**Bendakaayi Gujju**

Prep time: 15 min Cook time: 20 min

**Ingredients:**

**For the Gujju (gravy)**

* 250g okra (bendakaayi), chopped
* 1 small onion, finely chopped
* 1 medium tomato, finely chopped
* 1 tablespoon tamarind extract
* ½ teaspoon turmeric powder
* 1 teaspoon red chili powder
* 1 teaspoon coriander powder
* Low sodium salt to taste
* 1.5 cups water

**For the Masala Paste**

* 2 tablespoons grated coconut
* 1 teaspoon cumin seeds
* 1 teaspoon sesame seeds (optional, for nuttiness)
* 1 green chili
* ½ teaspoon mustard seeds
* 1 teaspoon rice flour (for thickness)
* ½ cup water

**For Tempering (Tadka)**

* 1 teaspoon coconut oil
* ½ teaspoon mustard seeds
* ½ teaspoon urad dal
* A few curry leaves
* 1 dried red chili (optional)

**Instructions:**

**Prepare the Okra:**

1. Wash and pat dry the okra completely to prevent sliminess.
2. Chop into small pieces and lightly sauté in a dry pan for 3-4 minutes until the stickiness reduces. Set aside.

**Prepare the Masala Paste:**

1. Grind coconut, cumin seeds, sesame seeds, green chili, mustard seeds, and rice flour with ½ cup of water into a smooth paste.

**Cook the Gravy:**

1. Heat a pan, add chopped onions, and sauté in 1 teaspoon of water (instead of oil) until soft.
2. Add tomatoes, turmeric, red chili powder, coriander powder, and salt. Cook until tomatoes soften.
3. Add tamarind extract and 1.5 cups of water. Let it come to a boil.
4. Stir in the prepared coconut masala paste and simmer for 5 minutes.

**Add Okra:**

1. Add the pre-cooked okra and mix well. Simmer for another 5 minutes until the flavors blend.

**Prepare Tempering (Tadka):**

1. In a small pan, heat 1 teaspoon coconut oil. Add mustard seeds, urad dal, curry leaves, and dried red chili. Let them splutter.
2. Pour this over the prepared Bendakaayi Gujju.

Enjoy with steamed rice, millet, or dosa!