

Recipe

Dahi Bhindi

By

Bhaktin Archana



Ingredients

- Tender lady fingers (bhindi) - 400 gms
- Green chilies - 3-4
- Ginger - 1 inch piece
- Peppercorns - 4-5
- Skimmed milk yogurt - 1 ½ cups
- Red chilies whole - 2
- Gram flour (besan) - 1 tbsp
- Oil - 1 ½ tsp
- Cumin seeds - 1 tsp
- Coriander powder - 1 tbsp
- Turmeric powder - ½ tsp
- Salt - To taste

Preparation

1. Wash and wipe dry lady fingers with a clean and absorbent kitchen towel.
2. Trim heads and tails. Remove stems, wash and slit green chilies.
3. Peel, wash and grind ginger with peppercorns to a fine paste.
4. Whisk skimmed milk yogurt. Remove stems and break red chilies into two.
5. Dry roast besan in a non-stick pan on low heat, stirring continuously till it gives a roasted aroma. Keep aside to cool.
6. Heat oil in a non-stick pan, add red chilies, cumin seeds and stir-fry briefly.
7. Add green chilies, coriander powder, turmeric powder, besan and stir well.
8. Add trimmed lady fingers, salt to taste and cook over medium heat, stirring frequently for five minutes.
9. Stir in ginger-peppercorn paste. Reduce heat and add whisked yogurt, mix well and cook covered for eight to ten minutes, stirring occasionally or till lady fingers are completely cooked.

Serves

4 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare**