

## Recipe

### Potato and Okra in Yogurt Sauce

## By

Ananda Lila devi dasi



## Ingredients

### Vegetables:

- 4 Tbsp Ghee/oil for pan frying
- 1 Tsp cumin seeds
- 1½ Tsp turmeric powder
- 2 medium sized potatoes, peeled and cut in cubes
- 300 gm okra cut into 1-in pieces
- ¾ Tsp salt

### Yogurt Sauce:

- 3 C yogurt
- ½ Tsp yellow asafetida powder
- ½ Tsp garam masala
- ½ Tsp paprika
- ¾ Tsp salt

## Preparation

1. Heat 2 Tbsp of ghee/oil in pan over moderate heat. Add the cumin seeds when they darken add half of the turmeric powder and quickly add the potatoes. Add half of the salt and cook the potatoes on low heat until crisp, golden and tender. Remove from heat.
2. In the same pan heat the remaining ghee/oil over moderate heat. Add the turmeric and quickly add the okra pieces. Stirring now and then cook until crisp. Add the remaining salt and cook for 2-3 minutes. Remove from heat.
3. In a mixing bowl, whisk the yogurt until smooth. Add the spices, salt and combine well. Fold in the vegetables.

## Serves

4-6

For further details please contact

[anandliladd@gmail.com](mailto:anandliladd@gmail.com)

[www.iskcondesiretree.com](http://www.iskcondesiretree.com)

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