

Bhindi

Recipes

Lady's Finger Curry

Ingredients

lady's finger 25-30
green chillies - 12
tamarind paste-2 spoon
dhania powder-1 1/2 spoon
tomato-1 (big one)
onion-1 (medium size)
jaggery and salt according to taste
turmeric powder -1/4 spoon
oil -1 tsp
mustard-1/4 spoon
udadhal-1 spoon
curry leaves-4

Method

Chop onion, tomato, chillies and cut Lady's finger into thin slices.

Heat oil (about 12 spoons) in a pan, add lady's finger and fry it properly until the stickiness goes away. Keep it aside. Note:

It's better to cut the lady's finger previous day evening and cover it with a vegetable steamer, and keep it outside so that it won't be that sticky.

Heat oil in the above pan, add mustard, udadhal, curry leaves, green chillies and then add onion and tomato fry it until almost cooked then add the fried lady's finger, salt, dhania powder, tamarind paste, turmeric powder, jaggery and little water, cook it.

If you like spicy add little red chilli powder according to your taste in the end. Have it with Chapathi or Rice.

Bhendi Cash Curry

Ingredients

1/2 kg bhendis or okra
1/2 cup cashew nuts
3 onions
2 tomatoes medium size
a pinch of turmeric
1 tbsp dhaniya, jeera powder, red chilli powder as per taste
salt
1/2 spoon sugar
4 tbsp of oil
coriander leaves for garnishing

Method

Wash okras and then cut into small pieces.
Add 3 spoon of oil in a kadai and fry them.
Once is fried add some salt to the mixture.
Soak cashew nuts in hot water and blend to a smooth paste.
In a kadai or Yoke add a spoon of oil, then fry onions until golden brown.
Then add tomatoes and cook till the water evaporates.
Add the Masala like Dhaniya, Jeera powder chilli, turmeric and fry for a minute.
Then add the cashew nut paste and mix well.
You can add some water and cook well.
Once it starts boiling add the sugar and some salt as per your taste.
Finally add the bhendis to this mixture and cook for 2 to 3 minutes.
The Bhendi cash curry is ready to be served. Garnish with coriander leaves.

Crispy Okra

Ingredients

1 lb okra (cut into small round pieces)
1/2 cup besan flour
2 red chilli
1 tsp mustard seeds
1 tsp urad dhal
2 tsp curry powder
8-10 tsp vegetable oil
1/4 tsp turmeric powder
salt to taste

Method

Wash okra. Leave it for water to completely drip. Cut it into small round pieces. In case of frozen Okra, microwave it for 3 minutes to make it soft.

Heat 2 tsp oil in a pan. Put mustard seeds, red chillies, urad dhal and allow it to sputter.

Add okra to the above seasoning. Cover and cook for about 5 minutes.

Add salt, turmeric powder and curry powder and mix well.

Sprinkle besan flour evenly and mix. Add 2 tsp of oil from the sides of the pan.

Allow to cook for 2-3 minutes. Repeat steps 5 & 6 until the okra is deep fried, crispy.

Turn off heat and allow it to remain for about 3-4 minutes.

Bhindi Gajar Masala

Ingredients

(15 - 20) ladiesfinger (bhindi)

3 carrots (gajar)

onions

green chillies

ginger

black pepper

dry red pepper, dhania seeds, sesame, cumin

curry leaves, tamarind paste, salt, soya bean oil, butter, oil

Method

Cut the ladiesfinger into small pieces and saute it in about 2 tablespoon of soya bean oil adding salt and black pepper to taste.

Saute till the ladiesfingers are not sticky and keep it aside.

Roast and grind with soya bean oil to smooth and thick paste with: 2 tablespoon of dhania seeds, 2 tablespoon of sesame seeds, 1 tsp of cumin, 2 tsp of salt, 5 dry red pepper.

Wet grind to a paste: Two large onions, cut two 1" fresh ginger pieces.

Cut 3 Carrots length wise and apply the masala paste got in step 2. Then saute it in about 2 tablespoon of butter adding salt to taste.

In a non stick kadai, add 4-5 tablespoons of oil and pour the wet onion paste got in step 3, 4 length wise slit green chillies and saute it until the chillies get a yellow hue.

Add 1/2 tsp of tamarind paste and 1/2 cup water and continue heating.

When this starts boiling, add the carrots sauted in butter and the bhindi (ladiesfinger) and more salt to taste.

Garnish it with curry leaves.

Bhendi in Dahi

Ingredients

1/2 kg. bhendi (lady's finger)

1/4 cup vegetable oil

1/2 fresh coconut

4-5 green chillies

1/2 tsp mustard seeds

1 tsp turmeric powder

salt to taste

jaggery

1 cup curd.

Method

Wash, wipe and cut bhendi into small pieces.

Grind the coconut, chillies, mustard seeds together to a paste.

Fry the cut bhendi.

Add turmeric powder, salt, jaggery and coconut paste to the well fried bhendi.

Then add curds and mix well.

Heat this mixture for a while.

Serve with chapatti or rice.

Crispy Bhendi (Okra)

Ingredients

1/2 kg bhendi
2 tsp gram flour

Marinate:

1/2 lime
1/2 tsp turmeric
1/2 tsp red chilli powder
1/4 tsp coriander powder
1/4 tsp cumin powder
salt by taste
3-4 tablespoon oil for deep frying

Method

Remove the top part and cut it into 4 parts (not completely to pieces).

Marinate it with above ingredients and keep aside for 10 mins.

Then sprinkle gramflour and mix it properly.

Deep fry those Okra.

Bharwaan Bhindee

Ingredients

bhindee (lady fingers)
ghee or oil
jeera (cumin seeds)
saunf (fennel seeds)
mustard seeds (rai)
chopped onions
coriander powder
red chilli powder
turmeric powder
tamarind pulp
coriander leaves
salt to taste
lemon juice

For garnishing:

ginger juliennes
lemon wedges

Method

Wash, slit, deseed the bhindis and keep aside.

Heat ghee or oil add jeera, saunf, mustard seeds and stir.

Add Chopped onions until translucent and glossy, add coriander, red chilli and turmeric powder.

Add tamarind pulp.

Add chopped coriander, salt and lemon juice and stir occasionally.

Remove and adjust the seasoning.

Fill this masala in the Bhindi.

Heat Ghee.

Put the masala bhindis cover and cook on a slow fire.

Pancharathan Bhendi

Ingredients

1/2 lb. bhendi (okhra) cut in 2" pieces
red onions sliced long
4 tbsp. tomato puree
3 tbsp. white sesame seeds
1/2 tsp. sounf
7-8 curry leaves
1 tbsp. red chilli powder
1 tsp. turmeric powder
1 tsp. each of dhanya & jeera powder
salt to taste
3 tble sp. cooking oil
1/2 cup butter milk

Method

For Filling:

Microwave Bhendi (without water & salt) for about 7 minutes. In absence of microwave, dry the bhendi of any water and fry in wide pan (do not use a ladle for frying). In a frying pan heat oil and put in sounf, add onions to it and fry till onions are golden brown and soft.

Add tomato puree and fry from some time. To this add sesame seeds, curry leaves, red chilli powder, turmeric, Dhaniya & jeera powder stir properly until all ingredients mix. Then add the bhendi to this mixture, add some salt and cover and cook for 2 minutes.

In the end add some buttermilk and mix thoroughly and simmer for 2 minutes.

Bhindi Split Fry

Ingredients

1/2 lb. bhendi (okhra) cut in 2" pieces
red onions sliced long
4 tbsp. tomato puree
3 tbsp. white sesame seeds
1/2 tsp. sounf
7-8 curry leaves
1 tbsp. red chilli powder
1 tsp. turmeric powder
1 tsp. each of dhanya & jeera powder
salt to taste
3 tble sp. cooking oil
1/2 cup butter milk

Method

Heat 2 tbsp oil in a kadai.

Cut the Bhindi in to four slits without breaking the bhindi.

Mix all the above ingredients together to make a filling stuff for Bhindi.

Add a small quantity of each mixture of filling in each Bhindi and fry it in oil till it becomes stiff and the Bhindi colour turns almost fried. 15 pieces of bhindi

This recipe is preferable to be eaten as a snack sort of watching T.V or listening to Music.

You can also eat it along with rice.

Stuffed Bhindi

Ingredients

1/2 lb bhindi (ladiesfinger)
2 tbsp besan
1 tsp dhaniya powder
1 tsp jeera powder
1 tsp chilli powder
1/4 tsp haldi
1/2 tsp garam masala
1 tsp lemon juice
2 tbsp oil
coriander leaves
salt to taste

Method

Mix dhaniya powder, jeera powder, besan, chilli powder, haldi, garam masala, lemon juice & salt.

Wash Bhindi properly.

Dry it with a cloth.

Slit Bhindi lengthwise.

Fill in each of the Bhindi with the masala mixture (as prepared in step 1).

Grease frying pan with 1 tbsp oil.

Place the Bhindi in the pan in convenient batches.

Shallow fry all of them.

Remove in a serving plate.

Garnish with coriander leaves.

Fried Bhendi

Ingredients

bhendi (okra) cut into 1/2" slices 1/2 kg or 1 lb

salt 1 tsp or to taste

chilli powder 1/2 tsp or to taste

ajwain 1/2 tsp

mustard seeds 1/2 tsp

urad dal (white split) 1 tsp

hing (asafoetida) 1/2 tsp

turmeric powder 1/2 tsp

oil 2 tsp

Method

Place the cut okra in a single layer on a microwave-safe plate and cook on 'high' uncovered for 4 minutes.

If necessary cook the okra in two or three lots.

No salt is to be added now. This will ensure that the okra is cooked, but without stickiness, and the bright green colour is maintained.

Next, heat the 2 tsp oil in a kadai, and fry the mustard, urad dal and ajwain, add the cooked bhendi / okra pieces, add turmeric, hing, salt, chilli powders and fry for a couple of minutes till the masalas are well absorbed.

Masala Bhendi

Ingredients

1/2 kg bhendi/ okra
2 medium onions sliced
1 tomato sliced
1 tsp ginger-garlic paste
grind together: 4 peppercorns, 2 cloves, 1" cinnamon
1/2 tsp dhania-jeera powder
1/2 tsp jeera
2 tsp. chilli powder
salt to taste
chopped corriander

Method

Snip the tail and head off the bhindis

Deep fry these bhindi's in oil. But see to it that they don't lose the green color.

Drain the fried bhindis on a paper and keep them aside.

Take 2 tbsp. oil in a kadai. Add the cummin seeds (jeera) once the oil is hot.

After that add the ginger-garlic paste and the onions.

Fry the above till onions are cooked and then add the tomatoes and the dry masala along with dhania jeera powder and chilli powder.

Keep frying till the tomatoes are cooked. Add the fried bhindis and salt to taste.

Top this dish with some chopped corriander.

Chilli Garlic Bhendi

Ingredients

fresh bindi 250 gms
green chillies grind 3 tsp
garlic grind 3 tsp
cooking oil 4 tsp
salt to taste
lime juice 1 tsp

Method

Clean and dry bindis.

Slit them from centre keeping the narrow end intact.

Mix together the ground Garlic, chilli, lime juice and salt

Stuff the bindis with small quantities of this mix

Grease the baking dish with 2 tsp of oil

Arrange the bindis on the baking dish

Brush with remaining oil and grill in a pre heated oven for 20 minutes at 270°C

Turn over the bindis and grill again for 10 minutes at 275°C.

Serve hot along with main dish

Dam ki Bhendi

Ingredients

lady's finger - 250 grams

red chili powder - 1/2 tea spoon

coriander seed powder - 1/2 tea spoon (dhania powder)

ginger garlic paste - 1/2 tea spoon

turmeric powder - 1/4 tea spoon

coriander leaves - 4-6 sticks

green chili - 1-2 cut into small pieces

salt to taste

oil - 6-8 tea spoon

Method

Cut the Lady's finger into small pieces 1/2 inch size.

Put it in the non-stick pan with lid or in a small utensil with lid.

Put all the ingredients along with lady's finger and keep it on the very low flame. Then cover it with lid.

After every 2 minutes shake the utensil or stir it slowly, bhendi should not stick to the utensil.

Don't let the utensil or pan open. Cover it with the lid.

Then after 15-20 minutes, see whether the bhendi has become soft and oil leaves the pan.

Then remove it from the flame. Serve hot after 5-10 minutes

Dahi Bhendi

Ingredients

1/4 kilo of tender bhendi (okra)
oil to fry
1 cup of yogurt/thick curd
1/2 cup of butter milk
4-5 green chillies

Seasoning Agents:

2 pinches of asafoetida (commonly called as hing in hindi)
1 tsp of whole cumin seeds
1/2 tsp of mustard seeds
1/2 tsp of turmeric powder
1/2 tsp of red chilli powder
salt to taste

Method

Cut the Okra (circular wise) for about 3-4 mm thickness.

Chop the green chillies.

Beat the yogurt/ curd and butter milk and add salt to taste along with chopped chillies.

Heat 30ml of edible oil in Kadai and add seasoning agents to it.

Wait till mustard seeds splutters, add okra and deep fry till they turn red.

Mix with turmeric and chilly powder with fried okra. Cool this for 5-7 minutes.

Soak the okra with the beaten yogurt mixture for 15 min.

Serve along with Chapati are can be used as a side dish.

Microwave Bhendi

Ingredients

bhendi (okra) cut into 1/2" slices 1/2 kg or 1 lb

salt 1 tsp or to taste

chilli powder 1/2 tsp or to taste

ajwain 1/2 tsp

mustard seeds 1/2 tsp

urad dal (white split) 1 tsp

hing (asafoetida) 1/2 tsp

turmeric powder 1/2 tsp

oil 2 tsp

Method

Place the cut okra in a single layer on a microwave-safe plate and cook on 'high' uncovered for 4 minutes.

If necessary cook the okra in two or three lots. No salt is to be added now.

This will ensure that the okra is cooked, but without stickiness, and the bright green colour is maintained.

Next, heat the 2 tsp oil in a kadai, and fry the mustard, urad dal and ajwain, add the cooked bhendi / okra pieces, add turmeric, hing, salt, chilli powders and fry for a couple of minutes till the masalas are well absorbed.

Okra Kootu

Ingredients

okra-15/20
tamarind-small lemon size
tur dal-2/3 tbsps
red chillies-5
bengal gram dal-1 tsp
urad dal-1 tsp
asafoetida
coconut powder- 2/3 tbsps
jagerry-1 tsp
salt to taste
oil -2/3 tbsps
mustard
coriander leaves

Method

Cut okra into small pieces. Heat oil in a pan and fry red chillies, bengal gram dal, urad dal, asafoetida.

Grind them with coconut. Heat some more oil, splutter mustard and add okra to it.

Fry the okra till it is not sticky. Take 1 1/2 cups of tamarind juice.

Put the fried okra into the tamarind juice along with the ground coconut paste, salt and jagerry.

Pressure cook along with Rice, dal, etc. After taking out, mix required quantity of dal.

Heat it again so that the kootu will get required consistency.

Garnish with coriander leaves.

Okra (Bhindi)

Ingredients

okra (bhindi)- 250 gms
besan flour - 2 tsp
oil - 2 tsp
lemon juice -3 tsp
ajwain - 1 tsp
garam masala- 1 tsp
red chillies - as per taste
salt - as per taste

Method

Cut bhindis in two halves longitudinally, mix besan, salt, ajwain, lemon juice, chillies, & garam masala.

Put all this mixture on bhindis & mix them together.

Leave this for 15 minutes.

Heat oil in a fry pan, fry bhindis in it on medium heat till done.

Serve with Chappatis or Naan.

Bhindi in Yoghurt

Ingredients

1 lb. bhindi
4 tbsp oil
3 green thai chilies
1 tsp. onion seeds (kala jeera) optional
2 spring onions (leeks) chopped in rings 1 big red onion very finely chopped
1/2 tsp. turmeric powder
2 tbsp grated coconut
4 tbsp coriander leaves as garnish
salt to taste.

Method

Wash, dry and cut bhindi into two or three pieces each.

Fry bhindi separately in a heavy saucepan in oil, add salt and keep aside.

Fry in another sauce pan green chilly for about 30 sec, add green onion, onion seeds and then regular onion.

After onion is cooked, add tomato slices, turmeric, coconut and then yogurt (always beat yogurt before adding).

Mix all the above ingredients together and add fried bhindi and cook in slow heat for 2 minutes.

Garnish with coriander leaves.

Bharwa Bhindi

Ingredients

bhindi (ladies finger) 250 gms

jeera 1 tbsp

garam masala 1 tbsp

oil 2-3 tbsp

For Filling:

turmeric powder 1/2 tbsp

coriander powder 1 tbsp

red chilli powder 1/2 tbsp

saunf 1 tbsp

salt 1 tbsp

Method

Wash Bhindis and make them dry.

Remove the caps and make slit in all Bhindis lengthwise from top to bottom.

Mix all the ingredients of filling.

Fill this filling in Bhindis very carefully so that it does not come out from Bhindis.

Now put 2-3 table spoon of oil in the pan.

Put jeera, when it splits, put the rest of the filling.

Now put stuffed Bhindis and cover it.

After 5-10 min when it get cooked put Garam masala on top of it.

Serve hot with Chapatis.

Bhindi in Tomato - Onion

Ingredients

bhindi (lady finger) - 500 gms.

tomato - 2 (tomato puree can also be used - 2 tbsp - concentrated)

onion - 1 large sized

cooking oil - 4 tbsp

mustard seeds, jeera , fennel (saunf), turmeric - 1/4 tsp. each

chilli powder - depending on the spiciness required

salt to taste

coriander leaves to garnish

Method

Cut bhindi into small round slices and fry in 3 tsp. of oil.

Heat 1 tbsp. of oil, add mustard, jeera, fennel, & turmeric and fry till the seeds begin to crackle.

Add this to the fried bhindi.

Grind tomatoes and onion to a smooth paste, add this to the above.

Add chilli powder, salt & cook for 3-4 mins.

Add 1 cup of water, cover and cook again for 5 mins.

Garnish with coriander, serve hot.

Bhindi Gojju

Ingredients

bhindi (okra) cut into thin long pieces
mustard - half teaspoon
urad dal - half teaspoon
curry leaves
2 red chillies
2 green chillies cut into thin long pieces

For Grinding:

grated coconut - half cup
mustard seeds - 1 teaspoon
2 green chillies
curds

P.S: Do not use water

Method

Heat oil in a pan. Add mustard seeds, curry leaves, red chillies and urad dal to the hot oil.

When the mustard pops add the green chillies, bindi and fry them.

The bindi has to be well fried.

After the bindi is fried remove from the flame and add it to the ground masala.

It's ready to be served with Chapathi or Rice.

Punjabi Bhendi Masala

Ingredients

punjabi bhendi masala 1 kg fresh bhendi (okra)
2 medium sized onions finely cut
1 large tomato cut into pieces
1 tsp ginger paste
2 tsp coriander powder
1 tsp turmeric powder
3 tsp red chili powder
1 tsp jeera seeds
coriander leaves washed & finely cut
3 tbsp oil
salt as per taste

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 applied. Heat oil in kadai, add jeera seeds.

Then add the cut onion and fry for some time till they become golden brown. Then add 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 become homogeneous mixture which leaves out the oil.

Add the okra pieces to the mixture and apply the masala properly and let it cook on medium flame while stirring in between so that it does not stick to the kadai.

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

Haree Bharee Bhindi

Ingredients

1/2 pound fresh bhindee/okra
1 1/2 cups fresh, cleaned and chopped coriander leaves
1/2 cup coconut powder
2 tsp of finely chopped green chillies
1 small piece of ginger finely chopped
5 tsp of coriander powder
oil to shallow fry
salt to taste

Method

Clean and dry bindis. Slit them from centre keeping the narrow end intact.

Mix together the coriander leaves, coconut powder, coriander powder, green chillies, ginger and salt (for the mixture only).

Stuff the bindis with small quantities of this mix.

Heat oil (around 6-7 tbsp) in a wok or kadai and put all the bhindees slowly.

Sprinkle little salt. Cook on a medium flame.

Once half cooked sprinkle the leftover of the mix and cook for 10 min. more.

Do not stir too often. Garnish it with coconut powder.

Okra - Dry Sabji

Ingredients

okra - 1 pound, cut into thin pieces, breadthwise.

1 large onion - cut in thin strips (lacchedar)

2-3 chillies - cut in small pieces

seasoning - half teaspoon each of mustard seeds, urad dal and chana dal.

garam masala - 1/4 teaspoon

oil for frying - 4 tablespoons

salt and turmeric - per taste.

Method

Heat some oil in a skillet and when it is hot, add the mustard seeds.

When they splutter, add the chana dal and urad dal. Fry till they are golden brown.

Lower the heat or the seasoning will burn. Add the onions and saute till they are translucent.

Add the okra, chillies, some salt and turmeric powder. Saute on low heat.

Continue frying till the okra is well fried and is no longer sticky.

At this point, the masala should look red.

Turn off the heat and sprinkle some garam masala on the sabji, cover.

Serve hot with Rice or Chapattis.

Kur Kur Bendhi

Ingredients

10 bendhi (okra)
1/2 teaspoon of ginger paste
1/2 teaspoon of garlic paste
1/2 teaspoon of red chilli powder
1/2 teaspoon of cream masala
1/2 tablespoon of corn flour

Method

Wash and dry the Bendhi.

Next, cut each bendhi into 4 pieces half inch length. (without breaking)

After you cut the bendhi, put them in a bowl and pour all the ingredients in and toss it.

Then defry it until it gets golden brown.

Masala Bhendi Fry

Ingredients

bhendi - 1/2 kg
coconut piece - 1 small, dry one would do
onions - 2 small ones
sesame seeds - 4 spoons
dhaniya powder - 2 spoons
garlic - 4 pieces
tamarind or vinegar - 1 small piece
red chilly powder, turmeric, oil to fry
salt - as per taste
coriander leaves.

Method

Wash the bhendi, clean it with a dry cloth till its totally dry.
Give strokes (don't cut) lengthwise and keep aside.
Fry ingredients #2 to #6 in a pan in a 1/2 spoon of oil.
Grind everything except bhendi....ofcourse. (Masala's ready!)
Stuff the masala carefully in the bhendi, make sure they don't split into two pieces.
Fry them in a pan with a spoon of oil (not much of it). Simmer the gas.
Put the lid and cook for 5 minutes till bhendi is tender.
Take off the lid and fry till brown and crispy.
Garnish with coriander leaves.

Bhindi Masala

Ingredients

lady fingers - 1/2 kg

onions - 1 or 2

oil - 2 spoons

jeera powder - 1 spoon

besan - 1 spoon

dhaniya powder 1 spoon

coriander powder -1/2 spoon (this is an optional ingredient)

chilly powder

salt

Method

Cut onions and fry them in a kadi with 2 spoons of oil till they turn brown.

Slit bindi (lady finger) into to long pieces and add them into the kadi and fry them till they are 1/2 cooked.

Add salt and keep the lid and let it cook for 2 minutes.

When it is cooked add chilly powder and stir it. (Be careful or else the vegetable will become over cooked)

Dry roast all the jeera,dhainaya,besan powders and add them into the cooked curry and stir it and leave it for some time.

The excess water will be absorbed by these powders.

Garnish it with coriander leaves and serve it hot.

Coconut and Bendhi Fry

Ingredients

bendi
coconut half cup
chilli powder according to taste
salt according to taste
cashew few (optional)
oil to fry

Method

First wash the bendi and spread it on a paper so that it's dried. Cut them into small slices (round).

Keep oil in kadai and deep-fry them till they become crispy.

Next deep-fry coconut also same way till they turn golden brown.

Next deep-fry cashew nuts and add them to bendi and coconut.

Heat 1 tsp. of oil in pan, add mustard when oil is heated.

Then add ch anna dhal and urud dhal for seasoning.

Then add above mixture, salt and chilli powder and mix properly.

Heat it for some time till raw smell of chilli powder is gone.

Note: You can use iron mesh or jallari.

Crispy Bhendi

Ingredients

200 gms bhendi
1/2 cup cornflour
1/2 cup besan
1 1/2 tsp chilli powder
1/2 tsp haldi powder
1/2 tsp chaat masala
1 tsp pepper powder
oil to fry and salt to taste

Method

Slit bhendis in the centre.

Mix salt, pepper powder and apply it to the bendi. Mix besan, cornflour, chilli powder and hing (optional), salt then add water and mix to make a thick batter like pakoras.

Heat oil, dip each bhendi and deep fry till crisp.

Sprinkle chaat masala over the fried bhendi and serve as a snack or a side dish with rice and dal.

Bhendi Curry

Ingredients

10 chopped bhendi
1 chopped onion
2 green pepper of medium hot (depends on taste)
1/2 inch ginger
salt (depends on taste)
1/2 tsp oil
little jeera, and mustard seeds

Method

Make a paste of green pepper, ginger, and salt. Keep it ready to add in the curry later.

Take oil in pan and heat it.

Put mustard seeds and jeera, after a few seconds add onions and bhendi and keep fry until bhendi get soft.

If required then add 1/2 tsp oil extra and let it to fry.

Add paste of green pepper, ginger and salt and fry it for a few more minutes.

If required, then add grated copra.

Now, it is ready to serve hot bhendi curry alongwith chappati or rice.

Bhareli Bhendi

Ingredients

10-12 lady's fingers (okra)

2 table spoon gram flour

red chilly powder (according to your taste)

pinch of turmeric powder.

pinch of garam masala

salt to taste

oil (2 tablespoon) for mixture and 4-5 tablespoon for frying.

Method

Wash and wipe okra. Cut vertically in such a way that it is not separated!

Now mix gram flour, chilly powder, salt, turmeric and garam masala.

Add oil to this mixture, and mix thoroughly all the ingredients once again.

Now in the vertical slot of okra, take mixture and fill it in the gap.

In same way fill all the bhendi's. After doing it take oil in pan for frying.

Heat the oil and add okra to it. Cook for 15 minutes.

Serve hot with rice or chapati.

Bhindi Fry

Ingredients

bhindi - 250 gm
onion (medium) - 1
tomatoes (medium) - 2
chilli powder - 1 1/2 tsp.
turmeric powder - 1/2 tsp.
curry leaves - 1 stalk
salt - as desired
oil - 2 tbsp.

Method

Cut the bhindi into bite size pieces. Finely chop the onions and tomatoes separately.

Heat oil in a heavy bottomed kadai or deep frying pan and saute the onion and curry leaves till golden.

Add the chilli and turmeric powders and stir well for a minute, then put in the chopped bhindi, stir, cover and cook till they are almost cooked.

Now add salt and tomatoes and cook further till the tomatoes are pulpy and done.

Serve hot with chapathis or rice.

Bhindi Pachaddi

Ingredients

lady finger 300 gms (washed and cut into small pieces, 1/4 inch)

coconut 1/2 grated

mustard 3 teaspoons

green chilli 4

tamarind a small piece, size of lemon

curry leaves a small bunch

salt as per taste habits

turmeric powder 1/2 tea spoon

Method

Soak the tamarind in warm water for 10 minutes.

Squeeze the juice and remove the sediments.

Pour the tamarind juice on the lady fingers in a separate vessel till the vegetable gets completely soaked.

Add salt and turmeric powder to it and put on low flame.

Put the grated coconut, mustard and green chillies into a mixer and grind into a thick smooth paste.

Once the smell of tamarind disappears from the vessel that is kept on low flame, add the coconut paste into it.

Generally it will take 15 to 20 minutes for the smell of tamarind to disappear.

Wash the mixer with a little water. Remove the vessel from flame when the cocunut paste gets mixed well with the vegetable.

Add curry leaves and serve.

Maryland Bhendi

Ingredients

5 fresh whole tender bhendi/okra
1 tomato, chopped
1 onion, chopped
1/2 tablespoon ginger cut in thin slices
vinegar

Method

Cut the bhendi/okra at both the ends. Choose these bhendi/okra from an organic store or a farmers market.

Cook bhendi/okra with a small amount of water until tender (6 mins is my calculated time).

If you overcook it gets sticky and mushy - mix it with rice and have a meal with it.

Drain with a coalander. Put them in layer in glass dish or micro oven dish.

Pour vinegar over the bhendi/okra and marinate in refrigerator 4 hours.

Drain out all the vinegar and water. Arrange bhendi/okra in serving dish.

Spread chopped tomatoes, onions, and ginger. Use the microoven and put in for 1 minute.

Bhindi in Sarson and Posto

Ingredients

1/2 kg bindi
2 tablespoons brown mustard seeds
2 tablespoons posto seeds
1 teaspoon haldi
few green chillies
salt to taste

Method

First wash the bindi and cut into small pieces.

Make a paste of the mustard and posto seeds and keep aside for a few minutes.

Heat the oil in a pan.

Add the green chillies and the bhindi for a few minutes.

Then add the haldi and salt.

Add the paste and a bit of water and cover the pan for ten minutes.

Check to see if the bhindi is soft and then remove from the gas.

Bhindi Bhaji

Ingredients

2 large onions
175 grams ghee
4 cloves garlic
pinch of black pepper
2 teaspoon ground coriander
1/2 teaspoon turmeric
450 grams fresh bhindi
100 grams canned tomatoes
1 teaspoon fresh mint, chopped
1/2 teaspoon garam masala
fresh mint to garnish (optional)
salt to taste

Method

Slice one onion and fry in the ghee in a heavy-based pan. Blend the remaining onion and the garlic in a blender with the black pepper, salt, turmeric and coriander.

Add this mixture to the onions and cook on a medium heat for 5 minutes. Meanwhile, prepare the bindi.

- Chop off the top and tail of each lady finger. Cut them into about 1 cm piece. Add the bindi to the spices.

Stir carefully, so that they are not crushed or mashed. Cover the pan with the lid and cook over a very low heat for about 20 minutes.

Add the tomatoes, the mint and the garam masala. The bhindi will be quite soft by now so it is even more important to be careful when stirring in these ingredients.

Simmer for 5-9 minutes.

Serve garnish with fresh mint if you like.

Microwave Bhendi Masala

Ingredients

half a kg of Ladies finger,
2table spoon dhania powder
2 tomatoes,
1 table spoon jeera powder
curry leaves,
half tsp garam masala powder
pinch of haldi, 2 tsp chilly powder
one big onion
salt,
half tsp sugar,
one tsp oil.
for garnishing half onion, and coriander leaves.

Method

Chop the onion in to thin slices, put it in a bowl, to that add dhania powder, jeera powder, haldi, chilli powder, garam masala powder, haldi, salt and sugar, and put one big table spoon of oil into it, and mix well , keep it aside.

Cut the ladies finger lengthwise (one inch pieces), put 2 tblespoon of oil in a big kadai, fry the ladies finger init, add a little bit of amchun powder or tamarind powder and fry well, take out and keep it aside, In the same kadai put the above mixed onions , and fry for just 2 mins, then add finely chooped tomatoes and fry and mix the bhendi into it, mix well, put some salt, then put the whole mix in to a microwavable dish, and microwave it for about 1 to 2 mins, take out, and garnish with onion rings and coriander leaves, serve either with chapathi, or poori or can be eaten with white rice, (Note: instead of using tomatoes, u can use the tomato puree. It will be gravy form of bhendi masala)

Bhindi Palleli

Ingredients

250 gm ladies fingers (bhindi)
2 large sized onions
50 gm groundnuts (dry roasted and cleaned)
1 tablespoon of veg. oil to fry
1 spoon jeera
6 green chillies slit cut
turmeric powder quarter spoon
sabzi masala 1 teaspoon
besan two tablespoonfuls
salt to taste

Method

Wash and clean bhindi and dry with a soft cloth. Cut them into fine rounds. Fine chop the onions and slit cut the green chillies. In a thick vessel, pour the oil. When it is hot add groundnuts and cut chillies.

When done add jeera, turmeric powder, salt and onions. When onions are light brown then add cut ladies fingers. Do it on high flame and keep stirring frequently. When done crisply, add sabzi masala and sprinkle besan and turn off the flame.

Stir it for a couple of times and serve hot with parathas, rotis or with hot rice.

Crunchy Okra

Ingredients

okra (lady's finger) - 8
besan (gram flour) - 2 tablespoons
ajwain (carom seeds) - 1/2 tablespoon
ginger - 1/2 inch piece (for the garnish)
pinch of turmeric
pinch of chili powder
salt to taste

Method

Select small okra for this recipe. Wash the okra, and cut off the stem ends.

Slit each okra length-wise in half, and then slit the halves again.

So for each okra you should have 4 pieces slit length-wise.

Sprinkle the besan, ajwain, salt, turmeric and chili powder over the okra pieces. Mix well.

Julienne the ginger (cut the ginger into small thin matchstick pieces).

Heat oil in a kadai or wok. Deep fry the okra in batches till golden brown.

Drain and keep aside on serving dish.

Deep fry the ginger pieces till golden brown.

Garnish the okra with the ginger.

Serve hot!