

Recipe

Spicy Bhindi

By

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Ingredients

- Lady fingers (bhindi) - ½ kg
- Green chilies - 3-4
- Ginger - 1 inch piece
- Fennel seeds (saunf) - 1 tsp
- Fenugreek seeds - ¼ tsp
- Oil - 2 tsp
- Cumin seeds - 1 tsp
- Salt - To taste
- Coriander powder - 1 tbsp
- Dry mango powder (amchur) - 1 tsp
- Red chili powder - 2 tsp
- Coriander Leaves - As needed

Preparation

1. Wash, wipe and cut head and tail of lady fingers.
2. Cut each into two or three pieces depending on the size.
3. Remove stems, wash and finely chop green chilies.
4. Peel, wash and finely chop ginger.
5. Crush fennel seeds and fenugreek seeds lightly.
6. Heat oil in a pan and add cumin seeds.
7. As they begin to change color add ginger and green chilies.
8. Add fennel seeds and fenugreek seeds and mix well. Continue to cook for one minute.
9. Add lady fingers and sprinkle salt.
10. Cook, covered, on medium heat till done.
11. Add coriander powder, amchur and red chilly powder. mix well. Decorate with Coriander leaves and serve hot.

Serves

4 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare**