

Spicy Bhendi

Written by W.J.Pais

Ingredients

| Quantity: | Measure: | Ingredients: | Description: |
|-----------|------------|------------------------------|------------------------|
| 225 | Grams | Lady Fingers - Okra | |
| 1, 1/2 | Tablespoon | Cooking Oil | |
| 1 | Pinch | Asafetida (Hing) | |
| 1/2 | Teaspoon | Jeera/Cumin Seeds | |
| 1 | Tablespoon | Coriander Powder | |
| 1/2 | Teaspoon | Chilly Powder, Red | |
| 1/2 | Teaspoon | Turmeric Powder | |
| 1/2 | Teaspoon | Salt | |
| 1/2 | Teaspoon | Aam-Chur (sour mango powder) | Dry Raw Mango |
| 1 | Tablespoon | Chana Atta = Gram Flour | |
| 2 | Tablespoon | Bell Pepper | Yellow, finely chopped |
| 2 | Tablespoon | Bell Pepper | Red, finely chopped |

Method.

Wash the okra and pat dry. Make sure to completely dry the okra as wet okra will be sticky when cutting.

Cut off the both ends of the okra, and slice lengthwise in halves. Set aside.

Heat the oil in a frying pan on medium-high heat. Test the heat by adding one cummin seed to the oil; if seed crackles right away oil is ready.

Add the cumin seeds and asafetida (hing). When the cumin seeds crackle, add the okra.

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Stir for a minute and reduce the heat to medium.

Cover the okra for two to three minutes.

Remove the cover and add the coriander powder, red chilly powder and turmeric.

Next add gram flour (besan) and continue to stir-fry until the okra is tender. Add the salt, mango powder and bell peppers, cook for another minute. Add salt last, to taste.

Variations:

1. Adding colorful bell pepper is a great garnish for the okra and adds flavor to the dish.
2. You can substitute the bell pepper with sliced tomatoes as a garnish.
3. You can also slice the okra in 1/4 inch pieces and follow the same method above.