

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	1	Kilogram	Lady Fingers (Okra, Bhendi)	Fresh, cut
3		Tablespoon	Cooking Oil	Heat for frying
2		Medium	Onions	Finely chopped
1		Teaspoon	Jeera (Cumin Seeds)	Fried
1		Medium	Tomatoes	Cut in cubes and
1		Teaspoon	Ginger Paste	Add as masala
2		Teaspoon	Coriander Powder	Add as masala
1		Teaspoon	Turmeric Powder	Add as masala
3		Teaspoon	Chilly Powder, Red	Add as masala
		As Required	Salt	to taste
		As Required	Coriander Leaves (Kothmeer)	Optional

Method

Clean the bhendi with a moist cloth. Cut bhendi in about 1" pieces.

Make a slit in each of the pieces so the masala gets absorbed.

Heat 3 tablespoons of cooking oil and add the cut onion and fry for some time till they become golden brown. Then add jeera followed by the tomato pieces and let them cook. Add ginger paste and coriander powder and fry for a minute. Add turmeric powder, red chili powder, mix it.

This should result in a homogeneous mixture leaving out the oil.

Add the bhendi pieces to the mixture and fry till the pieces absorb the masala properly.

Let it cook on medium flame while stirring occasionally so that it does not stick to the vessel.

This may take 10 minutes. Add salt and garnish if you like with coriander leaves.

