

Bhindi Fry

INGREDIENTS

250 gms (1/2 lb) Bhindi (Ladies Finger/Okra)

2 medium Onions, sliced

2 tbsp gluten free gram Flour (Besan), roasted

2 tsp Cumin-Coriander Powder

1/4 tsp Turmeric Powder

1/2 tsp Red Chilli Powder (optional)

1/4 tsp Garam Masala Powder

1/2 tsp Cumin Seeds

1/2 tsp Dry Mango Powder

2 tbsp finely chopped Coriander Leaves

1½ tbsp + 2 teaspoons Oil

Salt to taste

METHOD

1. Cut head and tail of bhindi and slit it lengthwise into halves. Heat 1½ tablespoons oil in a pan or kadai over medium flame. When oil is medium hot, add bhindi.
2. Shallow fry it until it turns dark green and shrinks in size for around 7-8 minutes. Stir in between occasionally to fry evenly and prevent sticking.
3. Add turmeric powder and salt.
4. Mix well and cook for a minute. Turn off flame and transfer it to a plate.
5. Heat 2 teaspoons oil in the same pan. Add cumin seeds; when seeds begin to crackle, add sliced onions and sauté until it turns light brown or for approx. 1-2 minutes.
6. Add shallow fried bhindi, mix well and cook for 2 minutes. Add roasted gluten free gram flour (Besan) and dry mango powder.

7. Stir and cook for a minute. Add red chilli powder, garam masala powder and cumin-coriander powder.
 8. Stir and cook until bhindi is evenly coated with all ingredients for around 1-2 minutes.
 9. Turn off the flame and transfer prepared bhindi fry to a serving bowl. Garnish with coriander leaves and/or onion rings, serve hot.
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