

Masala Bhindi

Ingredients:

- 250 grams bhindi (okra), washed, dried, and chopped into 1–2 inch pieces
- 2 tablespoons oil (mustard or vegetable oil)
- 1 teaspoon cumin seeds
- 1 medium onion – thinly sliced
- 1 medium tomato – finely chopped
- 1 teaspoon ginger-garlic paste
- ½ teaspoon turmeric powder
- 1 teaspoon coriander powder
- ½ teaspoon cumin powder
- ½ teaspoon red chili powder (adjust to taste)
- ½ teaspoon garam masala
- ½ teaspoon amchur (dry mango powder) or 1 teaspoon lemon juice
- Salt to taste
- 1–2 tablespoons chopped coriander leaves (for garnish)

Instructions:

1. Wash bhindi and dry thoroughly using a clean kitchen towel (moisture causes sliminess).
2. Chop off both ends and cut bhindi into 1–2 inch pieces.
3. Heat 1 tablespoon oil in a pan or kadhai over medium heat.
4. Add chopped bhindi and sauté for 10–12 minutes, stirring occasionally, until lightly crisp.
5. Remove bhindi from the pan and set aside.
6. In the same pan, add 1 tablespoon oil and heat it.
7. Add cumin seeds and let them splutter.
8. Add sliced onions and sauté until golden brown.
9. Add ginger-garlic paste and sauté until the raw smell disappears.
10. Add chopped tomatoes and cook until soft and mushy.
11. Add turmeric, coriander powder, cumin powder, red chili powder, and salt.
12. Sauté the masala until oil starts to separate from the sides.
13. Add the cooked bhindi to the masala and mix gently.
14. Cook for 5–6 minutes on low heat to blend flavors.

15. Add garam masala and amchur powder or lemon juice; stir gently.
16. Simmer for 1–2 minutes with the lid on (optional for softer bhindi).
17. Turn off the heat and let sit for a minute.
18. Garnish with chopped coriander leaves.
19. Serve hot with chapati, paratha, or plain rice.
20. Avoid covering bhindi while initially cooking to prevent sliminess.
21. Use a wide pan for even sautéing and crispy texture.
22. For extra flavor, add a pinch of fennel powder or chaat masala.
23. You can skip tomatoes for a completely dry version.
24. Leftovers can be refrigerated and reheated in a pan (avoid microwaving).
25. This dish pairs well with dal and jeera rice for a complete meal.