingredients, adding water gradually to achieve a smooth consistency.
- Add salt to taste and blend again.
- Taste and adjust the seasoning, adding more lemon juice or salt if needed.
- Transfer the green chutney to a serving bowl. It's ready to be served with samosas.

Red Chutney:

Ingredients:

- tamarind pulp
- jaggery or sugar
- red chili powder
- roasted cumin powder
- Salt to taste
- oil
- mustard seeds
- fenugreek seeds (methi)
- asafoetida (hing)
- Water, as needed

Instructions:

- In a small bowl, soak tamarind pulp in warm water for 10 minutes. Strain to extract the pulp.
- In a saucepan, heat oil over medium heat. Add mustard seeds, fenugreek seeds, and asafoetida. Allow them to splutter.
- Add tamarind pulp, jaggery (or sugar), red chili powder, roasted cumin powder, and salt.
- Cook the mixture on low heat, stirring continuously until it thickens to a chutney consistency. Add water if needed.
- Once the chutney reaches the desired thickness, remove it from heat and let it cool.
- Transfer the red chutney to a serving bowl. It's ready to be served with samosas.

Samosa Recipe in Hindi

सामग्री:

- आलू, उबले, छिले और मसले हुए
- हरी मटर (ताजा या जमी हुई), उबली हुई
- बड़ा प्याज, बारीक कटा हुआ
- हरी मिर्च, बारीक कटी हुई
- अदरक कटा हुआ
- जीरा
- धनिया पाउडर
- गरम मसाला
- हल्दी पाउडर
- अमचूर (सूखा आम पाउडर)
- नमक स्वाद अनुसार
- खाना पकाने का तेल
- बड़िया आटा
- तेल या घी
- नमक
- आवश्यकतानुसार पानी
- तलने के लिए तेल

निर्देश:

- एक पैन में तेल गर्म करें। - जीरा डालें और तड़कने दें.
- कसा हुआ अदरक और कटी हुई हरी मिर्च डालें। एक मिनट तक भूनिये.

- हल्दी पाउडर, धनिया पाउडर, गरम मसाला और अमचूर पाउडर डालें. अच्छी तरह से मिलाएं।
- मसले हुए आलू और उबले मटर डालें। मिलाने के लिए हिलाएँ।
- बीच-बीच में हिलाते हुए मिश्रण को पकाएं. स्वादानुसार नमक डालें. आंच से उतारकर ठंडा होने दें.

गुँथा हुआ आटा:

- एक मिक्सिंग बाउल में आटा, एक चुटकी नमक और तेल या घी मिलाएं।
- धीरे-धीरे पानी डालें और आटे को चिकना और सख्त होने तक गूँथें। गीले कपड़े से ढककर 30 मिनट के लिए छोड़ दें।

संयोजन और तलना:

- आटे को बराबर आकार की लोइयों में बांट लें और प्रत्येक लोई को पतले अंडाकार आकार में बेल लें।
- दो अर्धवृत्त बनाने के लिए अंडाकार को आधा काटें।
- एक अर्धवृत्त लें, इसे एक कोने में मोड़ें, और किनारे को थोड़े से पानी से सील कर दें।
- कोन में तैयार आलू का भरावन भरें और खुले किनारे को मजबूती से दबाकर सील कर दें।
- बचे हुए आटे और भराई के लिए प्रक्रिया को दोहराएं।
- तलने के लिए एक गहरे पैन में तेल गरम करें. समोसे को मध्यम आंच पर सुनहरा भूरा और कुरकुरा होने तक तलें.
- उन्हें एक स्लेटेड चम्मच से निकालें, अतिरिक्त तेल निकाल दें, और उन्हें एक कागज़ के तौलिये पर रखें।
- पुदीने की चटनी या इमली की चटनी के साथ गरमागरम परोसें।

हरी चटनी:

सामग्री:

- ताज़ा हरा धनिया, धोकर काट लें

- ताज़ी पुदीने की पत्तियाँ धोकर काट लें
- हरी मिर्च, कटी हुई
- प्याज, कटा हुआ
- अदरक कसा हुआ
- लहसुन, कीमा बनाया हुआ
- नींबू का रस
- नमक स्वाद अनुसार
- आवश्यकतानुसार पानी

निर्देश:

- एक ब्लेंडर में, धनिया पत्ती, पुदीना पत्तियां, हरी मिर्च, प्याज, अदरक, लहसुन और नींबू का रस मिलाएं।
- एक सजातीय स्थिरता प्राप्त करने के लिए धीरे-धीरे पानी मिलाते हुए सामग्री को ब्लेंड करें।
- स्वादानुसार नमक डालें और दोबारा ब्लेंड करें।
- मसाले को चखें और समायोजित करें, यदि आवश्यक हो तो अधिक नींबू का रस या नमक मिलाएं।
- हरी चटनी को एक सर्विंग बाउल में डालें। यह समोसे के साथ परोसने के लिए तैयार है।

लाल चटनी:

सामग्री:

- इमली का गूदा
- गुड़ या चीनी
- लाल मिर्च पाउडर
- भुना हुआ जीरा पाउडर
- नमक स्वाद अनुसार
- तेल
- सरसों के बीज
- मेथी के बीज (मेथी)
- हींग / हिंग)
- आवश्यकतानुसार पानी

निर्देश:

- एक छोटे कटोरे में, इमली के गूदे को गर्म पानी में 10 मिनट के लिए भिगो दें। गूदा निकालने के लिए छान लें।
- एक सॉस पैन में, मध्यम आंच पर तेल गरम करें। राई, मेथी दाना और हींग डालें। उन्हें फूटने दो।
- इमली का गूदा, गुड़ (या चीनी), लाल मिर्च पाउडर, भुना जीरा पाउडर और नमक डालें।
- मिश्रण को धीमी आंच पर लगातार हिलाते हुए पकाएं जब तक कि यह चटनी जैसा गाढ़ा न हो जाए। यदि आवश्यकता हो तो पानी डालें।
- एक बार जब चटनी वांछित मोटाई तक पहुंच जाए, तो इसे गर्मी से हटा दें और ठंडा होने दें।
- लाल चटनी को एक सर्विंग बाउल में डालें। यह समोसे के साथ परोसने के लिए तैयार है।

KACHORI

Kachori is a yummy snack that comes from India, and it's loved by many for its crunchy outside and flavorful inside. These little round delights are filled with tasty stuff that makes your taste buds dance with joy.

People love kachori for several reasons, and the popularity of this delightful snack can be attributed to its unique characteristics and appeal:

Crunchy Texture:

The crispy and golden exterior of kachori, achieved through frying, provides a satisfying crunch that many find irresistible. The contrast between the crispy shell and the soft filling enhances the overall eating experience.

Flavorful Filling:

Kachori's filling, often made with a blend of spiced lentils, peas, or potatoes, is seasoned with aromatic spices like cumin, coriander, and chili. This flavorful combination creates a burst of tastes that captivates the palate.

Variety of Fillings:

Kachoris come in various regional variations, each with its own unique filling and spice profile. This diversity allows people to explore different flavors and find a kachori that suits their taste preferences.

Easy to Eat:

Kachoris are conveniently shaped into small, round balls, making them easy to handle and eat. This portability adds to their popularity as a snack for on-the-go or social gatherings.

Versatility:

Kachoris can be enjoyed in various settings - as a quick snack, a party appetizer, or even as a side dish. Their versatility makes them suitable for different occasions and meal times.

Cultural Significance:

Kachori holds cultural significance in Indian cuisine, often associated with festivals, celebrations, and special occasions. This cultural connection adds to the emotional appeal of the snack.

Homemade Comfort:

Many people have fond memories of homemade kachoris prepared by family members or enjoyed during festive seasons. The nostalgic and comforting nature of homemade kachoris contributes to their popularity.

Accompaniments:

Kachoris pair well with a variety of accompaniments such as chutneys, sauces, or yogurt. The ability to customize the eating experience by combining kachoris with different dips enhances their overall appeal.

Regional Flavors:

Different regions in India have their own versions of kachori, featuring unique fillings and spices. This regional diversity allows people to experience a wide range of flavors within the broader category of kachoris.

Affordability and Accessibility:

Kachoris are often affordable and readily available in local markets and street food stalls. This accessibility makes them a popular choice for those seeking a tasty and budget-friendly snack.

Kachori Recipe

Ingredients:

- For the Outer Covering (Dough):
- all-purpose flour (maida)
- ghee (clarified butter)
- Water, as needed
- A pinch of baking soda
- Salt, to taste

For the Filling:

- moong dal (split and skinned)
- fennel seeds (saunf)
- cumin seeds (jeera)
- asafoetida (hing)
- turmeric powder
- red chili powder (adjust to taste)
- coriander powder
- garam masala
- oil
- Salt, to taste

Instructions:

- Wash the moong dal and soak it in water for about 2-3 hours.
- Grind the soaked dal coarsely, without adding much water.
- Heat oil in a pan. Add fennel seeds, cumin seeds, and asafoetida.
- Add the ground moong dal to the pan and cook on medium heat.
- Stir continuously to avoid lumps. Cook until the dal becomes aromatic and the raw smell disappears.
- Add turmeric powder, red chili powder, coriander powder, garam masala, and salt. Mix well and cook until the mixture is dry.
- Allow the filling to cool completely.

Making the Dough:

- In a large mixing bowl, combine all-purpose flour, ghee, salt, and a pinch of baking soda.
- Gradually add water and knead the mixture into a stiff yet smooth dough.
- Cover the dough with a damp cloth and let it rest for 15-20 minutes.

Assembling and Frying:

- Divide the dough into small equal-sized balls.
- Roll each ball into a small disc, similar to a poori.

- Place a spoonful of the moong dal filling in the center of the disc.
- Carefully bring the edges together and seal to form a ball.
- Gently flatten the stuffed ball into a disc shape again.
- Heat oil in a deep pan for frying.
- Fry the kachoris on medium heat until they turn golden brown and crisp.
- Drain excess oil on a paper towel.

Aloo Sabzi (Potato Curry) for Kachori:

Ingredients:

- potatoes, peeled and diced
- oil
- cumin seeds
- onion, finely chopped
- ginger-garlic paste
- tomatoes, finely chopped
- turmeric powder
- red chili powder
- coriander powder
- garam masala
- Salt, to taste
- Fresh coriander leaves, chopped for garnish

Instructions:

- Heat oil in a pan. Add cumin seeds and let them splutter.
- Add chopped onions and sauté until they turn golden brown.
- Add ginger-garlic paste and sauté for a minute until the raw aroma disappears.
- Add chopped tomatoes and cook until they become soft and the oil starts to separate.
- Add turmeric powder, red chili powder, coriander powder, garam masala, and salt. Mix well.
- Add diced potatoes and coat them with the masala mixture.
- Pour enough water to cover the potatoes, cover the pan, and let it simmer until the potatoes are tender.
- Once the potatoes are cooked, mash a few pieces to thicken the curry. Adjust the consistency by adding more water if needed.
- Garnish with fresh coriander leave

Kachori Recipe In Hindi

सामग्री:

- बाहरी आवरण के लिए (आटा):
- मैदा
- घी (स्पष्ट मक्खन)
- आवश्यकतानुसार पानी
- एक चुटकी बेकिंग सोडा
- नमक स्वाद अनुसार

भरने के लिए:

- मूंग दाल (विभाजित और छिलका रहित)
- सौंफ के बीज (सौंफ)
- जीरा (जीरा)
- हींग / हिंग)
- हल्दी पाउडर
- लाल मिर्च पाउडर (स्वादानुसार समायोजित करें)
- धनिया पाउडर
- गरम मसाला
- तेल
- नमक स्वाद अनुसार

निर्देश:

- मूंग दाल को धोकर लगभग 2-3 घंटे के लिए पानी में भिगो दें.

- भीगी हुई दाल को बिना ज्यादा पानी मिलाये दरदरा पीस लीजिये.
- एक पैन में तेल गरम करें. सोंफ, जीरा और हींग डालें.
- पैन में पिसी हुई मूंग दाल डालें और मध्यम आंच पर पकाएं।
- गांठ से बचने के लिए लगातार हिलाते रहें। तब तक पकाएं जब तक कि दाल से खुशबू न आने लगे और कचची महक खत्म न हो जाए।
- हल्दी पाउडर, लाल मिर्च पाउडर, धनिया पाउडर, गरम मसाला और नमक डालें। अच्छी तरह मिलाएँ और मिश्रण सूखने तक पकाएँ।
- भरावन को पूरी तरह से ठंडा होने दें।

आटा बनाना:

- एक बड़े मिश्रण के कटोरे में, मैदा, घी, नमक और एक चुटकी बेकिंग सोडा मिलाएं।
- धीरे-धीरे पानी डालें और मिश्रण को सख्त लेकिन मुलायम आटा गूँथ लें।
- आटे को गीले कपड़े से ढककर 15-20 मिनट के लिये रख दीजिये.

संयोजन और तलना:

- आटे को छोटे-छोटे बराबर आकार के गोले में बाँट लें।
- प्रत्येक गेंद को पूरी की तरह एक छोटी डिस्क में रोल करें।
- डिस्क के बीच में एक चम्मच मूंग दाल का भरावन रखें।
- सावधानी से किनारों को एक साथ लाएं और एक गेंद बनाने के लिए सील करें।
- भरी हुई गेंद को धीरे से चपटा करके फिर से डिस्क का आकार दें।
- तलने के लिए एक गहरे पैन में तेल गरम करें.
- कचौरी को मध्यम आंच पर सुनहरा भूरा और कुरकुरा होने तक तलें.
- एक कागज़ के तौलिये पर अतिरिक्त तेल निकाल दें।

कचौरी के लिए आलू की सब्जी:

सामग्री:

- आलू, छीलकर टुकड़ों में काट लें
- तेल
- जीरा
- प्याज, बारीक कटा हुआ
- अदरक-लहसुन का पेस्ट
- टमाटर, बारीक कटा हुआ
- हल्दी पाउडर
- लाल मिर्च पाउडर
- धनिया पाउडर
- गरम मसाला
- नमक स्वाद अनुसार
- ताज़ा हरा धनिया, गार्निश के लिए कटा हुआ

निर्देश:

- एक पैन में तेल गर्म करें। - जीरा डालें और तड़कने दें.
- कटा हुआ प्याज डालें और सुनहरा भूरा होने तक भूनें।
- अदरक-लहसुन का पेस्ट डालें और एक मिनट तक भूनें जब तक कि कच्ची सुगंध गायब न हो जाए।
- कटे हुए टमाटर डालें और तब तक पकाएं जब तक वे नरम न हो जाएं और तेल अलग न होने लगे।
- हल्दी पाउडर, लाल मिर्च पाउडर, धनिया पाउडर, गरम मसाला और नमक डालें। अच्छी तरह से मलाएं।
- कटे हुए आलू डालें और उन्हें मसाला मिश्रण से लपेट दें।
- आलू को ढकने के लिए पर्याप्त पानी डालें, पैन को ढकें और इसे आलू के नरम होने तक उबलने दें।
- जब आलू पक जाएं तो सब्जी को गाढ़ा करने के लिए कुछ टुकड़ों को मैश कर लें। यदि आवश्यक हो तो अधिक पानी मिलाकर स्थिरता को समायोजित करें।
- ताज़े धनिये से सजाइये

THANK YOU